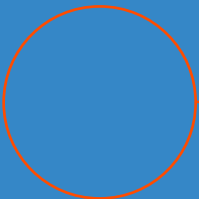
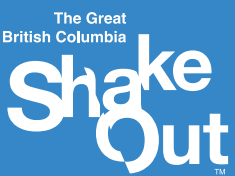


Die-cutting line



Protect yourself during earthquakes

www.shakeoutbc.ca |  @ShakeOutBC

If you feel an earthquake...

1 Drop, cover and hold on. Drop to the floor and take cover under a sturdy desk, table or other furniture. Hold on to the table or desk and be prepared to move with it; cover your head with your other arm.

- Do not stand in a doorway – that will not provide protection.
- Do not run outside – you could be injured by falling debris.
- If you are in bed, remain in bed and cover your head with your pillow and your body with the covers.

2 After the shaking stops, follow instructions from staff. If you are asked to evacuate:

- Immediately gather those around you and bring only items that are essential: coat, hat, phone, medications, wallet, etc.
- Avoid downed power lines and stay away from buildings and bridges from which heavy objects may fall in aftershocks.

3 Remember to keep roads clear for emergency officials.

4 Be prepared for aftershocks.