

CERT TIP OF THE WEEK

PROTECT YOURSELF AGAINST EARTHQUAKES



INDOORS stay indoors. Stay away from windows and heavy items that can fall on you. **DROP – COVER – HOLD ON** or if using a walker or wheelchair **LOCK (your wheels) – COVER (your head and neck) – HOLD ON** until the shaking stops and you're sure it's safe to exit.

IN bed, hold on and stay there, protecting your head with a pillow.

OUTDOORS find a clear spot away from buildings, trees, and power lines. Drop to the ground.

IN A CAR slow down pull over and stop not under an overpass if possible. Stay in the car until the shaking stops.

SIGN UP for CERT training today!

**USING
WALKER**



**USING
WHEELCHAIR**



WHEN SHAKING BEGINS

- Drop down; take cover under a desk or table and hold on.
- Stay indoors until the shaking stops and you're sure it's safe to exit.
- Stay away from bookcases or furniture that can fall on you.
- Stay away from windows. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.