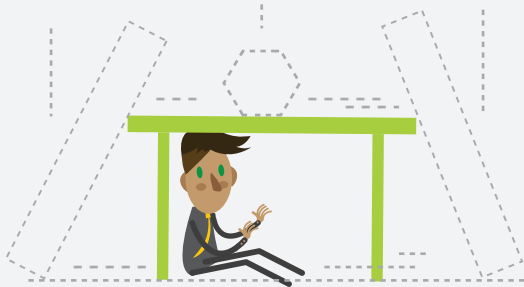


Be prepared for an **EARTHQUAKE**



INDOORS



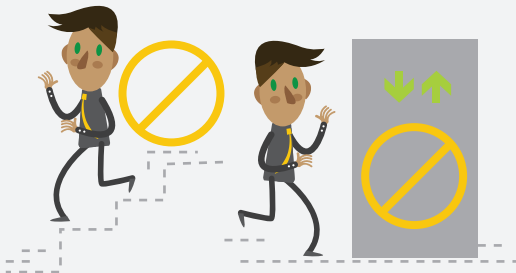
DUCK! COVER! HOLD ON!

You have very little time to protect yourself.



IF IN BED, STAY THERE!

Protect your head and neck with a pillow.



DO NOT...

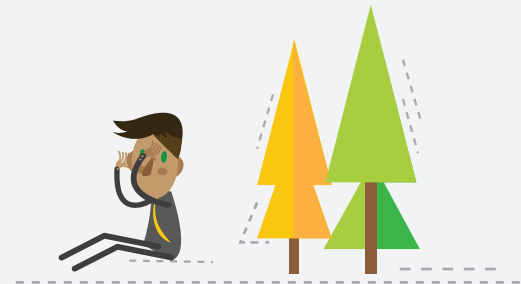
run outside during shaking or take an elevator.

OUTDOORS



STAY OUTSIDE!

Stay away from buildings.



STAY AWAY!

Move to an area clear of trees and poles.



STOP YOUR CAR!

Pull over to a clear area and stay inside.

After the shaking stops, you need to think, was it hard to stand up? Did it last longer than a minute? If so, DO NOT WAIT FOR AN OFFICIAL TSUNAMI WARNING!

- Move immediately to upper floors of concrete building or to higher ground.
- Only go outside if it is necessary to find safe, elevated shelter.
- Stay in your safe, elevated spot until the all clear is given by officials.

Follow HMC on Facebook and Twitter for up-to-date earthquake information and safety tips.

How to stay **EARTHQUAKE SAFE**



PREPARE BEFORE

- **Secure items such as pictures, televisions and objects that hang on walls.** Store heavy and breakable objects on low shelves.
- **Practice Duck, Cover and Hold On** with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- **Create a family emergency communications plan.** Determine where to meet if you get separated.
- **Make a supply kit that includes enough food and water** for at least 5 days, a flashlight, a fire extinguisher and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.

SURVIVE DURING

- **Duck, Cover and Hold On like you practiced.** Drop to your hands and knees. Cover your head under a sturdy piece of furniture. Hold on to the furniture until the shaking stops.
- **If in bed, stay there** and cover your head and neck with a pillow.
- **If inside, stay there until the shaking stops.** DO NOT go outside.
- **If in a vehicle, stop in a clear area** that is away from buildings, trees, overpasses, underpasses or utility wires.
- **If you are in a high-rise building,** expect fire alarms and sprinklers to go off. Do not use elevators.
- **If outside move into an open area** away from trees, poles and buildings.

SAFETY AFTER

- **If it's difficult to stand up and it lasts longer than a minute,** move immediately to the upper floors of a concrete building or to higher ground. **Do not wait for an official tsunami warning.**
- **Expect aftershocks to follow** the largest shock of an earthquake sequence.
- **Check yourself** for injuries.
- **If in a damaged building,** go outside and quickly move away from the building. DO NOT enter damaged buildings!
- **Save phone calls** for emergencies.
- **Wear** sturdy shoes and work gloves.