

Stay Safe After an Earthquake

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If an earthquake has just happened, there can be serious hazards such as damage to the building, leaking gas and water lines, or power lines that fell over.

- Expect aftershocks to follow the main shock of an earthquake.
- Check yourself to see if you are hurt and help others if you have training. Life-threatening injuries require immediate action and can prevent an injured person from dying.
- **Learn five simple steps that may save a life:**
 - o Call 911
 - o Stay Safe
 - o Stop the Bleeding
 - o Position the Injured
 - o Provide Comfort
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, protect your mouth, nose and eyes from dust. Send a text, bang on a pipe or wall or use a whistle instead of shouting to help rescuers locate you.
- If you are in an area that may experience tsunamis, go inland or move to higher ground immediately after the shaking stops.
- Text messages may be more reliable than phone calls. Let your family's emergency contact know your situation.
- Once you are safe, listen to local news reports for emergency information and instructions via battery-operated radio, TV, social media or from cell phone text alerts.



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- Be careful during post-disaster cleanup of buildings and around debris. Do not try to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves and sturdy, thick-soled shoes during cleanup.

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