

After the Shaking – Car

If you feel an earthquake whilst driving, pull over where safe (avoid bridges, overpasses, buildings, underpasses, or anything that could collapse), set your parking brake, put your hazard lights on, stay in your vehicle, and listen to the radio for instructions from officials. It is a good idea to keep an emergency grab bag in your vehicle. This can include water, snacks, a flashlight, first aid kit, emergency blanket, a seasonal change of clothes, sturdy shoes, sunscreen, battery pack for your cell phone, and diversions (e.g. toys for children or decks of cards).

After the shaking stops, carefully, and slowly drive to your family's muster point, noting roadways may be damaged and you may need to travel on foot or by bicycle. If you do need to abandon your vehicle, park it somewhere where it will not block the passage of emergency vehicles.



After the Shaking – Home

Once the shaking stops, analyze your environment before moving. Look for damage in and around you (broken glass, fallen objects, live wires) and get everyone out if your home is unsafe. Aftershocks frequently occur minutes, days, weeks and even months (and sometimes years) following an earthquake.

Each time you feel an aftershock, Drop, Cover and Hold on. Open closet and cabinet doors carefully as contents may have shifted. Tune in to the radio or local news channels, and/or follow your local news outlet and emergency officials on social media for up-to-date information.

Do not light matches or turn on lights or appliances until you are sure there are no gas leaks or flammable liquids spilled. Place a HELP sign in your window if you need assistance. Check on your neighbours, especially those that may require extra assistance day-to-day, such as the elderly. If tap water is still available immediately after an earthquake, fill safe containers in case the supply gets cut off. Keep pets under control and stay out of unsafe buildings.

After the Shaking – Work

Once the shaking stops, analyze your environment before moving. Look for damage in and around you (broken glass, fallen objects, live wires) and move to the building's dedicated muster station. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake. Each time you feel an aftershock, Drop, Cover and Hold on. Do not take the elevators to exit your

workplace; use the stairs, and if aftershocks occur, sit down on the stairs against the wall, cover your head, and hold-on to the railing.

It is a good idea to keep an emergency grab bag under your desk. This can include a flashlight, sturdy shoes, bottle of water, glow-stick or flashlight, and dust mask. Lights may go out making it difficult to navigate your path to safety, especially if furniture has shifted, creating obstacles.

More info on what to do before, during, and after an earthquake can be found on Red Cross:

<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/earthquakes>