

Earthquake Awareness tips

Disasters and emergencies can strike at anytime and without warning. The best way to protect your family is to plan ahead. First learn about some of the disasters, which can affect you. Have a family disaster plan which outlines the steps to take if a disaster should occur. Being prepared for disasters is everyone's responsibility.

All schools and offices should conduct earthquake drills a least twice yearly and conduct regular inspection of buildings for those items, which could fall and cause injury and death in an earthquake. Ensure that you have a written plan for handling disasters and emergencies. The most important thing to do during an earthquake is to remain calm. If you can do so, you are less likely to be injured.

If you are inside a building during an earthquake stay there and take cover under a strong doorway or get under a desk, table or bed. Watch out for falling plasters, light fixtures and other objects. Do not rush outside! If you are outside when an earthquake strikes, try to stay away from high-rise buildings, walls, light poles or other structures that may fall.

If possible, go to an open area away from anything which could fall and cause injury. If you are in an automobile when an earthquake strikes stop in the safest possible open area and remain in the vehicle. If you are at home when an earthquake occurs, stay clear of glass windows, heavy furniture or appliances.

Get under a desk or table, move into a hallway or crouch against an inside wall. Don't run downstairs, or rush outside while the building is shaking. Protect your self where you are.