



In the event an earthquake strikes –

- ▶ Remain calm – reassure others.
- ▶ If indoors, stay there! If outside – stay there!
- ▶ Take cover, and protect the head, face, and torso.
- ▶ Move away from large windows and objects which may fall.

After the shaking stops...

- ▶ Assess your immediate surroundings for dangers. Evacuate if necessary.
- ▶ Check for injuries. Administer first aid to the most seriously injured.
- ▶ Check building for structural damage. Evacuate if necessary.
- ▶ Check utilities (e.g. gas, power). Shut off if necessary.
NEVER TOUCH DOWNED POWER LINES.
ONLY SHUT OFF GAS IF YOU SMELL IT OR SUSPECT A LEAK
- ▶ Send a runner to the next closest unit to exchange information.
- ▶ Be alert for fire hazards. *Put out small fires, if it is safe to do so!*
- ▶ Do not light a match or turn on a light switch. Use a flashlight!
- ▶ Clean up hazardous materials and debris, *if it is safe to do so.*
- ▶ Wear sturdy shoes and protective gloves if there is debris.
- ▶ Put all telephone receivers back on hooks.
- ▶ Do not use telephone unless absolutely necessary.
- ▶ Turn on battery operated radio (or car radio) for emergency bulletins.

Assist others -

- ▶ Ensure all building occupants are accounted for. Take a head count.
- ▶ Initiate rescue efforts if necessary (e.g. for trapped persons). *Do not enter severely damaged buildings. In that case, leave rescue to trained professionals!*
- ▶ Move injured people from hazardous areas into unaffected areas.
- ▶ Set up emergency care (e.g. shelter, feeding, first aid). Calm people.
- ▶ Ensure people take routine medication. *In an emergency it's easy to forget!*