

EARTHQUAKE QUIZ

1. How have you prepared for an earthquake?
2. What is your best immediate response if you feel earthquake tremors?
3. Why are shoes important in your *Get-Out-of-Bed* bag?
4. Do you have an out-of-area emergency contact if local contact(s) are also impacted by a major quake?

Protect Yourself During Earthquakes!



Aug 31, 2024

EARTHQUAKES

BEFORE (Plan and Prepare)

- Securely attach tall furniture to walls. Call Willamette View Maintenance (ext. 6678) for help.
- Prepare emergency supplies including water, food, power sources and your *Get-Out-of-Bed* and *Get-Out-of-Town* bags.
- Identify safest areas in apartment, away from windows.
- Identify multiple evacuation routes, avoiding elevators.
- Identify, if possible, emergency contacts from THREE locations (Portland area; NW Region; outside western USA)
- Register emergency contacts with Administrative Assistant, Brooke LeClair (ext. 6227)

DURING

- If able, ***DROP*** where you are on your hands and knees. Stay low and crawl away from windows to shelter under furniture, ***COVER*** and ***HOLD ON***.
- Alternatively, take cover against an interior wall away from windows and falling hazards, bend forward to protect vital organs, cover head with arms, hands clasped behind neck.
- In bed, cover your head and neck with a pillow. Large quakes can throw you from the bed.

AFTER

- Stay calm, alert and cautious.
- **ASSESS** your situation. Make a plan.
- Expect Aftershocks (may be stronger than original).
- Put on shoes to avoid cut feet from broken glass.
- Check yourself (and others with you) for injuries.
- Stay away from damaged, unstable areas.
- Shelter in place or evacuate if location is unsafe.