

Plan for an Earthquake

1. During a major earthquake, you may experience a shaking that starts out to be gentle and within a second or two grows violent and knocks you off of your feet. Sometimes it is difficult to move from room to room.
2. Move the resident away from the window into a door way or if able under the bed.
3. If you are indoors stay there. Get under a desk, table, door way or in a corner. Remember to stay clear of windows, bookcases, outside walls, corners, and loose cabinets until the shaking stops.
4. If you are outside, stay outside. Get away from buildings, trees, walls, and power lines.
5. If you are in the Elevator or Emergency Way, do not use the elevator.
6. When the ground stops shaking, check for injuries and implement the appropriate interventions.
7. Check for hazards.
8. Use the phone for emergencies only.
9. Aftershocks will occur. These are usually smaller than the main quake, but some may be large enough to do additional damage or further injury.