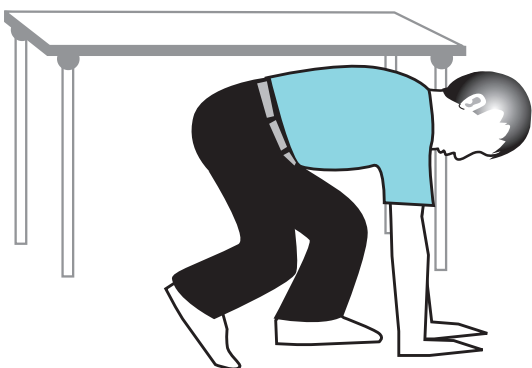




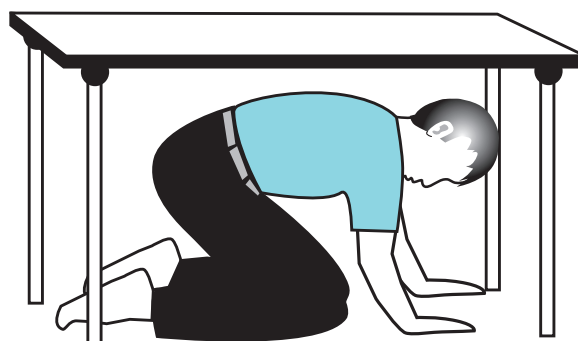
How to be Safe in an Earthquake

When the ground shakes....

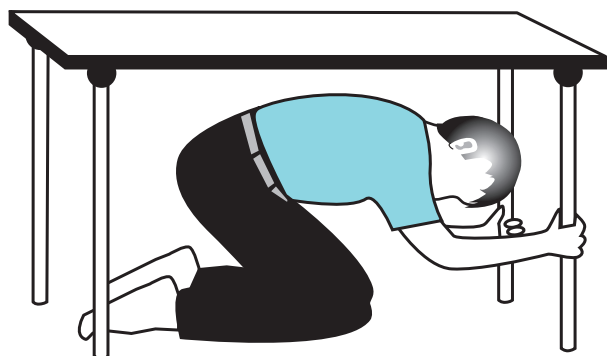
DROP....



COVER....



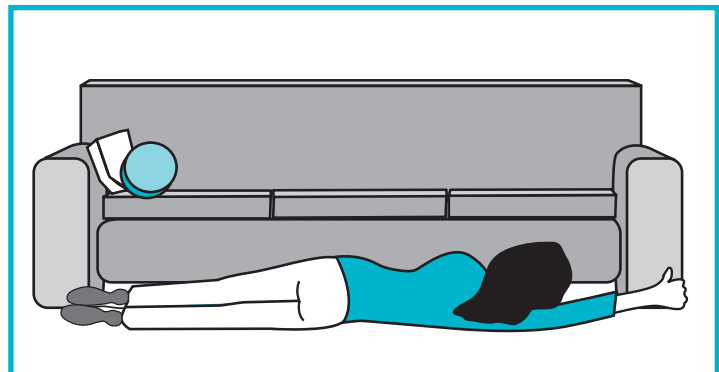
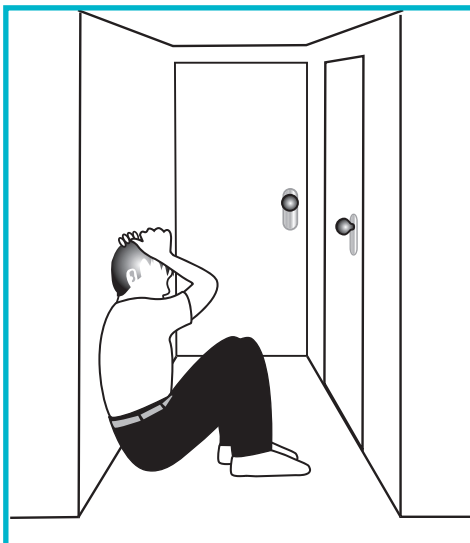
HOLD....



How to be safe in an Earthquake



- ★ **Don't run during the shaking.**
Most injuries are from falling objects, not collapsing buildings.
- ★ **Drop, cover and hold under a desk or table**
within the first 3-4 seconds of shaking. Stay there until the shaking stops.
- ★ **If you are in a place without a table, get low!**
Think *beneath, beside, between.*
Getting **beneath** any desk or table is the best option.
Sit **beside** an inside wall.
Get **low beside** heavy furniture.
Crouch **low between** rows of chairs in a movie theater, church or stadium.
Get **low beside and beneath** the level of a grocery cart in the supermarket.

