SOUTH KING FIRE

Earthquakes

Make an Emergency Plan: Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated. Make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher and a whistle.

Protect Your Home: Secure heavy items in your home like bookcases, refrigerators, water heaters, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.

If an earthquake happens, protect yourself right away:

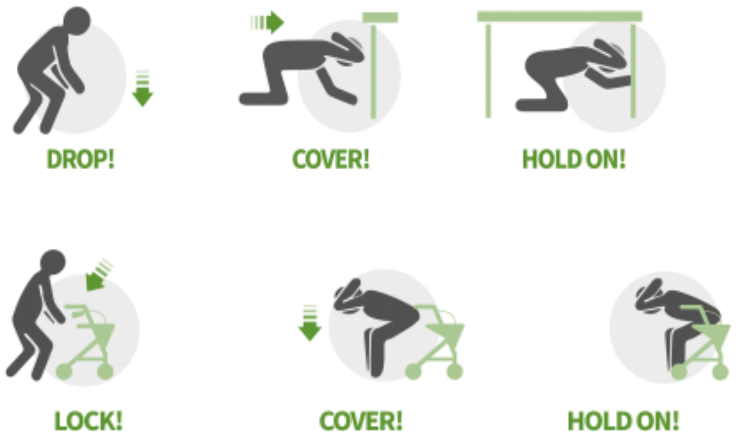
If you are inside, stay and do not run outside and avoid doorways.

If you are in bed, turn face down and cover your head and neck with a pillow.

If you are in a car, pull over and stop. Set your parking brake.

If you're outside, stay there. Move to an open area away from buildings, trees, streetlights, and power lines. Drop and cover until shaking stops to protect yourself from flying debris.

Protect Yourself During Earthquakes



For more information or in person training please fill out a participation request form online at SouthKingFire.Org or email CAO@SouthKingFire.Org

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1. Drop (or Lock)

Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

2. Cover

Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.

3. Hold On

If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

Stay Safe After

There can be serious hazards after an earthquake, such as damage to the building, leaking gas and water lines, or downed power lines.

Expect aftershocks to follow the main shock of an earthquake. Be ready to Drop, Cover, and Hold On if you feel an aftershock.

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If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.

If you are trapped, send a text or bang on a pipe or wall. Cover your mouth with your shirt for protection and instead of shouting, use a whistle.

Check yourself to see if you are hurt and help others if you have training. Learn how to be the help until help arrives.

If you are sick or injured and need medical attention, contact your healthcare provider for instructions. If you are experiencing a medical emergency, call 9-1-1.