



EARTHQUAKES



An earthquake is a sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface. Earthquakes can cause fires, tsunamis, landslides or avalanches. While they can happen anywhere without warning, areas at higher risk for earthquakes include Alaska, California, Hawaii, Oregon, Puerto Rico, Washington and the entire Mississippi River Valley.



Prepare Before an Earthquake

- Practice how to protect yourself during earthquakes with family and coworkers.
- Make an Emergency Plan: Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated. Make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher and a whistle.
- Protect Your Home: Secure heavy items in your home like bookcases, refrigerators, water heaters, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.



IF YOU ARE IN A CAR :
Pull over and stop.
Set your parking
brake.



IF YOU ARE IN BED :
Turn face down and cover
your head and neck with a
pillow.



IF YOU ARE OUTDOORS :
Stay outdoors away
from buildings.



IF YOU ARE INSIDE :
Stay and do not run
outside and avoid
doorways.



PROTECT YOURSELF DURING EARTHQUAKES :



1. DROP (OR LOCK)

Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.



2. COVER

Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris.



3. HOLD ON

If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.



STAY SAFE AFTER



- Expect aftershocks to follow the main shock of an earthquake. Be ready to Drop, Cover, and Hold On if you feel an aftershock.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth with your shirt for protection and instead of shouting, use a whistle.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops. Avoid contact with floodwaters as they can contain chemicals, sewage, and debris.