

What to do for a

# EARTHQUAKE

## BEFORE

- Create survival kits & have food storage
- Fasten shelves to the wall
- Place large and heavy objects on lower shelves
- Fasten heavy items close to anywhere people sit
- Repair old electrical wiring and leaky gas lines
- Secure your water heater, refrigerator and furnace with straps and bolts
- Install flexible pipe fittings to avoid gas and water leaks
- Hold earthquake drills with your family and friends

## DURING

- Drop to the ground. Cover yourself by getting under something sturdy and hold on until the shaking stops
- Stay away from glass, outside doors and walls
- If you're in bed, stay there with the pillow of your head
- If outdoors, stay away from buildings, streetlights and power lines
- If you're in a vehicle, come to a stop as soon as possible and stay in the vehicle
- If you're trapped under debris, try not to kick a lot of dust and begin tapping on pipes to signal that you need help

## AFTER

- Text instead of call on your phone - it's more likely to go through
- Avoid using elevators
- Expect aftershocks as you are exiting the building
- Try to extinguish small fires
- Open cabinets carefully as contents may have shifted
- Check on neighbors and friends

EMERGENCY CONTACT (OUT OF STATE)

