

# During An Earthquake

1. During an earthquake -- R E M A I N C A L M.  
Don't panic and run.
2. Stay inside the building-- If you are already inside stay there.
  - Stand in a strong doorway
  - Get under a strong table, bed or desk
  - Stay away from windows
  - If possible move to an inner wall or hallway
  - When choosing shelter be sure it will provide air space should your shelter collapse.
  - Watch for falling objects--plaster, bricks, light fixtures, or other such objects.
  - Be sure to stay away from china cabinets, tall bookcases and shelves windows, sliding and shower doors, and mirrors. Chimneys may shatter during the rocking motion of the quake.
3. Do not rush to the outdoors.  
If you are in a crowded theater or store, do not rush with the crowd to the exit. You may be injured in the stampede. If you must leave the building--choose your exit carefully. The greatest danger from falling debris is just outside doorways and close to outer walls.
4. If you are outside move away from high buildings, power poles, or lamp posts.  
Remember power lines could be dangerous. Stay away from power lines--they could be hot.
5. If you are driving in a car you should stop as quickly and as safely as possible. Do not stop on an overpass, under an overpass, or near a tall building. There is a strong possibility you will be near **live electrical wires**. Should live wires fall across the car, remain where you are. Your car is usually well insulated and unless you touch charged metal, will protect you from the electricity. The best advise in most situations is to remain in your car. Should you be on foot--make a wide path around the wires.

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