

HOW TO RIDE OUT THE EARTHQUAKE!

During a major earthquake, you may experience a shaking that starts out to be gentle and within a second or two grows violent and knocks you off your feet... or

...you may be jarred first by a violent jolt-as though your house was hit by a truck. A second or two later you'll feel the shaking and, as in the first example you'll find it very difficult (if not impossible) to move from one room to another.

If you are indoors, stay there. Get under a desk or table or stand in a doorway or corner like you practiced in your drills. Remember, stay clear of windows, china cabinets, mirrors and fireplaces until the shaking stops.

If you happen to be in the kitchen, turn off the stove at the first sign of shaking and quickly take cover under a counter or table, or in a doorway.

If you are outside, get into the open away from buildings, trees, walls and power lines.

If in a crowded public place, do not rush for the doorway, since other people are going to have the same idea. Move away from display shelves containing objects that may fall.

If in a highrise building, get under a desk, stay away from windows and outside walls. Stay in the building on the same floor. Don't be surprised if the electricity goes out or if elevator, fire alarm or sprinkler systems go on. Do not use elevators!

If you are in your car, pull to the side of the road and stop the car. Do not park under overpasses or power lines. Stay in your car until the earthquake is over. If the earthquake has been severe, do not attempt to cross bridges or overpasses that have been damaged.

WHEN THE GROUND STOPS SHAKING-CHECK FOR INJURIES

If anyone has stopped breathing, give mouth-to-mouth resuscitation. Stop any bleeding injury by applying direct pressure to the wound. Do not move seriously injured people unless they are in immediate danger of further injury. Cover injured persons with blankets to keep them warm.