



## NEVADA EARTHQUAKE SAFETY COUNCIL

# ***SAFETY TIPS!***

## **LOOK, DUCK, COVER, AND HOLD ON!**

When you feel an earthquake, the first thing to do is LOOK. Look around! Look above! See what could hurt you, what could save you from injury. Get your bearings on your next move. Find cover and DUCK under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects that could fall. Watch out for falling plaster or ceiling tiles. Stay under COVER until the shaking stops. HOLD onto the desk or table. If it moves, move with it. Here are some additional tips for specific locations:

- If you're in a HIGH-RISE BUILDING, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators. Do not be surprised if the fire alarm or sprinkler systems come on.
- If you're OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- If you're on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you're DRIVING, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over. Always carry emergency supplies.
- If you're in a CROWDED STORE OR OTHER PUBLIC PLACE, do not rush for exits. Move away from display shelves containing objects that could fall. If items begin to fall, duck under shelves.
- If you're in a WHEELCHAIR, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the KITCHEN, move away from the refrigerator, stove, and overhead cupboards. (Take the time NOW to anchor appliances and install security latches on cupboard doors to reduce hazards.)
- If you're in a STADIUM OR THEATER, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.

***AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR!!***