

ARE YOU PREPARED FOR AN

EMERGENCY?

EARTHQUAKES



- An earthquake is a violent and sudden shaking of the ground following movement in the Earth's crust
- They happen without warning, especially in high-risk areas
- Be prepared when an earthquake strikes. Make a plan today
- Your plan should include:
 - A supply kit containing enough food or water for several days
 - Safe designated area to meet with separated family members

Tips For Staying Safe

- Protect your head and neck
- If possible, take shelter under a sturdy table or desk to protect against falling objects
- Stand next to an interior wall away from windows if no shelter nearby
- If you are in a car, stop and pull over immediately. Set the parking brake
- If outdoors, keep away from buildings

