

# Earthquake Preparedness

**Great Nevada  
Shakeout  
October 15th 10:15**

## During the Earthquake

### ▼ **What if I am in bed at the time?**

Well, you will probably wake up to begin with. So if you are in bed...stay there, cover your head and neck with a pillow. At night hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed.

### ▼ **What if I am outside when the shaking starts?**

If you are outdoors at the time, move away from buildings, streetlights, and utility wires. Once in the open, "Drop, Cover and Hold On". Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.

### ▼ **So, what if I am in a moving vehicle?**

If you are in a vehicle you may experience some degree of vertigo, nausea, or disorientation (*sort of like sea sickness*). Stop the vehicle as quickly and safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Don't pull over next to a building. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that the earthquake may have damaged. Watch for cracks or holes in the road. (*speeding down the road screaming about your fears out the window is not helpful*)

▼ **Be on the watch** for falling objects, obstacles in the roads, injured people. Do not try to cross areas that may be flooded from broken water mains, watch for fallen power lines. If a power line has fallen on your car DO NOT get out of your car. Call for help and wait for their arrival. Getting out of your car with a live power line on it can kill you .

**AND, ALWAYS REMEMBER**



▼ *For all disasters....remember 72-96.....that's the number of hours you should be prepared to take care of yourself and your family in a major disaster before professional rescuers may be able to get to you. Because they will be affected by the disaster too.*

**IN THE NEXT ISSUE OF THE "What If Times" :**

*Which I know you can hardly wait for....."After an Earthquake". Personal safety and what to do around your house or office.*