

Reconnect and restore daily life by reuniting with others, repairing damage, and rebuilding community.

In the days and weeks that follow a big earthquake, your family, friends, and neighbors can come together to start the process of recovery.

Once you have dealt with urgent and immediate needs after an earthquake, continue to follow the plan you prepared in advance. Aftershocks will continue to happen for several weeks after major earthquakes. Some may be large enough to cause additional damage. Always be ready to drop, cover, and hold on.



Following a major disaster, communication will be an important step in your recovery efforts. Turn on your portable radio for information and safety advisories. If your home is damaged, contact your insurance agent right away to begin your claims process. For most Presidentially declared disasters, resources will also be available from federal, state, and local government agencies.

Your recovery period can take several months to years. This is normal. Preparing for disaster and taking the actions you practiced to be safe will help to minimize the long-term effects of the earthquake on your life.