

# WHAT TO DO IN THE CASE OF A **EARTHQUAKE**

1. Stay inside.
2. Drop under heavy furniture such as a table, desk, bed or any solid furniture.
3. Cover your head and torso to prevent being hit by falling objects.
4. Hold on to the object that you are under so that you remain covered. Be prepared to move with the object until the shaking has finished.
5. If you can't get under something strong, or if you are in a hallway, flatten yourself against an interior wall and protect your head and neck with your arms.
6. If you are in a shopping mall, go into the nearest store.
7. If you are at school, get under a desk or table and hold on. Face away from windows.
8. If you are in a wheelchair, lock the wheels and protect the back of your head and neck.