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Taking it one step at a time.

When an earthquake strikes:

Duck, Cover and Hold

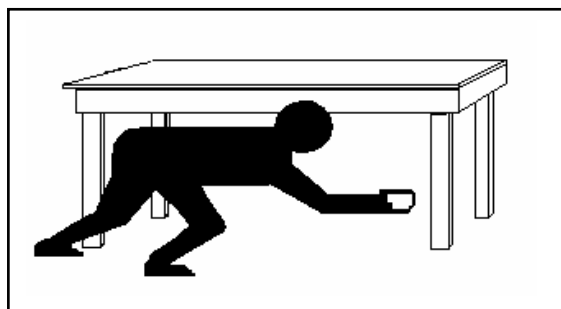
Whether you are in your home, at work, in school, or in any other type of building, it is important to know how to protect yourself during an earthquake and its aftershocks.

Teach yourself and your family these procedures and practice them so that when an earthquake strikes you will be able to react automatically.

When the shaking starts:

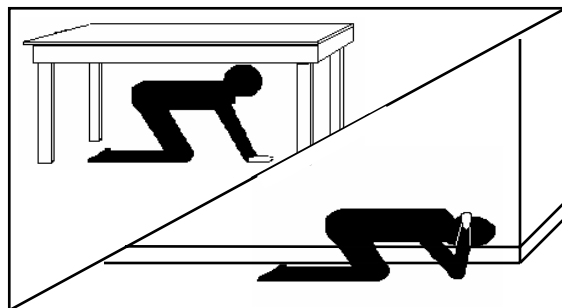
DUCK

DUCK or drop down to the floor



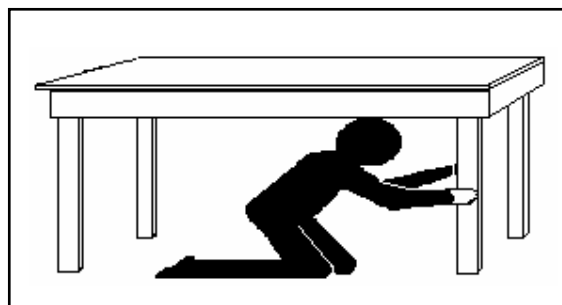
COVER

Take COVER under a sturdy desk, table or other furniture that is not likely to tip over. If that is not possible, seek COVER against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors and tall furniture.



HOLD

If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safe to move.



Earthquake

DUCK, COVER & HOLD TIPS

Falling objects cause most earthquake-related injuries!

When you begin to feel an earthquake, **DUCK** under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants and other heavy objects that may fall. Be aware of falling materials such as plaster, ceiling tiles and bricks that may come loose during the quake. Stay under **COVER** until the shaking stops. **HOLD** on to the desk or table that you are under and if it moves, move with it.

- If you are not near a table or desk, move against an interior wall, and protect your head with your arms. **Do not go into a doorway**, the shaking can cause the door to swing forcibly shut.
- HIGH-RISE BUILDINGS - Do not use the elevators and don't be surprised if the fire alarm and/or sprinkler systems come on.
- OUTDOORS - Move to a clear area away from trees, signs, power lines, buildings and poles.
- NEAR BUILDINGS - Be aware of falling bricks, glass, plaster and other debris. Duck into an entryway and protect your head with your arms.
- DRIVING - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- STORE OR OTHER PUBLIC PLACE - **Do not rush for the exit.** Move away from shelves and displays that may fall over or contain objects that could fall, then duck, cover and hold.
- WHEELCHAIR - If you are in a wheelchair, stay in it. Move to cover, if possible (i.e., an interior wall), lock your wheels, and protect your head with your arms.
- KITCHEN - Move away from the refrigerator, stove and overhead cupboards, then duck, cover and hold. [Now would be a good time to anchor appliances and install security latches on cupboards to reduce hazards.]
- THEATER OR STADIUM - If possible get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops, then leave in a calm, orderly manner.

**AFTER AN EARTHQUAKE, BE PREPARED FOR
AFTERSHOCKS AND PLAN WHERE YOU WILL TAKE
COVER WHEN THEY OCCUR.**