

Do's and Don'ts For Earthquakes

Earthquakes can be terrifying, but knowing what to do can significantly increase your chances of staying safe.

Before an Earthquake (Preparation):

Do:

- Secure heavy furniture and appliances to walls.
- Store heavy items on lower shelves.
- Create an emergency supply kit (water, food, first-aid, flashlight, radio).
- Develop a family emergency plan and practice it.
- Learn first aid and CPR.
- Know how to shut off gas, water, and electricity.
- Reinforce or retrofit your home if it's in an earthquake-prone area.

Don't:

- **Don't neglect to prepare because you think "it won't happen here."**
- **Don't leave heavy objects unsecured on high shelves.**



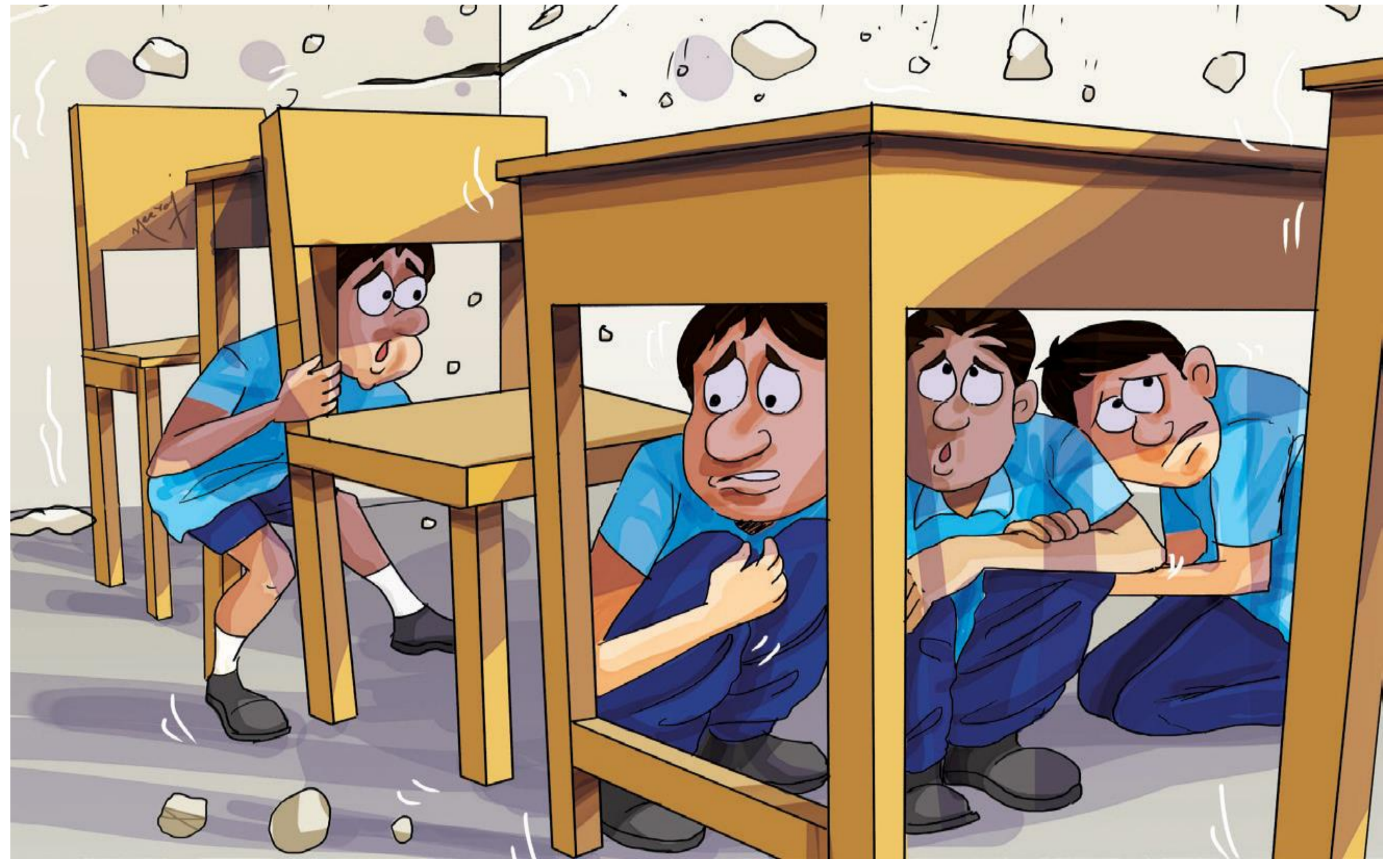
After an Earthquake (Recovery):

Do:

- Expect aftershocks.
- Check for injuries and provide first aid.
- Check for gas leaks and turn off the gas if necessary.
- Listen to a battery-powered radio for emergency information.
- Stay away from damaged buildings.
- Be aware of fallen power lines.

Don't:

- **Don't use candles or open flames.**
- **Don't spread rumors.**
- **Don't enter damaged buildings until they have been declared safe.**
- **Don't use the phone except for emergency calls**



During an Earthquake (Action):

Do:

If indoors:

- "Drop, cover, and hold on."
- Get under a sturdy table or desk.
- Stay away from windows and glass.
- If no table is available, crouch in an inside corner.

If outdoors:

- Move to an open area away from buildings, power lines, and trees.

If in a vehicle:

- Pull over to a safe location and stay in the vehicle.

Don't:

- **Don't run outside during the shaking.**
- **Don't use elevators.**
- **Don't stand under doorways unless they are strongly supported.**