

Earthquake Checklist

What to Do During an Earthquake:

1. Drop, Take Cover and Hang On.
2. If inside a building:
 - a) Get under a sturdy table or ledge.
 - b) Stay near an interior wall if possible.
 - c) If in a chair or bed protect your head as best as you can.
3. If outside, get as far away from buildings and overhead structures as you can.
4. Stay away from windows inside or outside!
5. If in a vehicle:
 - a) Pull over.
 - b) Put vehicle in park and set parking brake.
 - c) Stay inside the vehicle!
6. If you have to move, crawl, don't walk or run.

What to Do in the Aftermath:

1. Beware aftershocks, which may be nearly as powerful as the primary quake.
2. You cannot expect access to any emergency response in the aftermath of a powerful quake.
 - a) Be prepared to render self aid.
 - b) Help others if you can do so safely.
3. Get out of damaged buildings as fast as you can.
4. Beware falling debris, especially glass!
5. If you are trapped in rubble, use anything you can to make noise and signal for help.
6. Try to cover your mouth and nose with a mask or cloth to keep from breathing in airborne dust and debris.
7. Stay alert for landslides and avalanches (near hills and mountains) and tsunamis (near coasts).
8. Be extra cautious when getting out of the danger area after a quake; watch for sharp objects, downed power lines and leaking sewers.