



DO YOU KNOW WHAT TO DO?

BE READY FOR
AN EARTH MOVING
EXPERIENCE

BE PREPARED. MAKE A PLAN.

KnoWhat2Do.com

EARTHQUAKES

**WHEN THE GROUND
SHAKES, YOU DON'T HAVE
TO BE SHAKEN.**

Depending on your location, earthquakes can be a rare or common occurrence. For the most part, earthquakes are generally small and cause little disruption to a normal day. However, when the seismic activity goes higher, so does the potential for damaging effects.

DROP, COVER, HOLD ON

The most important thing to remember during an earthquake is to drop to your hands and knees, and cover your head and neck with your arms.

- + If in a vehicle, pull over, stop in a clear area without trees or buildings and stay there
- + If in bed, stay and cover head and neck with pillows
- + If in a high-rise building, do not use elevators
- + If in an office building, get under a sturdy piece of furniture and hold on
- + Do not run outside

SAFETY AFTER A QUAKE

Immediately after an Earthquake, move quickly out/away from damaged buildings. If trapped, cover mouth – send text, bang on walls or pipes instead of shouting. Save phone call for emergencies. Once safe, check for injuries or provide assistance to others if possible. Monitor local news reports, and expect aftershocks following large earthquakes.