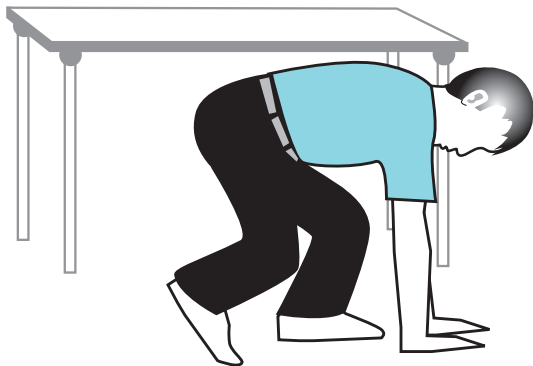


- ★ **If you are outside in an open area...**
Sit down and cover your head with your arms.
- ★ **If you are outside close to a building...**
Move into the building and find a safe place. Immediately outside a building is called the "danger zone".
- ★ **NOTE: Doorways are NOT a recommended safe place**
in an earthquake. It's difficult to stay in the doorway during the shaking and the door often causes injury when it swings open and closed during the shaking.

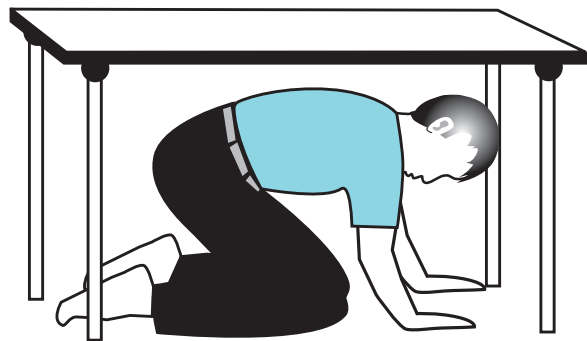
Cómo estar a salvo durante un Terremoto

Cuando la tierra tiembla...

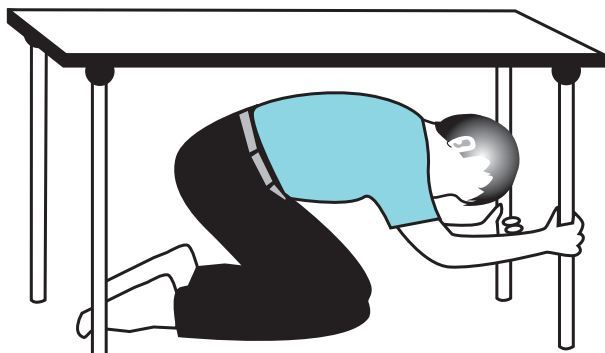
TÍRESE AL SUELO...



CÚBRASE...



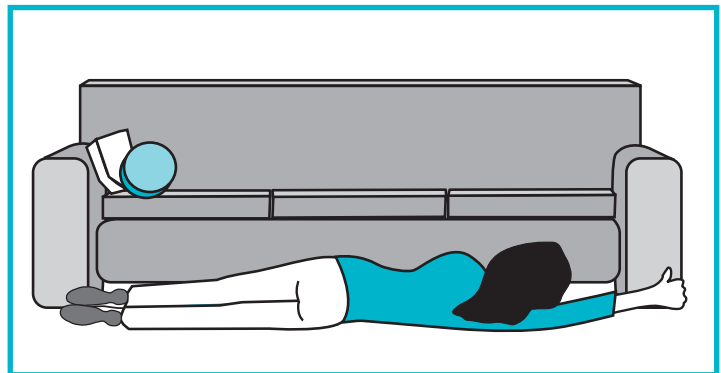
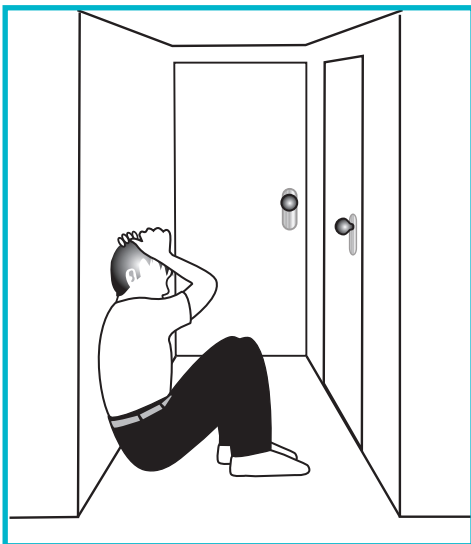
QUÉDESE QUIETO...



