

EARTHQUAKE TIPS: During an Earthquake

When you feel an earthquake, duck between desks, heavy furniture or study tables (voids will be created in these places where you are more likely to survive). Stay away from windows, bookcases, files cabinets, heavy mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold onto your cover. If it moves, move with it. Here are some additional tips for specific locations.

- High-Rise Building; and you are near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevator. Do not be surprised if the alarm or sprinkler system comes on. Stay indoors, glass windows can dislodge during the quake and sail for hundreds of feet.
- Outdoors; move to a clear area, away from trees, signs, buildings or electrical wires and poles.
- Sidewalks near Buildings; duck into a doorway to protect yourself for falling bricks, glass, plaster, and other debris.
- Driving; pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- Crowded store of other Public places; do not rush for the exits. Move away from display shelves containing objects that could fall.
- Wheelchair, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- Kitchen, move away from the refrigerator, stove, and overhead cupboards. (take time NOW to anchor appliances and install security latches on cupboards to reduce hazards.)
- Stadium Theater; Stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a clam, orderly manner. Avoid rushing towards exits.

AFTER THE EARTHQUAKE QUICK-CHECKLIST

Be prepared for aftershocks, and plan where you will take cover when they occur.

- Check for injuries. Give first aid as necessary.
- Remain calm and reassure others.
- Avoid broken glass.
- Check for fires. Take appropriate actions and precautions.
- Check gas, water and electric switches, open windows, leave building and report to Gas Company.
- Replace all telephone receivers and use for emergency calls only.
- Tune to the emergency broadcast stations on radio or television. Listen for emergency bulletins.
- Stay out of damage buildings.

Remember to do the greatest good fore the greatest number of people!

For more information you can check with AVERT's web site www.avertdisastrers.org