

Seven Steps to Prepare, Survive and Recover from an Earthquake.

Preparing for the next damaging earthquake can help you and your family to survive and recover. The seven steps that follow include actions to keep you and your loved ones safe, reduce potential damage and recover quickly. By following them, countless casualties can be avoided and millions of dollars saved. Preparation is the key to surviving a disaster. You can start today by following these seven steps.

PREPARE

before an earthquake:

1. Secure your space
2. Create a plan
3. Prepare disaster kits
4. Strengthen your home

SURVIVE

during an earthquake:

5. Drop, cover and hold on

RECOVER

after an earthquake:

6. Check for injuries and damage
7. Follow your plan

STEP 1

Secure your space

- 1) Hang plants in lightweight pots with closed hooks, well secured to a joist or stud.
- 2) Install strong or childproof latches on cabinets.
- 3) Secure files or large storage cabinets and keep seldom used drawers or doors of seldom used clocked.
- 4) Remove or lock refrigerator wheels, secure to studs.
- 5) Secure valuable electronics (computers and televisions) with flexible straps or brackets.
- 6) Keep breakables in low or secure cabinets with latches.
- 7) Move heavy plants and other large items to floor or low shelves.
- 8) Hang mirrors and pictures on closed hooks.
- 9) Secure free-standing woodstove or fireplace insert.
- 10) Keep heavy unstable objects away from doors and exit routes.
- 11) Place bed away from windows or items that may fall.
- 12) Secure knick-nacks and small breakable valuables with museum putty.
- 13) Place only light-weight or soft items over the bed.

To learn more about the Seven Steps for Earthquake Safety visit: <http://www.earthquakecountry.info/roots/steps.html> or contact : Rebecca Blocker, 756-4539,, blocker@missouri.edu <http://www.extension.missouri.edu/stfrancois>



Protect yourself during earthquake shaking— Drop, Cover and Hold On.

If you are...

Indoors: Drop, cover, and hold on. Drop to the floor, take cover under a sturdy desk or table, and hold on firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances and kitchen cabinets with heavy objects or glass. Do not go outside!

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles and other falling hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a

WHAT RESCUERS AND EXPERTS *DO NOT* RECOMMEND YOU DO

DO NOT run outside or to other rooms during shaking:

The area near exterior walls of a building is the most dangerous. Windows and architectural details are often the first parts of a building to collapse. Stay inside if you are inside and outside if you are outside. Shaking can be so strong that you will not be able to move without falling down and objects may fall or be thrown at you. Injuries can be avoided if you drop before the earthquake drops you.

DO NOT stand in a doorway:

If you live in an old, unreinforced adobe house or some older wood frame houses the doorway might provide some protection, In modern houses, doorways are no stronger than any other part of the house. The doorway does not protect you from the most likely source of injury- falling or flying objects. You may not be able to brace yourself in the door during shaking. You are safer under a table.

DO NOT get in the "triangle of life":

In recent years, an e-mail circulated which describes an alternative to the "Drop, Cover and Hold On" advice. The so-called "triangle of life" and some actions recommended are potentially life threatening.

The "triangle of life" advice (always get next to a table rather than underneath it) is based on several wrong assumptions: Other recommendations in the "triangle of life" e-mail are very hazardous. For example, the recommendation to get out of your car during an earthquake and lie down next to it assumes that there is always an elevated freeway above you that will fall and crush your car. Of course there are very few elevated freeways, and lying next to your car is very dangerous because the car can move and crush you, and other drivers may not see you on the ground! Stay in your car!

PRACTICE THE RIGHT THING TO DO... IT COULD SAVE YOUR LIFE

Practice Drop, Cover, and Hold on October 16 at 10:16 in the Great ShakeOut Earthquake Drill.