

## During an Earthquake

### Duck, Cover & Hold

- When in a **HIGH-RISE BUILDING**, Take **COVER** under a sturdy desk, table or other furniture. Protect your head and neck with your arms. Move to a door facing or against an interior wall if you are not near your desk. Do not use the elevators.
- When **OUTDOORS**, move to a clear area away from trees, signs, buildings, and electrical wires and poles.
- When on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
- When **DRIVING**, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a **CROWDED STORE OR OTHER PUBLIC PLACE**, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a **STADIUM OR THEATER**, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.



**DUCK** or **DROP** down on the floor!



Take **COVER** under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.



If you take cover under a sturdy piece of furniture, **HOLD** on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move.

### Remain calm!

Most injuries occur when people are hit by falling debris when entering or exiting buildings before the earthquake has stopped.

## After An Earthquake

*Unless there is an immediate, life-threatening emergency, do not use the telephone.*

### For Your Family Safety

- Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company. Check for downed power lines; warn others to stay away.
- Check your building for cracks and damage, including the roof, chimneys and foundation.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- **Be prepared for aftershocks.** The structures may already be damaged, after shocks, even light ones, can be dangerous
- Stay calm and lend a hand to others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.



Green River District  
Health Department  
Emergency Planning  
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## EARTHQUAKE TIPS



**Where Will You Be When  
The Shaking Starts?**

Green River District  
Health Department  
Emergency Planning

For more information on  
emergency planning  
please contact:

Green River District  
Health Department  
Emergency Planning  
270-686-7747

# EARTHQUAKE

*How well you, your family and your home survive an earthquake often depends upon how well you prepare beforehand. This brochure is designed to assist you in keeping your family as safe as possible, Before, During and After an earthquake.*

## Before the Earthquake Preparing Your Family

### The Plan

- **Stock up** on at least a three-day supply of food, water, clothes, medical supplies and other necessities, for everyone in your family. Make sure everyone knows where to find them.
- Decide where and when to **reunite your family** should you be apart when an earthquake happens.
- Choose a person outside the immediate area to **contact** if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after an earthquake.
- Know the policies of the school or daycare center your children attend. **Make plans** to have someone pick them up if you are unable to get to them.
- If you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any **special needs**. Tell that person to keep the card with them at all times.

- Conduct Earthquake: **Duck, Cover & Hold** drills every six months with your family.
- Know the safest place in each room because it will be difficult to move from one room to another during a quake.
- Learn how to shut off all **utilities** before a quake. If you have any questions, call your utility company.
- Make copies of vital records and keep them in a safe deposit box in another city or state. Make sure your originals are stored safely.
- **Before a quake** occurs, call your local Red Cross chapter and Office of Emergency Services requesting any helpful information they may be able to share.
- Establish all the possible ways to exit your house. Keep those areas clear. Know the locations of the nearest fire and police stations.
- Take photos and/or videos of your valuables. Make copies and keep them in another city or state.
- Include your babysitter and other household help in your plans.
- Keep an extra pair of eyeglasses and house and car keys on hand.
- Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

### General Tips

- Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.

- Keep your hallway clear. It is usually one of the safest places to be during an earthquake.
- If possible stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.

## Preschool and School-age Children

*By age three or so, children can understand what to do during an earthquake. Take the time to explain what causes earthquakes in terms they'll understand. Include your entire family in earthquake discussions, planning and conducting earthquake drills.*

- Show children the safest places to be in each room when an earthquake hits. Also show them all possible exits from each room.
- Use sturdy tables to teach children to Duck, Cover & Hold.
- Teach children what to do wherever they are during an earthquake (at school, in a tall building, outdoors).
- Make sure children's emergency cards at school are up-to-date.
- Although children should not turn off any utility valves, it's important that they know what gas smells like. Advise children to tell an adult if they smell gas after an earthquake.

## Tips for Preparing Infants and Toddlers

*For infants and toddlers, special emphasis should be placed on making their environment as safe as possible.*

- Cribs should be placed away from windows and tall, unsecured bookcases and shelves that could slide or topple.
- A minimum of a 72-hour supply of extra water, formula, bottles, food, juices, clothing, disposable diapers, baby wipes and prescribed medications should be stored where it is most likely to be accessible after an earthquake.
- Also keep an extra diaper bag with these items in your car.
- Store strollers, wagons, blankets and cribs with appropriate wheels to evacuate infants, if necessary.
- Install bumper pads in cribs or bassinets to protect babies during the shaking.
- Install latches on **all** cupboards so that nothing can fall on your baby during an earthquake.
- Remember to rotate stored items that have an expiration date to prevent waste.

Why Prepare...  
Because You Care!