

The Great  
British Columbia  
**Shake  
Out**<sup>TM</sup>

IBC  BAC



**Protect yourself during earthquakes**

[www.shakeoutbc.ca](http://www.shakeoutbc.ca) |  [@ShakeOutBC](https://twitter.com/ShakeOutBC)

## *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.**