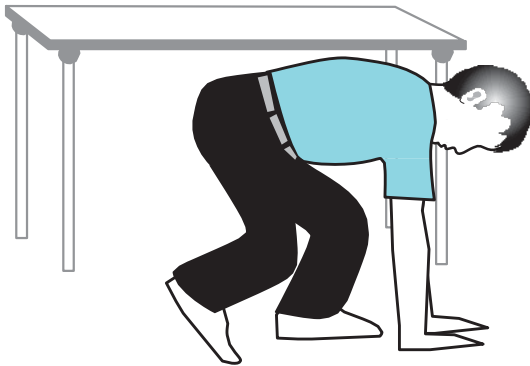


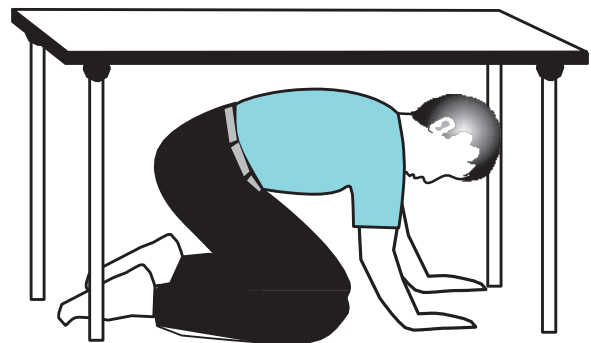
How to stay safe During an Earthquake

When the earth shakes...

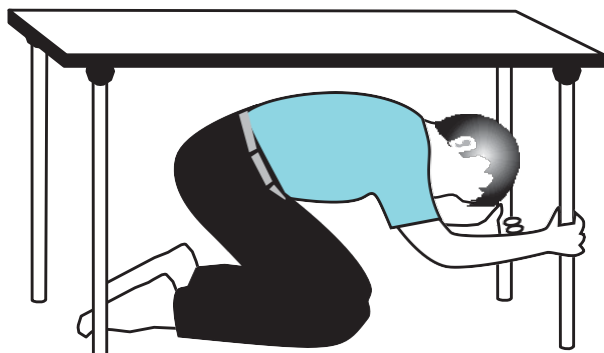
Drop to the ground...



Cover...

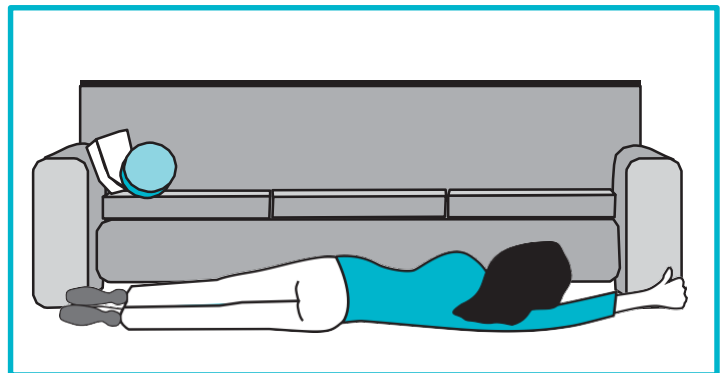
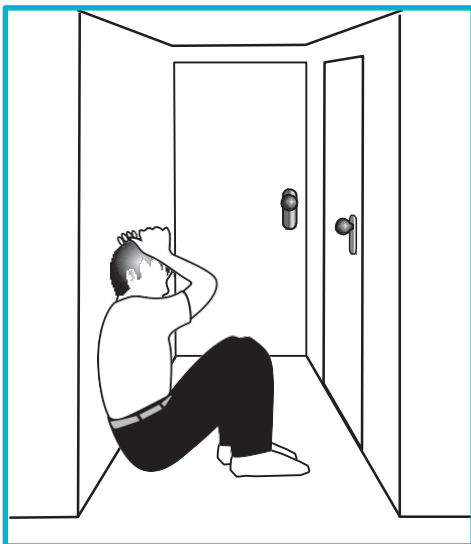


Hold on...



How to stay safe during an earthquake

- ★ **Do not run during the shaking.**
Most injuries occur due to falling objects, not collapsing buildings
- ★ **Drop to the floor, cover and hold on under a desk or table.**
Stay there until the shaking stops.
- ★ **If you are in a place where there is no table, crouch down!** Try to get under or beside something. The best option is to get under a desk or table. Sit by an inner wall. Crouching beside heavy furniture or squatting between the rows of chairs in churches cinemas and stadiums or next to or underneath a shopping cart.



- ★ **If you are outside in an open area stay there.** Sit and cover your head with your arms.
- ★ **If you are outside, but near a building move away from the building to be clear of falling glass and other objects.** The area immediately outside of the building known as "danger zone".
- ★ **NOTE: Doorways are NOT a recommended safe place to be in an earthquake.** It's difficult to stay in the doorway during the shaking and the door often causes injury then it swings open and closed during the shaking.