

Protect yourself during earthquakes



If you feel an earthquake...



- 1 Drop, cover and hold on.** Drop to the floor and take cover under a sturdy desk, table or other furniture. Hold on to the table or desk and be prepared to move with it; cover your head with your other arm.
 - Do not stand in a doorway – that will not provide protection.
 - Do not run outside – you could be injured by falling debris.
 - If you are in bed, remain in bed and cover your head with your pillow and your body with the covers.

- 2 After the shaking stops,** follow the instructions of staff. If you are asked to evacuate:
 - Immediately gather those around you and bring only items that are essential: coat, hat, phone, medications, wallet, etc.
 - Avoid downed power lines and stay away from buildings and bridges from which heavy objects may fall in aftershocks.

- 3 Remember** to keep roads clear for emergency officials.
- 4 Be prepared for aftershocks.**