During an Earthquake – Safety Tips:

- **Drop, Cover & Hold:** If you feel an earthquake or aftershock, "drop, cover and hold" until the shaking stops. That means moving a few steps to a nearby safe place. Drop to the ground, cover your head to protect yourself from falling objects, and hold still.
- The best protection during an earthquake is to get under heavy furniture such as a sturdy desk, table or bench, or against an inside wall.
- The greatest danger exists directly outside buildings, at door exits and along exterior walls. Stay away from windows. Avoid danger zones where glass or heavy things can fall on you.
- Stay indoors until the shaking stops and you're sure it's safe to exit.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear spot. Stay in your car until the shaking stops. Watch for road damage once you drive again.
- If you get trapped in an area because of earthquake damage, use a flashlight if you have one – don't use matches or lighters in case of gas leaks. Cover your mouth with a piece of clothing. Tap on a pipe or wall so rescuers can hear you. Shout as a last resort.

Before an Earthquake – Preparation Tips:

- **Do a hazard hunt:** Walk through your home or office and identify and secure or relocate shaking hazards. Secure shelves and water heaters to walls. Don't hang heavy objects on walls over beds, sofas or chairs where you sit. