

WHAT TO DO IN AN EARTHQUAKE

In a Building

- STAY INDOORS until the shaking has stopped. Trying to leave a building is very risky, and falling debris outside accounts for many injuries.
- Move away from heavy standing objects such as bookcases, china cabinets, filing cabinets or freestanding closets. Don't try to hold things up.
- Move away from glass doors and windows that can shatter.
- Duck, cover and hold. Try to get underneath a sturdy object such as a kitchen table, a desk, or a chair.
- Be careful in choosing to stand in a doorway. Be sure there isn't a door that could slam shut during the earthquake.
- If you are in bed, stay in bed and cover your head.

In a Car

- Stay in your car.
- Move to the shoulder of the highway and away from power lines and large buildings as quickly as is safe.
- Avoid stopping under an overpass. Move beyond the overpass and make room for others when you pull over.

Outdoors

- If possible duck, cover and hold. Get under a picnic table, bus bench or other sturdy object.
- Move away from brick walls, power lines, trees and chimneys.

In a Wheelchair

- Stay in the chair. Move to a safe place away from glass, tall bookcases, etc. Whether indoors or outdoors lock the wheels and cover your head with your arms to protect yourself from falling debris.

Once the Shaking Stops

- ➔ Check for injuries (check yourself first) and administer first aid.
- ➔ Check for fires. Put out small fires.
- ➔ If you smell gas, turn the gas off at the meter. Turn the electricity off.
- ➔ Do not light a match, or turn on a light switch. Use a flashlight or lightstick.
- ➔ Turn on a battery-operated or car radio for emergency bulletins on these radio stations:

Bay Area Emergency Radio Stations	KCBS	740 AM
	KGO	810 AM
City of Berkeley Information Radio	WNZV	1610 AM

The most immediate news will be found on KCBS and KGO. Berkeley's station will have Berkeley-specific information (road closures, shelter locations, where to obtain water) when information is available.

- ➔ Check your home for structural damage. Evacuate if necessary.
- ➔ After you have reassured your family and secured your possessions, report to your neighborhood earthquake organization headquarters.
- ➔ Be prepared for aftershocks.
- ➔ Do not use the telephone, except in extreme emergencies.
- ➔ If you are trapped inside a building or under something, make as much noise as possible to attract attention.