

Earthquake

If you are indoors when the shaking starts:

- Drop, Cover and Hold on under a table or desk, drop to the floor against an interior wall and cover your head and neck with your arms.
- If you use a wheelchair, lock the wheels and cover your head and vital organs.
- Avoid windows, hanging objects
- Do not try to run out of your building during strong shaking,
- Evacuate the building, follow instructions of first responders
- Do not use elevators
- If you are outdoors when shaking starts:
- Move to a clear area and avoid overhead power lines buildings, and trees.
- If you are driving, pull your vehicle to the side of the road and stop
- Avoid overhead hazards or near buildings and wait until the shaking stops