

# What To Do During An Earthquake

## 1. Stay Calm

First and foremost, having a plan for your office and home will help you stay calm. If you have a plan and are prepared, earthquakes are very survivable.

## 2. Seek Safety Where You Are

If you are inside, stay inside. If you are outdoors, stay outdoors. Do NOT evacuate a building until the shaking stops.

## 3. Take Cover

### If Inside:

1. If indoors, take cover under a desk, table or bench, or stand in a supported doorway (make sure the door does not slam on your fingers) or along an inside wall or corner.
2. Stay away from windows, bookcases, china cabinets, mirrors, and fireplaces until the shaking stops.
3. If no protection is available, drop to the floor and cover your head with your hands.
4. Never try to restrain a pet during the shaking.
5. If in a crowded public place, do not rush for the doorway since other people are going to have the same idea. Move away from display shelves containing objects that may fall.
6. If in the kitchen, turn off the stove at the first sign of shaking and quickly take cover away from the stove so as not to be injured by hot liquids which may spill.
7. If in a high-rise building, get under a desk or table and stay away from windows and outside walls. Stay in the building on the same floor.
8. Avoid stairways or elevators, as they are likely to be jammed.
9. Be prepared for electrical outages, sprinkler systems turning on, or fire alarms sounding.

### If Outside:

If outdoors, get into the open away from buildings, trees, walls, and power lines. The greatest danger from falling debris is just outside doorways and close to outer walls. Stay in the open until the shaking stops.

### In A Car:

If you are in a car, pull over to the side of the road as quickly as is safely possible and stop the car. Never stop on top of or underneath a bridge or under power lines. Stay in your car until the earthquake is over. When you drive on, watch for hazards caused by the earthquake, such as fallen or falling objects, downed electrical wires, or broken roadways.