Cómo estar a salvo durante un Terremoto



- ★ **No corra durante el temblor.**
La mayoría de las heridas se producen debido a la caída de objetos, no por los edificios que colapsan.
- ★ **Tírese al suelo, cúbrase y quédese quieto debajo de un escritorio o una mesa** durante los primeros 3 ó 4 segundos del temblor. Quédese allí hasta que finalice el temblor.
- ★ **¡Si usted se encuentra en un lugar donde no hay una mesa, agáchese! Siempre piense en ubicarse debajo de algo, al lado de algo o entre algo.** La mejor opción es ponerse **debajo** de un escritorio o una mesa. Sentarse **junto** a una pared interna. **Agacharse junto** a muebles pesados. **Ponerse en cuclillas entre** las hileras de las sillas en cines iglesias o estadios. **Agacharse junto a o debajo** de un carrito de supermercado.



- ★ **Si se encuentra afuera, en un área abierta...**
Siéntese y cubra su cabeza con sus brazos.
- ★ **Si se encuentra afuera, pero cerca de un edificio...**
Ingresa al edificio y busque un lugar seguro. La parte externa inmediata al edificio se conoce como “zona de peligro”.
- ★ **NOTA: Las entradas NO son un lugar seguro recomendado** en el caso de un terremoto. Es difícil mantenerse a salvo en una entrada durante un terremoto pues la puerta a menudo causa heridas con el movimiento de apertura y cierre durante el temblor.

Quake Safe tips if you are outside

In an earthquake, the area immediately outside a building is the most dangerous place to be. We call this “the danger zone” because bricks, windows, facades and architectural details are often the first parts of the building to fall off. The taller the building, the wider the danger zone. A basic rule of thumb is if you are inside, stay inside and if you are outside, stay outside.

But what if you are in the danger zone when the earthquake starts?

Rule: If you have to look way over your head to see the top of the building, get back into the building and find a safe place. You simply won't have enough time or mobility to get far enough away from tall buildings when the ground is moving.

If you don't have to look up very much to see the top of the building, you are probably far enough away from it.

Summary

- *Don't run during the shaking.*
- *Drop, Cover and Hold under a desk or table.*
- *If there's no table around, find the nearest safe place beside an inside wall or lower than furnishings.*
- *If outside and in an open area, sit down and cover your head with your arms.*
- *If in “the danger zone”, next to building, try to get back into the building for shelter.*

Practice earthquake drills

The only way to insure you will take the appropriate “quake-safe” action during the earthquake is to practice. If you never practice getting under a desk or sitting beside an inside wall, the chances of you taking the appropriate safety action is only about 10%. People learn by using their senses. The more senses you use to learn something, the better you remember and respond in an emergency. By reading about how to be safe in an earthquake, hearing the same information via radio, television or from other people and physically practicing getting under a table or sitting against a wall, you virtually insure that you will make a good decision and take a quake-safe action when the earthquake happens.

If you can't physically practice, at least talk about what you would do in that situation. For example, when you are driving, talk about what you would do and visualize yourself pulling the car over and stopping. That's almost as good as a real practice drill.



Dallas Office of Emergency Management
214-670-4275

WHEN THE GROUND SHAKES



HOW TO BE SAFE IN AN EARTHQUAKE



Myths verses Fact

One of the great myths of an earthquake is that all the buildings collapse. Actually, in the United States, we don't see a lot of building collapse, especially when you compare it to the number of buildings that are impacted by the earthquake.

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to run: even when they know they should Drop, Cover and Hold.

Studies show that people in our country tend to be hurt by falling objects, not by collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, falling televisions or shifting furniture. Safety comes from taking quick action and finding a "quake-safe place" within 3 to 4 seconds.

You and your loved ones can learn to resist the instinct to run by knowing where safe places are in each room of your home and practicing.



When the earth shakes, **DROP** to the ground, **COVER** under a desk or table and **HOLD** on to the desk or table so it doesn't bounce away. Stay there until the shaking stops.

"Quake-safe Advice"

To increase your likelihood of surviving any size earthquake, Drop, Cover and Hold under a desk or table within the first 3—4 seconds of shaking. Stay there until the shaking stops.

If you are in a place without a table your goal is that your head is not the tallest thing in the room. Start by getting low. If there is no table around you, think

"Beneath, Beside, Between!"

