

EARTHQUAKE SAFETY

Indoors

Drop, cover and hold on. During earthquakes, drop to the floor and take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances and kitchen cabinets with heavy objects or glass. Do not go outside.



In Bed

If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a High-Rise

Drop, cover and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

Outdoors

Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles and other hazards.

Driving

Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

In a Stadium or Theater

Stay at your seat and protect your head and neck with your arms. Do not try to leave until the shaking is over. When shaking stops walk out slowly and watch for anything that could fall in the aftershocks.

Near the Beach

Drop, cover and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 2 mi (3km) or to land that is at least 100 feet (30 m) above sea level immediately. Do not wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a Dam

Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you are downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

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