

## What To Do After The Shaking Stops!

If you feel an earthquake, protect yourself. **Drop** to the ground, take **Cover** under a table or desk, and **Hold On!** Once the shaking has stopped, assess the impact of the earthquake and consider the following questions before determining your next course of action.

No matter where you are:

- Wait for the shaking to stop and count to 60 to allow objects that may have shifted during the shaking to settle, cautiously come out of your safe DROP, COVER, HOLD ON location.
- When the shaking stops, it is important to stay calm and move cautiously, checking for unstable objects and other hazards above and around you.
- Check yourself and others for injuries and render first aid as needed. Note: Seriously injured people should not be moved unless doing so is the only way to avoid imminent danger of further injury.
- Monitor emergency media for damage and public safety information.
- Decide if it is safe to stay in your location or evacuate by checking for obvious structural damage and any resulting hazards such as:
  - Fires
  - Gas leaks
  - Exposed/arcing electrical components/wires
  - Leaking sewage
  - Broken water pipes
  - Dangling fixtures/furnishings
- Leave switches and valves as found unless a hazard exists. NEVER open a gas valve after a temporary shutoff. When it is safe to reactivate the gas supply, only a trained, fully qualified person should do so.
- Ensure telephones are not used for any calls, except for emergencies requiring immediate assistance. Replace all telephone receivers which have been dislodged.
- Conserve water, electricity and fuel as much as possible.
- Treat all downed electrical wires as live, unless confirmed by a representative of the electrical utility.

Register today at [Shakeoutbc.ca](http://Shakeoutbc.ca)

### WHAT TO DO IF YOU ARE AT HOME

- If you and your family are okay, place a large OK sign in your window to let emergency workers know. OK and HELP signs are available for downloading at [http://www.embc.gov.bc.ca/em/hazard\\_preparedness/H\\_ELP-OK\\_sign.pdf](http://www.embc.gov.bc.ca/em/hazard_preparedness/H_ELP-OK_sign.pdf)
- If your house has suffered considerable damage and is unsafe, you may need to leave immediately. Gather your emergency supplies together and listen to a battery-operated radio or car radio for instructions by emergency officials through the news media. Evacuation reception centres may be opened to help with food and lodging and redirection to medical centres.



For more information on what to do after the shaking stops, please review the following resources:

- [Earthquake and Tsunami Smart Manual: A guide for protecting your family](#). This resource can be accessed on the Emergency Management BC website at [www.embc.gov.bc.ca](http://www.embc.gov.bc.ca)
- [Earthquake Planning for Businesses: A guide for businesses in British Columbia](#). This resource can be accessed on the Institute for Catastrophic Loss Reduction website at [www.iclr.org](http://www.iclr.org)