- Getting **BENEATH** any desk or table is always your best option.
- Sit **BESIDE** an inside wall or
Get low and **BESIDE** heavy furniture.
- Crouch low **BETWEEN** the rows of chairs in a movie theater, church or stadium.

Get low **BESIDE AND BENEATH** the level of a grocery cart in the supermarket.



If there is no table around, get lower than the other furnishings.

Other Places You Might Be:

What if I'm...

in a car?

You'll naturally do the right thing because it will feel like a flat tire. Slow down, pull over and stop. Stay in the car.

driving on a bridge or overpass?

Slow down, but continue driving if possible. When out of that situation, pull over and stop. If you can't drive out of the situation, at least stay in the car.

outside?

If outside and in an open area, sit down and cover your head with your arm. Immediately outside of a building is called the "danger zone". If you are immediately outside of building, move into the building and find a quake-safe safe place.

in bed?

Beds are relatively safe places to be in an earthquake, especially if you don't hang pictures on the wall at the head of your bed. Stay in bed, cover your head with the covers.

upstairs vs downstairs?

Either is safe. Find a quake-safe place where you are and avoid running during the shaking.

Myth Buster!

Doorways are NOT a recommended safe place to be in an earthquake. It's difficult to stay in the doorway during the shaking and the door often causes injury then it swings open and closed during the shaking.

Quake Safe

A Coloring Book



By JoAnn Jordan

Illustrated by Anna Johnson

Terremotico – Vamos a Pintar

Por JoAnn Jordan Ilustraciones de Anna Johnson



What do I do when the ground shakes!?

¿Qué debo hacer si el piso tiembla?

*That depends on where you are
when the earth quakes!*



¡Todo depende del lugar donde estés cuando eso suceda!

