



NATURAL DISASTER SURVIVAL TIPS

How to stay safe during an earthquake when you live outdoors

WHAT WILL YOU DO IN A NATURAL DISASTER?

IF YOU ARE INDOORS

- Drop to the ground; take cover by getting under a table or desk and hold on until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall.
- Don't stand under a doorway unless you know it is strongly supported.
- Stay inside. Do not exit a building while it is shaking.

IF YOU ARE OUTDOORS

- Stay outside; don't try to run into a building.
- Move away from buildings, streetlights, and utility wires.

IF YOU ARE TRAPPED UNDER DEBRIS

- Do not light a match or ignite a lighter because there might be a gas leak nearby.
- Don't move around or kick up dust. Cover your mouth with a handkerchief or clothing so you don't breathe in dust.
- Tap on a pipe or wall so rescuers can find you. Only shout as a last resort. Shouting can cause you to inhale harmful amounts of dust.

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