



TIP OF THE MONTH #2

OCTOBER 2020

What to Do During an Earthquake

From the GHNA Disaster Prep Committee

If an earthquake strikes, protect yourself right away.

If you are...

1. **Home**, cover your head and neck with hands, crawl under a desk or table and hold on. This is called "Drop, Cover, and Hold On."
2. **In bed**, stay there, turn face down, and cover your neck and head with a pillow.
3. **Home and you cannot get under something**, drop and cover your head with your hands and arms face down near an interior wall. Try to do this somewhere in the room where items won't fall on you from above.
4. **Outdoors**, stay there and drop and cover. Stay away from buildings, signs, trees, streetlights or power lines or anything that could fall on you.
5. **In a high rise**, drop, cover and hold on. Avoid windows. Do not use elevators.
6. **In your car**, pull over, stop, and set your parking brake. Keep your seat belt on. Once the quake is over, avoid freeway on and off ramps and bridges that might have been

damaged by the quake.

7. ***In a theater or stadium***, stay in your seat or drop down to the floor between rows and protect your head, neck and arms. Do not leave until the shaking is over.

8. ***In a store***, drop and take cover under anything that can provide protection like a shopping cart or inside clothes racks. If you need to move away from heavy items on high shelves, drop to the ground first and then crawl away.

9. ***Near the shore***, if the earthquake lasts 20 seconds or more, head to high ground in case a tsunami has been generated. Move inland two miles or to land that is 100 feet above sea level. Don't wait for a warning, start walking if there is likely to be traffic.

In any event, do not run outside or get in a doorway. Instead:



Here's a link to an eight-minute video, featuring semiologist Lucy Jones:
<https://youtu.be/oqrYFJe2Es4>

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For more tips on preparing for a disaster, visit www.garfieldheights.org under DISASTER PREP.



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