



Earthquakes

Natural Disaster

<p>How do I protect myself during an earthquake?</p>	<p>DROP to the ground, take COVER by getting under a sturdy table or other furniture, and HOLD ON until the shaking stops.</p> <p>What if there is no tables or steady furniture? <u>Cover your face and head</u> with your arms and crouch in an inside corner of the building.</p> <p>What if I am outside? <u>Stay outside</u>. Move away from things that could fall on you like buildings, streetlights or utility wires. Stay in the open until the shaking stops.</p> <p>What if I am in my vehicle? <u>Stop as quickly as safety permits</u> and stay in the vehicle. Avoid stopping near or under things that could fall like buildings, trees, overpasses, and utility wires. When the earthquake stops, proceed cautiously and avoid damages roads, bridges or ramps.</p>
<p>What do I do if I am trapped in debris?</p>	<p>Do not light a match, move about or kick up dust. Cover your mouth with a handkerchief or clothing.</p> <p><u>Tap on a pipe or wall</u> so rescuers can locate you, <u>use a whistle</u> if available and shout only as a last resort because shouting can cause you to inhale dangerous amounts of dust.</p>
<p>What do I do after an earthquake?</p>	<p>If an earthquake occurs you might not have access to food, water and electricity for a while. You will need to store water and food or use alternate emergency sources of water. <u>Expect aftershocks and check for gas leaks.</u> Do not use generators or grills inside your home.</p> <p>Use the telephone only for emergency calls. Check yourself for injuries and then <u>help other injured or trapped persons.</u></p>
<p>How do I store water and food?</p>	<p>A clean supply of water is a top priority for drinking, food preparation and hygiene. Keep water in a cool, dark place in your home. <u>You need at least one gallon per person and pet per day.</u> Use alternate water sources in your hot-water tank, pipes, faucets or ice cubes.</p> <p>If a “boil water” order is issued: Do not use water for drinking, washing dishes, hand washing or cooking. Water should be boiled, treated or bottle water should be used.</p> <p>A power outage that lasts for more than two hours can be hazardous to food. During a power outage keep things cold by keeping refrigerator and freezer doors closed as much as possible. Group cold packages together. Add ice or dry ice to your refrigerator if the power is off for more than four hours. Throw away food that appears or smells unusual.</p>
<p>How do I get more information and stay informed?</p>	<p>San Bernardino County authorities may not immediately be able to provide information. Stay informed by watching TV, listening to the radio or checking the Preparedness and Response website www.sbcounty.gov/dph/preandresponse</p>