

# Collaborative Healthcare Urgency Group

A.R.M.E.D. TIP SHEET

Vol. 1 Edition 16

## Earthquake Survival

### Duck, Cover and Hold!

Whether you are in your home, a school classroom, a high-rise or other type of building, it is important to know how to protect yourself during an earthquake. Practice what to do during an earthquake with your family members so you can react automatically when the shaking starts. If you are outdoors when the shaking starts, get into an open area away from trees, buildings, walls and power lines. If you are indoors follow these steps.

#### DUCK!

Duck or drop down to the floor.



#### COVER!

Take cover under a sturdy desk, table or other 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.



### Family Preparedness

Know the safe spots in each room (under sturdy tables, desks or against inside walls).

Conduct practice drills. Physically place yourself and your children in safe locations.

Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross Chapter or other community organization.

Decide where your family will reunite if separated.

Keep a list of emergency phone numbers.

Choose an out-of-area friend or relative whom separated family members can call after the quake to report their location and condition.

Excerpts from Illinois Emergency Management Agency

