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 an 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.

If trapped under debris

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