

Top 10 Tips for EARTHQUAKE SAFETY



BEFORE



- 01 Build an emergency kit and have a family communication plan.
- 02 Know the safe spots in every room—under a sturdy table or against an inside wall.
- 03 Secure household items.
- 04 Drop, cover, and hold on

DURING



- 05 Stay away from windows, glass, lighting fixtures, or furniture that could fall, like bookcases.
- 06 Stay Inside. If you're already outside, remain there. Move away from buildings, streetlights, and wires.
- 07 Expect aftershocks. They are usually not as strong but can cause damage.

AFTER



- 08 Do not enter a damaged building.
- 09 Open cabinets carefully. Objects might have moved and could fall on you.
- 10 Text, don't talk. Unless there's a life-threatening situation, send a text so that you don't tie up phone lines needed by emergency workers. Plus, texting may work even if cell service is down.

**EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS.
TAKE CARE OF YOUR BODY AND TALK WITH PEOPLE YOU TRUST IF YOU ARE FEELING UPSET.**