

## Earthquake Safety

Earthquakes are probably the most frightening disaster which we all face. Earthquakes are survivable. Here are some tips to help you ride out an earthquake.

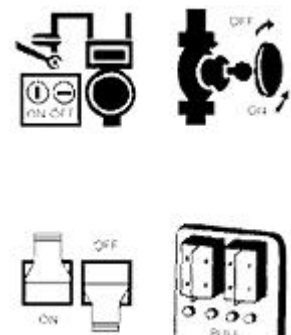
### During the Earthquake

- **Drop:** When you feel an earthquake, drop under a sturdy desk or table. Try to stay away from windows, tall bookcases, and other heavy objects that might fall. If you cannot find a desk or table, get into a doorway or hallway or brace yourself against an interior wall.
- **Cover:** Stay under cover until the shaking stops. If you are in a doorway, watch out for the swinging door. If you are in an open area, kneel down and cover your head with a book or anything else you can find.
- **Hold:** Hold onto the desk or table. As it moves, move with it. Hold on until the shaking stops.
- **High-Rise Buildings:** If you are in a high-rise building, and cannot get under a desk, move to an interior wall. Do not use the elevators. Don't be surprised if the electricity goes out, or if fire sprinkler systems activate.
- **Outdoors:** If you are outdoors, move to a clear area away from trees, power lines, signs and buildings.
- **Sidewalk Near a Building:** Duck into a doorway to protect yourself from falling bricks, glass, and other debris.
- **Driving:** Pull over to the side of the road. Avoid bridges, power lines, and other hazards. Stay in the car until the shaking stops.
- **Kitchen:** If you are in your kitchen, move away from heavy appliances such as refrigerators. Also avoid overhead cupboards, and hanging objects.
- **Stadium or Theater:** If you are in a stadium or theater, stay in your seat, and protect your head with your arms. Do not try to leave until the shaking is over.
- **Don't Panic:** Above all, remain calm.



### After the Earthquake

- **Aftershocks:** Be prepared for aftershocks.
- **Check for Injuries:** Check yourself and those around you for injuries. Administer first aid as needed.
- **Check Utilities:** Check your utilities. If you suspect that the gas, water or electricity are damaged, turn them off. Use a flashlight or lightstick to check your utilities. DO NOT use matches, candles or other open flame. Check the sewer lines before flushing toilets.
- **Monitor EAS:** Don't go sightseeing. Cooperate with public safety officials. Use a transistor radio to monitor the



Emergency Alert System (EAS) for news and information. (EAS was formerly known as the Emergency Broadcast System EBS)

- **Telephones:** Try to minimize your use of telephones. If you see telephones off the hook, hang them up. This will help the telephone company to restore service.
- **Cabinets and Cupboards:** When opening cabinets and cupboards, use caution. The contents of the cabinet might be heaped up against the door, and may fall on you when the door is opened.
- **Stay out of Damaged Buildings:** Don't go into damaged buildings until they have been pronounced safe by local building officials.