

EARTHQUAKE

- Do not install door locks or window bars that obstruct emergency exits.
- Designate a "Safe Room" or area, which is secure, for use in the event of an emergency. Stock it with supplies, first aid materials, etc.
- Stay away from windows and furniture that could potentially fall over. One of the biggest hazards during an earthquake is falling debris and furniture. Avoid areas where you might be exposed to these hazards.
- Take cover in a safe place in your house.
 - Get under a sturdy table or desk to avoid being hit by anything.
 - If you cannot take safe cover, protect your head and neck with your arms.
- Do not try to go outside until after the shaking stops.
 - If you are already indoors, you are safer taking cover inside than attempting to leave your house during an earthquake, as you could be hit by falling debris as you're trying to get out.