

RECIPE FOR DISASTER TIP

What to do if you're driving during an earthquake?



Pull over to the side of the road when safe to do so, avoiding overpasses, bridges, trees, and power lines. Turn off your vehicle and cover your head and neck with your arms and hold. Do not exit your vehicle until 60 seconds after the shaking has stopped.

Don't wait for an emergency to happen.

There are simple things you can do to protect yourself and your loved ones.

The City of Victoria has developed the *Recipe for Disaster* series to help prepare residents and small business with the knowledge, supplies and a plan to cope for three days in the event of a disaster.

To learn more, visit: PrepareVictoria.ca

Contest:

PrepareVictoria.ca

In recognition of Emergency Preparedness Week (May 2–8, 2010), email a helpful preparedness tip to vema@victoria.ca and enter a draw to win one of three 72-hour emergency kits. Contest closes May 31, 2010.

