

# EARTHQUAKE

## WHAT YOU SHOULD DO

If you are indoors when shaking starts:

1. “Drop, Cover and Hold On.” If you are not near a strong table or desk, drop to the floor against an interior wall and cover your head and neck with your arms.
2. Avoid windows, hanging objects, mirrors, tall furniture, large appliances and cabinets filled with heavy objects.
3. Do not try to run out of the structure during strong shaking. Most injured persons in earthquakes move more than five feet during the shaking. It is very dangerous to try to leave a building during an earthquake because objects can fall on you. Many fatalities occur when people run outside of building, only to be injured by falling debris from collapsing walls. In U.S. buildings, you are safer to stay where you are.
4. If you are in bed, stay there and cover your head with a pillow.
5. Do not use elevators.
6. If you use a wheelchair, lock the wheels and cover your head.

If you are outdoors when shaking starts:

1. Stay away from buildings. Glass from tall buildings does not always fall straight down; it can catch a wind current and travel great distances.
2. Move to a clear area if you can safely walk. Avoid power lines, buildings and trees.

Once the earthquake shaking stops:

1. Check the people around you for injuries; provide first aid. Do not move seriously injured persons unless they are in immediate danger.
2. Check around you for dangerous conditions, such as fires, downed power lines and structure damage. If you have fire extinguishers and are trained to use them, put out small fires immediately.
3. Avoid cell phone usage unless you are reporting injuries, this will help ensure lines are free for people who are trapped and may need assistance.

If you are trapped in debris:

1. Move as little as possible so that you don't kick up dust. Cover your nose and mouth with a handkerchief or clothing.
2. Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if one is available. Shout only as a last resort. Emergency Services may be overwhelmed initially, stay calm and use your emergency kit.