

Preparing for Earthquakes

Washington is earthquake country. When the ground starts to shake, "Drop, Cover and Hold"

Indoors:

When you feel an earthquake, **DROP** and **COVER** under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other objects that could fall. **HOLD** onto the desk or table. If it moves, move with it. Do not run - stay where you are and "**Drop, Cover and Hold**"

Kitchen:

Move away from the refrigerator, stove, and overhead cabinets. **Drop, Cover and Hold** under a table or near an inside wall. Take time **NOW** to anchor appliances and install security latches on cabinet doors to reduce earthquake hazards.

Outdoors:

If you are outdoors, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.

Downtown Area:

If you are on a sidewalk near a tall building, get into a building's doorway or into the building's lobby to protect yourself from falling bricks, glass and other debris.

Crowded Store or Public Place:

DO NOT rush for the exits. Move away from display shelves holding objects that could fall on you, and **Drop, Cover and Hold**.

Driving:

If you are driving, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking stops.

Wheelchair:

If you are in a wheelchair, stay in it. Move to safe cover if possible (this is the one time you might use a doorway), lock your wheels, and protect your head with your arms.

Theater or Stadium:

If you are in a theater or stadium, stay in your seat, protect your head with your arms or get under the seat if possible. Do not attempt to leave until the shaking stops.

After the Earthquake:

- Check yourself and those around you for injuries.
- Be prepared for aftershocks.
- Use the phone only to report a life threatening emergency.
- If you smell gas or hear a hissing sound - open a window or leave the building. Shut off the main gas valve outside.
- Try to make contact with your out-of-area phone contact and continue to monitor your radio.