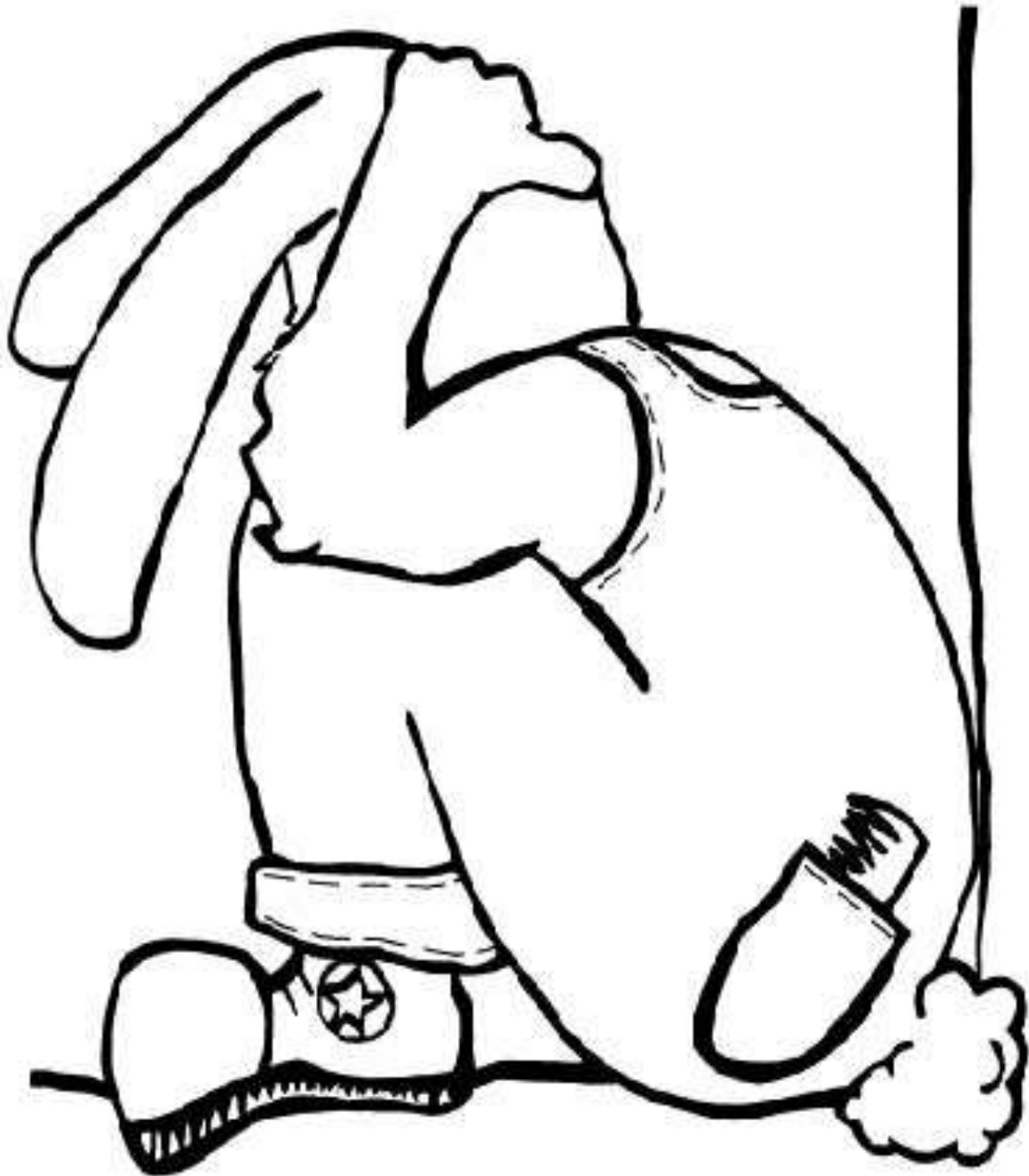


*When at my desk I've been told
to quickly 'drop, cover and hold.'*

Cuando estoy en mi pupitre, me han dicho que debo
“agacharme, cubrirme y esperar”.

