

# EARTHQUAKE

## SAFETY TIPS

### HAVE A PLAN:

- ✔ Create a Family Earthquake Plan.
- ✔ Know the safe spot in each room: under sturdy tables, desks, or against inside walls.
- ✔ Know the danger spots: windows, mirrors, hanging objects, fireplaces, and tall furniture.
- ✔ Conduct practice drills. Physically place yourself and your children in safe locations.
- ✔ Learn first aid and CPR (Cardiopulmonary Resuscitation) from your local Red Cross or other community organization.
- ✔ Decide where your family will reunite if separated.
- ✔ Keep a list of emergency phone numbers.
- ✔ Choose an out-of-state friend or relative whom family members can call after the quake to report your condition.
- ✔ Learn how to shut off gas, water, and electricity in case the lines are damaged.
- ✔ Check chimneys, roofs and wall foundations for stability. **Note:** *If your home was built before 1935, make sure your house is bolted to its foundation. If your home is on a raised foundation make sure the cripple walls have been made into shear walls. Call a licensed contractor if you have any questions.*
- ✔ Secure water heater and appliances that could move enough to rupture utility lines.
- ✔ Keep breakable and heavy objects on lower shelves.
- ✔ Put latches on cabinet doors to keep them closed during shaking.
- ✔ Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products in cabinets or secured on lower shelves.
- ✔ Maintain emergency food, water, medicine, first aid kit, tools and clothing.



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### DURING AN EARTHQUAKE:

- ✓ If you're in a **HIGH-RISE BUILDING**, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators.
- ✓ Do not be surprised if the alarm or sprinkler systems come on. Stay indoors, glass windows can dislodge during the quake and sail for hundreds of feet.
- ✓ If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or electrical wires and poles.
- ✓ If you're on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- ✓ If you're **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, powerlines, and other hazards. Stay inside the vehicle until the shaking is over.
- ✓ If you're in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.
- ✓ If you're in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- ✓ If you're in the **KITCHEN**, move away from the refrigerator, stove, and overhead cupboards. (Take time **NOW** to anchor appliances and install security latches on cupboard doors to reduce hazards.)
- ✓ If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner. Avoid rushing toward exits.

### AFTER AN EARTHQUAKE:

- ✓ Be prepared for aftershocks, and plan where you will take cover when they occur.
- ✓ Check for injuries. Give first aid as necessary.
- ✓ Remain calm and reassure others.
- ✓ Avoid broken glass.
- ✓ Check for fire. Take appropriate actions and precautions.
- ✓ Check gas, water and electric lines. If damaged, shut off service. If gas is leaking, don't use matches, flashlights, appliances or electric switches. Open windows, leave building and report to the gas company.
- ✓ Replace all telephone receivers and use for emergency calls only.
- ✓ Tune to the emergency broadcast station on radio or television. Listen for emergency bulletins.
- ✓ Stay out of damaged buildings.

