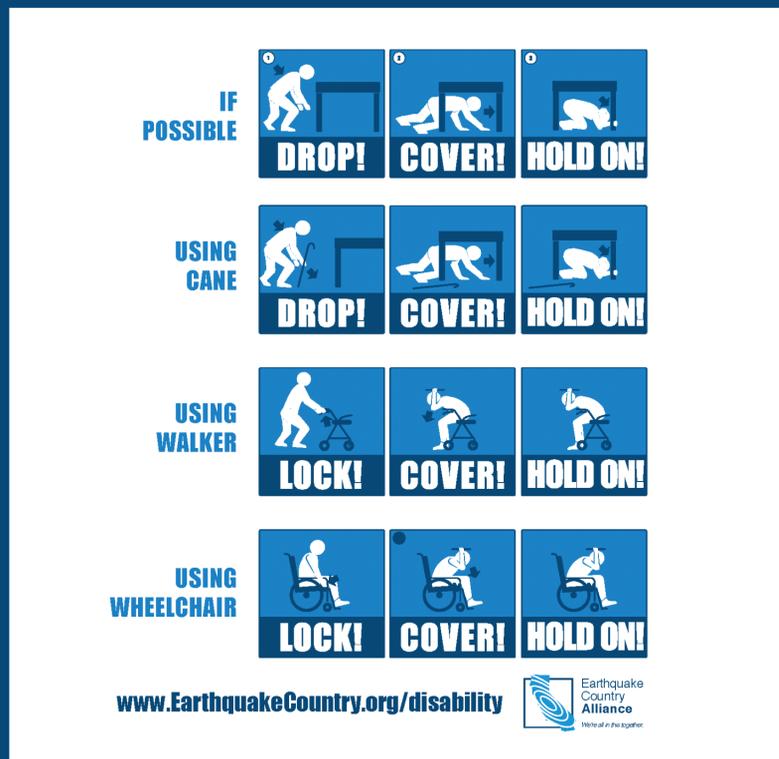


# Surviving Earthquake and Fire



## Protect Yourself During Earthquakes!



At the first sign of shaking, take cover and protect yourself from falling objects. If you are indoors, stay there:

- Drop, cover, and hold onto the legs of a table or other sturdy object.
- If no other cover is available, sit with your back against a wall, make yourself as “small” as possible and cover your head and neck with your hands.

If you are outdoors, stay clear of falling debris.

- Stay clear of buildings, power lines, chimneys, trees, and tall retaining walls.
- Drop, cover, and hold on, or sit with your back against a wall.

If you are in a crowded public place, stay in the center of the room.

- Move away from plate glass windows or display shelves that contain objects that may fall.

If you are in a car, stay inside.

- Pull over to the side of the road, away from power lines and overpasses. Turn off the ignition and set the brake.
- Duck and cover your face and head.
- Drive very carefully afterwards—roadways, bridges and overcrossings may be damaged.



**Don't forget:** The severe shaking of earthquakes often causes fire, too!

**If trapped by fast-moving flames:**

- Evacuate on foot or bicycle, using trails if roads are blocked.
- If trapped in your car, turn off the motor, close the windows and vents, cover yourself and lie on the floor. Do not leave the vehicle. Cover the windows with sun-shades, space (survival) blankets—anything that will help reflect or absorb the heat of the fire as it approaches.
- If trapped on foot, find an area that has already burned or is clear of vegetation, or lie in a ditch and cover all areas of exposed skin.
- If trapped at home with no escape route, close all windows and doors, leave them unlocked and pull heavy drapes or blinds. (If made of lightweight synthetics, remove entirely to avoid interior fires). Stay away from outside walls. Use a damp towel to filter smoke from the air you breathe.