In the event an **earthquake** strikes –

- Remain calm – reassure others.
- If indoors, stay there! If outside – stay there!
- Take cover, and protect the head, face, and torso.
- Move away from large windows and objects which may fall.

**After the shaking stops…**

- Assess your immediate surroundings for dangers. Evacuate if necessary.
- Check for injuries. Administer first aid to the most seriously injured.
- Check building for structural damage. Evacuate if necessary.
- Check utilities (e.g. gas, power). Shut off if necessary.
  
  NEVER TOUCH DOWNED POWER LINES.
  
  ONLY SHUT OFF GAS IF YOU SMELL IT OR SUSPECT A LEAK
- Send a runner to the next closest unit to exchange information.
- Be alert for fire hazards. **Put out small fires, if it is safe to do so!**
- Do not light a match or turn on a light switch. Use a flashlight!
- Clean up hazardous materials and debris, *if it is safe to do so.*
- Wear sturdy shoes and protective gloves if there is debris.
- Put all telephone receivers back on hooks.
- Do not use telephone unless absolutely necessary.
- Turn on battery operated radio (or car radio) for emergency bulletins.

**Assist others -**

- Ensure all building occupants are accounted for. Take a head count.
- Initiate rescue efforts if necessary (e.g. for trapped persons). **Do not enter severely damaged buildings. In that case, leave rescue to trained professionals!**
- Move injured people from hazardous areas into unaffected areas.
- Set up emergency care (e.g. shelter, feeding, first aid). Calm people.
- Ensure people take routine medication. **In an emergency it’s easy to forget!**