

Earthquake Safety

General Rules to Know Before, During, and After an Earthquake



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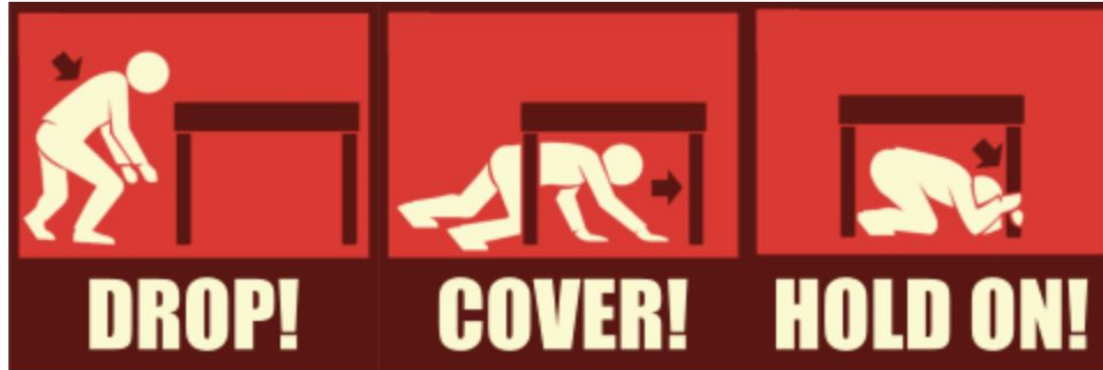
Before an earthquake....

- Protect your home
 - Secure objects that are at risk of falling down during a quake with nails, latches, hooks etc.
 - E.g: large dressers, mirrors, cabinets, bookcases, TV's, and wall pictures/paintings
 - Most earthquake injuries are caused by flying/fallen objects
 - Know how to turn off utility valves (water, gas, electricity) in the event of broken pipes
- Create or buy an emergency kit
 - [American Red Cross List of supplies](#)
 - E.g: Food, water, medical/financial/personal records, medications, radio, batteries, etc.
 - Ensure there are enough supplies for at least 14 days.
 - Have kits in accessible locations
 - e.g: one for the car, one by your bed, in your garage, etc.

Before an earthquake (cont.)....

- Create a plan of action with your family/household
 - Communication lines may be down after an earthquake, therefore it's important to create a plan to stay connected
 - E.g: battery powered radio to listen to emergency alerts, decide on a meeting spot, etc.
 - Ensure all members of your household know where supplies are and what to do in the event of an emergency. Emergency responders will be busy during this time.
- Be familiar with basic emergency skills such as First Aid and/or CPR.
 - This will be very useful for you and the people around you.

During an earthquake....



Picture: Graphic/Center for Disease Control and Prevention/[Website](#)

Drop, Cover, Hold On

DROP down to the ground, onto your knees, with your hands covering/protecting your head. This position will protect you from falling objects that could injure vital organs.

COVER your body as much as possible. You will need to figure out a safety position based on where you are. For example, taking shelter underneath a study table or near an empty wall where there is no risk of furniture falling on top of you. Continue to cover your head/neck with your arms for the duration of the shake.

HOLD ON to any form of support during the shake. Try not to move positions or places until the shaking stops.



During an earthquake (cont.)....

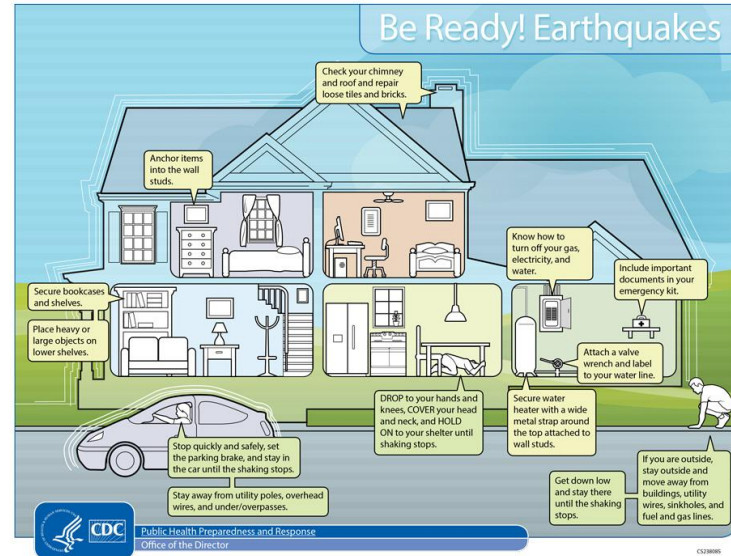
In a car? Park on the side of the road and set the parking brake.

Outside? Find an open space and/or stay away from tall buildings/objects

In bed? Turn onto your stomach and cover your head with a pillow.

In a building? Stay away from large windows and follow the drop,cover, hold rule. Avoid elevators and take the stairs down when possible

Unable to drop to the ground? Do whatever you can to protect yourself from falling objects



After an earthquake...

- Be ready for aftershocks
- If you are at home, continue to shelter in place. If you are outside, slowly and safely make your way back home (if possible). Listen to the radio and/or safety personnel for any emergency announcements about places/roads to avoid.
- Wear sturdy shoes and protective clothing to protect yourself from broken glass and objects
- In your home, assess hazards/damages in your environment (e.g: broken utility pipes, chemical spills, broken objects, structural damage, etc.)
- Gather your belongings and prepare for evacuation (if ordered/needed)

Sources

1. “Earthquake Safety.” *Earthquake Preparedness* , Red Cross, www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html. Accessed 19 Sept. 2023.
2. “What Do I Do AFTER an Earthquake?” *What Do I Do AFTER an Earthquake?* , U.S. Geological Survey, www.usgs.gov/faqs/what-do-i-do-after-earthquake. Accessed 19 Sept. 2023.
3. “Stay Safe during an Earthquake.” *Natural Disasters and Severe Weather* , Centers for Disease Control and Prevention, 24 Sept. 2020, www.cdc.gov/disasters/earthquakes/during.html#:~:text=If%20you%20are%20able%2C%20seek,up%20with%20blankets%20and%20pillows.
4. “Survival Kit Supplies.” *What Do You Need In a Survival Kit* , American Red Cross, www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html. Accessed 19 Sept. 2023.