Protect Yourself During Earthquakes!

IF POSSIBLE



USING CANE



USING WALKER



USING WHEELCHAIR



Pacific ADA Center ECA

EarthquakeCountry.org/step5

Protect Yourself During Earthquakes

- Take cover under a sturdy table and hold on to a table leg with one hand.
  - You might have to move with the table if it 'walks.'
- If there is no furniture to get under, lie flat next to furniture and cover your head.
- If you are unable to get on the floor, lock your wheelchair or walker and cover your head.
- Cover the back of your head & neck with your hand & arm or an object like a book.
- While inside, stay clear of windows and objects that could fall on you.
- When the shaking stops, turn off or unplug electric appliances.
- Don't use the elevator during or after shaking.
- If you are in bed, stay there and cover your head with a pillow. Keep sturdy shoes near your bed to avoid walking on broken glass.
- If outside, stay clear of buildings, trees and power lines.
- If in a vehicle, stop at a safe place and stay in the vehicle.