

EMERGENCY ACTIONS FOR EARTHQUAKES

When You Feel an Earthquake:

- DROP, COVER, AND HOLD ON! Move quickly and only a few steps to a safer place – under a sturdy piece of furniture, such as a desk or stout table. Research has shown that most injuries in U.S. earthquakes occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- Stay away from windows.
- Stay indoors until the shaking stops and you're sure it's safe to exit. In a high-rise building, you can expect that fire alarms and sprinklers will activate during a quake.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear place (as described above). Stay in the car until the shaking stops.

After the Shaking Stops:

- Check yourself for injuries. Check others for injuries and give first aid for serious injuries.
- Look for and extinguish small fires and eliminate any obvious fire hazards. Turn off your electricity if you have obvious damage to wiring and fixtures. If you smell gas or think your gas pipes are leaking, turn off the gas. (Remember, only a professional should turn it back on.)
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.
- Listen to the radio or television for emergency information and instructions.
- Expect aftershocks. Each time you feel one, DROP, COVER, AND HOLD ON!
- Inspect your home for damage. If it appears your home could collapse, then get everyone out as soon as possible.
- Use the telephone only to report life-threatening emergencies. Telephone service may be disrupted by the earthquake