

## WHAT TO DO DURING AN EARTHQUAKE

Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur.

Minimize your movements to a few steps to get to a safe place. If you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

### IF INDOORS:

DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner away from glass, windows, outside doors and walls and anything that could fall such as lighting fixtures or furniture.

If you are in bed when the earthquake strikes, stay there.

Protect your head with a pillow unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.

Research has shown that most injuries occur when people inside

buildings move to a different location inside the building or try to leave.

Be aware that electricity may go out and sprinkler systems or fire alarms may turn on. DO NOT USE ELEVATORS.

### IF OUTDOORS:

Stay there but move away from buildings, streetlights and utility wires.

The greatest danger exists directly outside buildings at exits and near exterior walls. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

### IF IN A MOVING VEHICLE:

Stop as quickly & safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses & utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges or ramps that might have been damaged by the quake.

### IF TRAPPED UNDER DEBRIS:

Do not light a match. Do not move about or kick up dust. Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Shouting can cause

you to inhale dangerous amounts of dust. Only shout as a last resort.

## EXPECT AFTERSHOCKS.

**LISTEN TO NOAA WEATHER RADIO OR KIRO 710 for instructions.**

*Map of the Pacific Northwest shows the Juan de Fuca Plate where current theory predicts a major earthquake in the future. USGS*