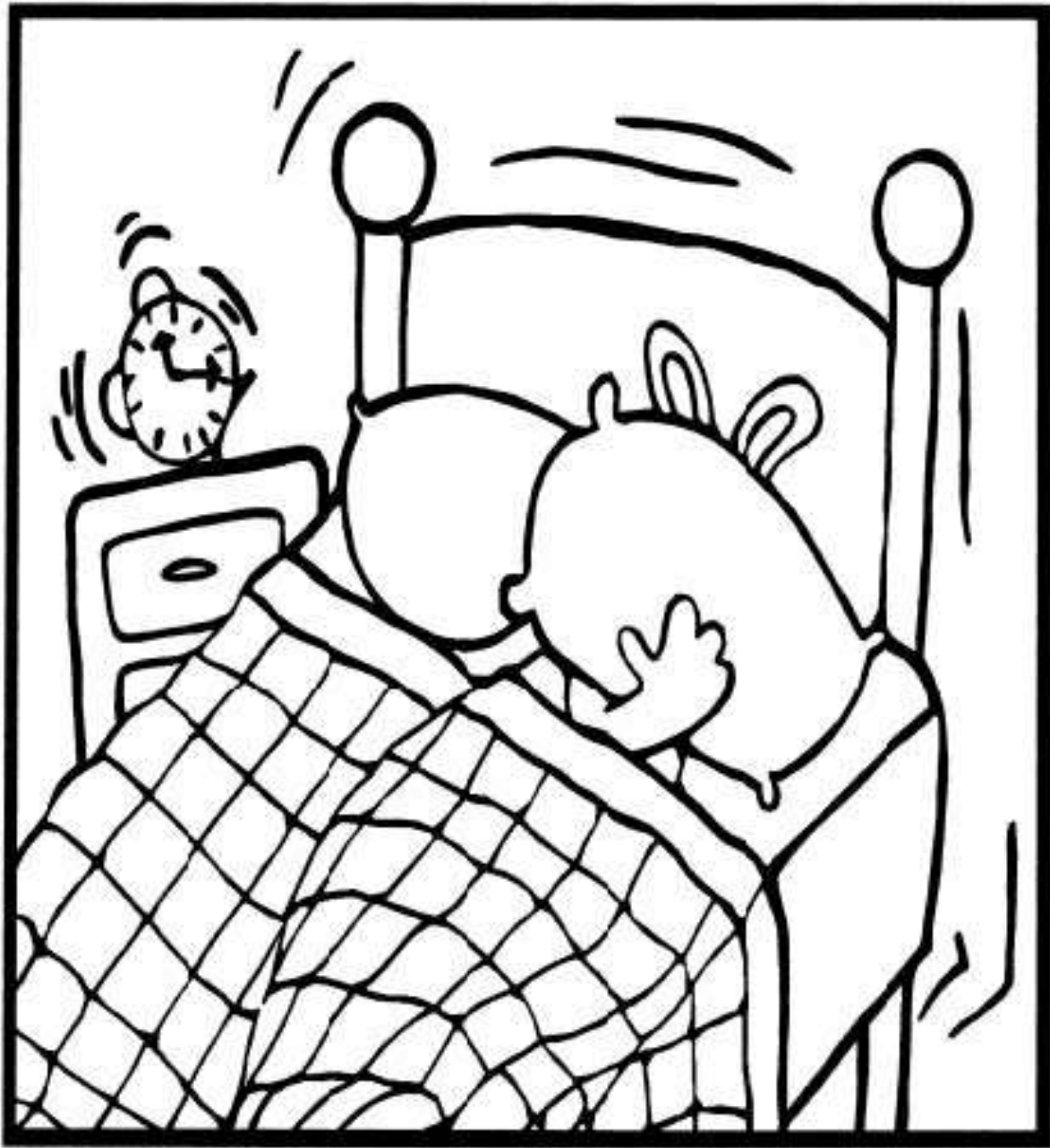


“Cuando estés afuera”, dice mi maestra, “Tírate al suelo y cubre tu cabeza”.



*If in the hall, sit against the wall
and curl up like a ball.*

Si en el pasillo estás, contra la pared te debes sentar y
como una pelota acurrucar.



*If the earth starts to shake and I'm in bed,
Stay right there
and hold a pillow over my head.*

Si la tierra empieza a moverse y estoy en la cama, debo quedarme allí y tapar mi cabeza con una almohada.



*If in a bus or in a car,
the driver will stop,
stay right where you are.*

Si en autobús o auto vas, el conductor se detendrá,

quédate donde estás.

Donde sea que estés cuando la tierra se empieza a mover,

el mayor peligro son las cosas que ves caer o romper.



*Find a safe place
in each room in your house.
Practice being "quakesafe"
as quick as a mouse.*

En cada rincón de tu casa debes buscar un lugar seguro para estar. Si el "terremotico" quieres evitar, como ratoncito veloz debes practicar.

*When the earth starts to shake,
there's no time to waste!*



*Get to a safe place
before things start to break!*

Cuando la tierra empieza a temblar, ¡no hay tiempo para jugar!

¡A un sitio seguro debes correr antes de que veas las
cosas romper!

*Moms and dads,
Brothers and sisters too,
Neighbors and friends
all need to know
what to do.*



Mamás y papas, hermanos y hermanas, vecinos y amigos, todos
deben saber lo que se tiene que hacer.



*Teach what you know now
and practice today,
So when the earth starts to shake
you'll be in a safe place!*

Enseña lo que sabes y practica hoy mismo, así cuando la tierra empiece a temblar, ¡en un lugar seguro podrás estar!

Si necesitas más información sobre cómo prepararte para una emergencia, llama a la Oficina de Manejo de Emergencias de Dallas

<http://dallasemergencymanagement.org/>

214-670-4278



Earthquake Safety in High Rise Buildings

12,000-14,000 earthquakes are reported each year, averaging 35 earthquakes a day. Forty-five states and U.S. territories are at moderate to high risk for earthquakes - these states are located in every region of the country. You should know what to do in case of an earthquake.

Safety basics

Earthquakes can cause extensive damage to populated regions resulting in structural collapse as well as utility and service disruption. Earthquakes can also cause serious injuries and fatalities. Scientists cannot predict precisely when or where one will occur.

Drop — DROP down to the floor.

Cover — Take COVER under a sturdy piece of furniture. If that is not possible, seek COVER against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture.

Hold — If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safe to move.

Know the plan

Be familiar with your building's evacuation plan. The plan should illustrate what residents are supposed to do in the event of an emergency. The evacuation plan should be posted in places where all residents can see and review it, and the building management should hold drills with occupants at least once a year. Be sure to participate when your building drills take place.

Practice is key

Whether your building has one floor or 50, it's essential that you and those with you are prepared to respond to a fire alarm. Identify all the exits in your building and if you are using an escape planning grid, mark them on your escape plan. Make sure to mark the various stairways too, in case one is blocked by fire.

Never use the elevator

In case of emergency, always use the stairs to get out, never the elevator. Make sure to practice using the stairs as part of your escape plan. If someone in your office or family has difficulty climbing down steps, make sure to incorporate a contingency for this into your plan.





Drop



Cover



Hold



If you are in a structurally sound building, stay there



If inside a weak old structure take fastest and safest way out



Don't use Elevators



Always take the staircase to reach open spaces



Do not panic: stay calm & take necessary action



Do not rush to the exit point. Get out calmly in an orderly manner



Move away from power lines, posts, walls, false ceilings, parapets and other elements that may fall or collapse



Stay away from buildings with glass panes



When driving a vehicle pull to the side of the road and stop



Do not attempt to cross bridges/flyovers that may have been damaged