



# Earthquake

## Identify the Safest, Interior Location



Shelter against an inside wall or under sturdy furniture, such as heavy desks or tables.



Stay away from any areas where glass could shatter, such as windows, mirrors, or pictures.



Avoid areas where heavy furniture could fall over, such as large bookcases and cabinets.

## Make a Kit

Make a kit with essentials ready to grab and go in case of fire.



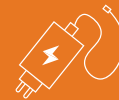
water and food



flashlight and extra batteries



first aid kit



cell phone charger



copies of important documents



extra cash

## Have a Plan

Determine a emergency plan for disasters with family, colleagues, and friends. Topics should include:



How to contact each other after an emergency.



How to find each other and assemble after an emergency.



Determining emergency contacts.

## If Outdoors



If outdoors, stay outside.



Move away from buildings, streetlights, and utility wires.

## If in a moving vehicle



Stop as quickly as safety permits. Avoid stopping near buildings, trees, overpasses, and utility wires.



Stay in the vehicle with your seatbelt fastened until the shaking stops.



Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

## If trapped under debris



Do not light a match.



Do not move about or kick up dust.



Cover your mouth with a handkerchief or clothing to help filter the air you breathe.