

DURING AN EARTHQUAKE

IN INDOORS:



- Drop, cover, and HOLD ON! Use a desk or table to get under. Use an interior wall and protect your head and neck with your arms.
- Avoid exterior walls, windows, hanging objects mirror, tall furniture.
- Don't go outside until well after the shaking stops. Watch for broken glass & debris.
- If in Bed, use a pillow to protect your head.

IF OUTDOORS

- ✓ MOVE TO A CLEAR AREA if you can. Avoid buildings, power lines, trees, etc. ALWAYS ASSUME FALLEN POWER LINES ARE ALIVE!!
- ✓ IF DRIVING – Pull safely over to the side of the road and STOP! Avoid overpasses, bridges, power lines, etc. STAY IN your vehicle until shaking is over. If power lines fall on your vehicle, STAY INSIDE your vehicle until a trained person removes the hazard.
- ✓ IF IN A STADIUM – Stay in your seat, protect your head and neck with your arms. Don't try to leave until shaking is over. Once over, exit slowly, avoiding debris and watching for anything that could fall.



DON'T BE A FOOL

The best survival method inside a building is to DROP, COVER, and HOLD ON under a desk or chair!!!

BE AWARE

BE PREPARED

BE SAFE