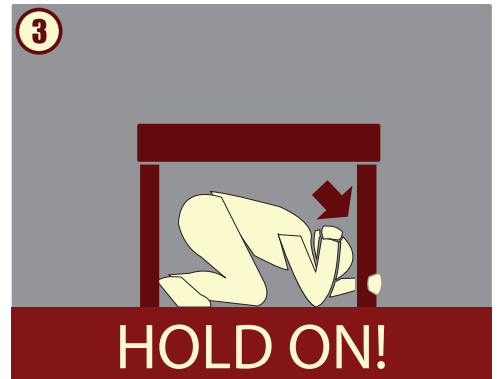
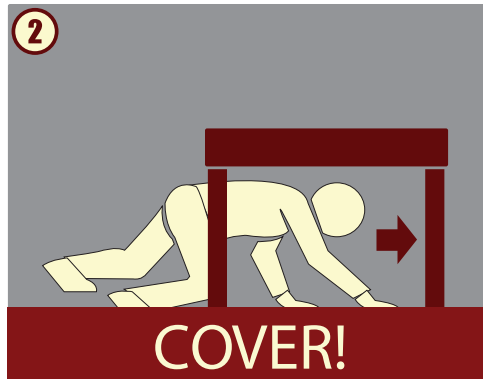
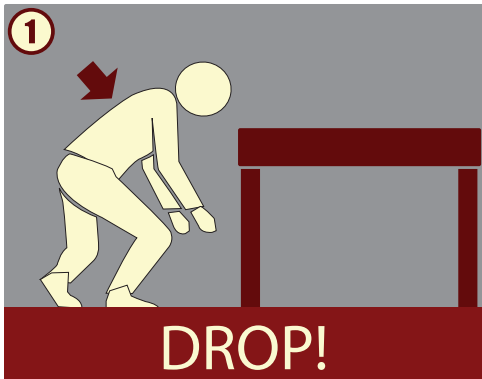


# WHAT TO DO DURING AN EARTHQUAKE



If you are

- inside: **DO NOT RUN OUTSIDE.** Drop, cover (next to a wall if possible), and hold.
- outside: Get into the open, away from buildings, then drop and cover.
- near the ocean: If shaking lasts for more than 20 seconds (or is strong enough to knock you down) then after the shaking stops **SEEK HIGHER GROUND IMMEDIATELY. DO NOT WAIT** for an official tsunami warning. Walk quickly and carefully. Expect potential aftershocks.

## WHAT TO DO AFTER AN EARTHQUAKE

•Check for serious injuries. Do not move a seriously injured person unless absolutely necessary. Only use phone in the event of a life-threatening emergency.



•Only use battery-powered lights. Do not use lighters, matches, candles, or gas lanterns until you are sure there are no gas, propane, or oil leaks.

•**GAS LEAKS:** Check that tank supports are intact and that connecting pipes or hoses are OK. Shut off main valves if you smell gas or suspect a broken pipe, vent, or flue.

•**DAMAGED STRUCTURES:** Approach chimneys and other structures with caution. They may be weakened and could topple during an aftershock. Stay away from downed power lines even if power appears to be off.

## IN CASE OF TSUNAMI DANGER

A tsunami may occur at any time. **SEEK HIGHER GROUND** if you:

- Feel a strong earthquake (strong enough to knock you down) or one of long duration (20 or more seconds of shaking).
- Hear an official tsunami alert by siren, radio, or television.
- See any sudden change in sea level—**EVEN IF SEA LEVEL DROPS.**
- Hear a loud noise coming from the sea.

Seek higher ground these ways, depending on your location (in preference order):

- Walk quickly uphill away from the coast or to a tsunami shelter/assembly area.
- Go to a third floor or higher in a concrete building.
- If you are on a boat, move to deeper water (at least 150 feet deep).









Save yourself, not your possessions. Remember to help neighbors or friends that need special assistance: the elderly, infants, those with mobility needs.

# HOW TO PREPARE FOR AN EARTHQUAKE

Take actions **NOW** to reduce injuries and property damage

**ASSESS** the potential hazards of your home, work, or school. The safest places are **AWAY** from heavy furniture, stoves, open shelves, cabinets, mirrors, glass, windows, doors, or pictures  
**IDENTIFY** safe places to take cover.  
**PLAN** what to do in the event of an earthquake and/or tsunami. Consider your home, neighborhood, work, and school. What if your family is separated when the event occurs? Choose a family meeting point for each of these scenarios.  
**EVALUATE** your tsunami evacuation routes and hazards or obstacles you may encounter.  
**PRACTICE** "drop, cover, and hold" drills and evacuating your home and workplace.  
**PREPARE** an emergency supply kit for you and your family.  
**SECURE** your household.

## Emergency Supply List

-  Flashlights with spare batteries. These must be handy! Have one by your bed.
-  Hand-crank or battery-operated radio. Your vehicle radio is a good alternative.
-  First aid kit and first aid knowledge. Buy a first aid book!
-  Fire extinguisher. Class "ABC" extinguishers are designed for any type of fire.
-  Food (canned or dehydrated) and water for your family **AND** pets.
-  Warm clothes and blankets
-  Tools
-  Special medications or foods for family **AND** pets.

## SECURE YOUR HOUSEHOLD

