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How to Protect Yourself During an Earthquake

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Protect

Yourself During an Earthquake

The main thing to remember during an earthquake is to "duck and cover." Here are some guidelines to staying safe.

Instructions

Difficulty: Easy

Things You'll Need

Portable Radios

First Aid Kits

Fire Extinguishers

Flashlights

- 1 Stay inside and duck and cover. Get underneath a desk or table, or stand in a corner or under a doorway. Cover your head and neck with your arms.
- 2 Move against an interior wall if in a high-rise building with no protective desk or table nearby. Cover your head and neck with your arms.
- 3 Try to get into an open area away from trees, buildings, walls, signs and power lines if outdoors.
- 4 Pull over to the side of the road away from overpasses and power lines if driving. Stay in your car until the shaking ends.

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5 Get away from shelves or other areas where objects may fall if in a crowded store or public area. Do not run for the door. Crouch and cover your head and neck with your hands and arms.

6 Stay in your seat if in a stadium or a theater. Get below the level of the back of the seat and cover your head and neck with your arms.

Tips & Warnings

If you take cover under a sturdy piece of furniture, hold on to it and be prepared to move with it.

Try to stay away from kitchens and garages, where there are often many objects that might fall.

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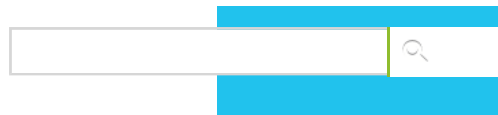
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