

Protect yourself
during
earthquakes

The shaking
is your tsunami!
warning



Shake
Out
The Great
British Columbia

IBC BAC

www.shakeoutbc.ca
@ShakeOutBC

If you feel an earthquake...

The Great
British Columbia
Shake
Out

IBC BAC

- 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,** evacuate if you are in a tsunami hazard zone. It is important to evacuate right away. Do not waste time!
 - Immediately gather those around you and bring only items that are essential: coat, hat, phone, medications, wallet, etc.
 - Walk; don't waste time trying to drive. It is likely that a strong earthquake will have made roads impassable.
 - Avoid downed power lines and stay away from buildings and bridges from which heavy objects may fall in aftershocks.

- 3 **If you are on the beach** and feel an earthquake, move to high ground immediately – no matter how small the earthquake. Remain on high ground until emergency officials advise otherwise.
- 4 **If you are already outside** the tsunami hazard zone, you do not need to evacuate. Remain where you are and keep roads clear for emergency officials.
- 5 **Be prepared for aftershocks.**