

If You Are Inside When the Shaking Starts...

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. When it is, use stairs rather than the elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.



If getting safely to the floor to take cover won't be possible...

- Identify an inside corner of the room away from windows and objects that could fall on you. The Earthquake Country Alliance advises getting as low as possible to the floor. People who use wheelchairs or other mobility devices should lock their wheels and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available.

If You Are Outside When the Shaking Starts...

- Find a clear spot (away from buildings, power lines, trees, streetlights) and drop to the ground. Stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

What to Do After an Earthquake

- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. [Tsunamis](#) are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get First Aid, if necessary, before helping injured or trapped persons. · Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.

Remember...

- Most earthquake injuries occur due to falling objects. Depending upon the magnitude of the quake, inside this may include:
 - Ceiling tiles
 - Light fixtures
 - Pictures, bulletin boards, etc.
 - Unsecured bookshelves and other tall furniture
- If outdoors, avoid:
 - Power lines and poles
 - Area near buildings (bricks and other facades may fall off)
 - Trees
 - Bridges and overpasses
- Earthquakes are often followed by aftershocks, so be prepared to Drop, Cover and Hold On.
- Following an earthquake, be alert for hazards such as downed power line, gas leaks, etc.

More information is available at:

www.ready.gov/earthquakes

www.earthquakecountry.org

www.redcorss.org