

Foldline

DURING:

- Remain calm! The shaking usually lasts no more than a minute.
- If inside, stay inside.... "DROP, COVER, and HOLD!" Duck under sturdy furniture. Cover as much of your head and torso as you can. Hold onto the furniture. If you cannot get under sturdy furniture, move to an inside wall or archway and sit with your back to the wall, bring your knees to your chest and cover your head.
- Stay away from mirrors and windows.
- Do not exit the building during the shaking.
- If outdoors, move to an open area away from all structures, especially buildings, bridges, and overhead power lines.
- If driving, stop in an open area away from all structures especially bridges, overpasses, tunnels, and overhead power lines. Stay as low as possible inside the vehicle.



Foldline

AFTER:

- STAY CALM! Count to 60 to allow time for objects to fall before moving.
- Move cautiously, and check for unstable objects and other hazards above and around you.
- Check yourself for injuries.
- Help those around you and provide first aid, if you are qualified.
- Hang up all phones. Only use phones (including cell phones) if a life is at stake.
- Inspect gas, water and electric lines. If there are leaks or if there is any doubt about leaks, shut off mains; evacuate immediately if you hear or smell gas and can't shut it off. Report leaks to the authorities.
- Anticipate aftershocks, especially if the shaking lasted longer than two minutes.
- Stay out of damaged buildings.
- Listen to the radio or watch local TV for emergency information and additional safety instructions.

BEFORE:

- Develop a family emergency plan and practice it regularly.
- Identify an out-of-area phone contact person to call and check in with.
- Choose a couple of family meeting places; pick easy to identify, open and accessible places that you can likely walk to.
- Prepare to be self-sufficient for a minimum of three days.
- Assemble an emergency supply kit; include food, water, prescription medications and first aid supplies, a battery operated radio, flashlight, extra batteries, shelter, clothing, sturdy shoes, and personal toiletries.
- Assemble similar emergency kits for your workplace and vehicle.
- Take an approved first aid course.
- Quake-proof your house by securing heavy furniture and objects.



 Cutline

INSTRUCTIONS:

- Cut along red dotted line
- Fold along blue lines so the text ends up on the outside.