

EARTHQUAKES

What to Do

What Not to Do

CUSD Revised 8-1-10

If You Are Inside (including at school)

- **Drop, cover and hold on! Drop** to your hands and knees before the earthquake knocks you down. Take **cover** under a desk or table and **hold on** to the desk or table even if it moves.
- Do not run outside!
- Do not stand in a doorway!
- If you use a wheelchair and cannot drop-cover-hold, protect your head and neck with a pillow or your arms. If your mobility is limited, it is particularly important that you DO NOT try to get to a “safer place” or get outside. Movement will be very difficult and dangerous.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Wait for instructions from a teacher or other school employee
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

If You Are Outside (including P.E. class)

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- Wait for instructions from a teacher or other school employee

If You Are at the Beach

- Drop, cover and hold on until the shaking stops.
- Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

If You Are in a Car

- Pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.