

EARTHQUAKE

When you feel an earthquake:

DROP under a sturdy piece of furniture

COVER your head and neck with your arms

HOLD onto a leg of the furniture and move with it. Hold that position until the shaking stops.

Other tips:

In a multi-story building? Move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use elevators.

Outdoors? Move to a clear area away from trees, signs, buildings or downed electrical wires and poles.

On a Sidewalk or Near a Building? Move into a doorway for protection and drop to protect yourself from falling bricks, glass, plaster and other debris.

Driving? Pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.

In a Crowded Store or Other Public Place? Move away from display shelves containing objects that could fall. Do not rush for the exit.

In a Stadium or Theatre? Stay in your seat, get below the level of the back of your seat and cover your head and neck with your arms.

After an earthquake, be prepared for aftershocks and plan where you will take cover when these occur.