



Earthquake. The first ten minutes.

What to do while it is shaking, and the order to work in once it stops.

1 Drop, cover, hold on



- Drop to hands and knees where you are
- Cover your head and neck, get under a table if you can
- Hold on until the shaking stops

2 Do not run outside



- Falling glass and facades hurt people at the door
- Stay away from windows
- If you are in bed, stay there with a pillow over your head

3 In the car, pull over



- Stop clear of overpasses, trees and power lines
- Stay inside with the brake on
- Wait for the shaking to end before moving

4 Shoes before anything



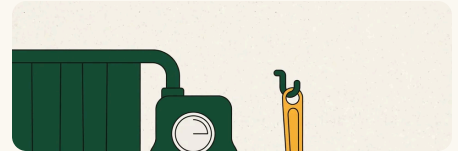
- Broken glass is the most common injury
- Keep shoes and a flashlight by the bed
- Put them on before you take a step

5 Check people, then yourself



- Call out to everyone in the house
- Treat bleeding before anything else
- Do not move anyone badly hurt unless they are in danger

6 Smell for gas



- Rotten egg smell or hissing means leave now
- Do not flip switches or light anything
- Shut the gas only if you smell it, and only if you know how

7 Expect aftershocks



- Drop, cover and hold on every time
- They can be strong for days
- Stay out of damaged buildings

8 Look up before you move



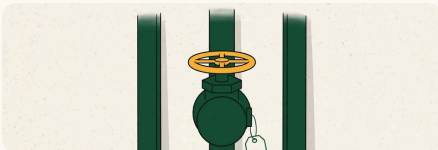
- Cracked ceilings, leaning shelves, hanging fixtures
- Get out of a room that looks wrong
- Open cabinets slowly, things fall

9 Text, do not call



- Voice lines jam, texts get through
- One out-of-area contact for the whole family
- Mark yourself safe on your family group chat

10 Water and power check



- If pipes may be broken, shut the main
- Fill containers if pressure is still on
- Treat downed lines as live

11 Near the coast and strong shaking



- Head to high ground on foot, do not wait for a warning
- Twenty seconds or more of shaking is the signal
- Stay there until officials say it is clear

12 Get out if the building is damaged



- Cracks in walls, doors that no longer close, a tilt
- Take the go-bag and the pets
- Meet at the spot you agreed on

Drop, cover, hold on. Then shoes, gas, people, and out if you have to.

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