

DON'T WAIT FOR A QUAKE

Prepare Because You Care



BEFORE AN EARTHQUAKE:

- Store extra water, food and medicines.
- Securely anchor tall furniture and hot water tanks.
- Take first aid and CPR training.
- Designate an *Out-of-Area telephone contact*---an out-of-area relative or friend to be funnel of information for other family members:

Name _____ Phone _____

- Designate a meeting place in your community where you can reunite with your family if you cannot return home after an earthquake:

Address _____

Phone _____

Earthquake Survival Tips

When an earthquake hits, solid earth may pitch and roll for a minute or two. Although the motion is frightening, your chances of survival are better if you remain calm and:

DURING THE SHAKING:

- If indoors, stay indoors. Hide under sturdy furniture. Stay near the center of the building. Stay away from glass.
- Don't use candles, matches, or other open flames.
- Don't run through or near buildings where there is danger of falling debris.
- If outdoors, stay in the open---away from buildings and utilities.
- If in a moving car, stop but stay inside.

AFTER THE SHAKING:

- Check for injuries---give first aid.
- Check water, gas and electric lines. If any are damaged, shut off at the mains. If you detect a gas leakage, open windows, leave the house and report to authorities.
- Turn on radio or television for emergency bulletins.
- Stay out of damaged buildings; aftershocks can shake them down.
- Call your *Out-of-Area telephone contact* and: Tell how and where you are; ask for other family messages; and say when you will call again.