

Know What To Do During an Earthquake

When you feel an earthquake, **DROP** under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster or ceiling tiles. Stay under **COVER** until the shaking stops. **HOLD** onto the desk or table; if it moves, move with it.

Here are some additional tips for specific locations.

DROP COVER HOLD



If you're in **BED**, stay there. Cover your head with pillows and blankets and wait until the shaking stops. Then grab your **BED BAG** and check the situation.



If you're in a **HIGH RISE BUILDING** and not near a desk or table, move against an interior wall and protect your head with your arms. Face away from windows. Do not use the elevators. Do not be surprised if alarm or sprinkler systems come on.



If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.



If you're on a **SIDEWALK NEAR BUILDINGS**, get into a building's doorway to protect yourself from falling bricks, glass, plaster, and other debris.



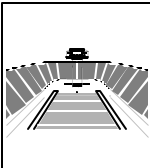
If you're in a **WHEELCHAIR**, stay in it. Move to cover if possible. Lock your wheels and protect your head with your arms. Have a bag of emergency supplies on you.



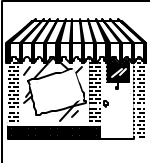
If you're in the **KITCHEN**, be sure the stove is turned off and get out. Get out of the **GARAGE** if possible.



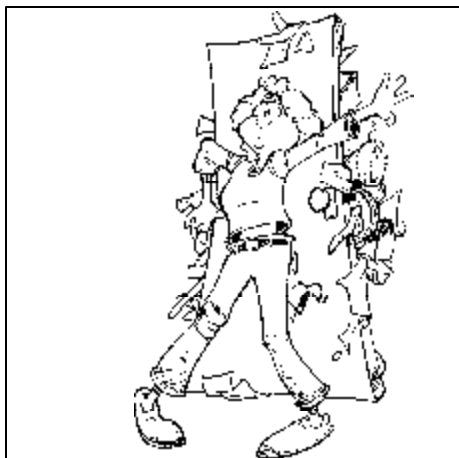
If you're DRIVING, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle with your seatbelt on until the shaking is over. When you leave the vehicle, stay away from the traffic side as aftershocks could throw other cars into you.



If you're in a STADIUM OR THEATER, crouch between the seats and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.



If you're in a CROWDED STORE OR OTHER PUBLIC PLACE, do not rush for exits. Move away from display shelves with objects that could fall on you. In a warehouse store, try getting into the goods under the heavy wood shelves.



Know What To Do After an Earthquake

- Check yourself and others for injuries.
- Prepare for aftershocks.
- Wear sturdy shoes to prevent injury.
- Use flashlights or battery powered lanterns if the power is out.
- If you smell gas or hear a hissing sound, open a window, leave the building, and shut off the main gas valve outside.
- If water pipes are damaged, shut off the water supply at the main valve.
- Check your home for structural damage, including the chimney.
- Clean up spilled medicines, bleaches, and flammable liquids.
- Visually inspect utility lines and appliances for damage.
- Do not flush toilets until you know that sewage lines are intact.
- Open cabinets cautiously. Beware of objects that can fall off shelves.
- Use the phone only to report a life-threatening emergency.
- Listen to the radio for the latest emergency information.
- Stay off the streets and avoid damaged areas unless you have been asked to help by proper authority.