

Protect yourself during earthquakes



The shaking is your tsunami warning



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,** 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.**

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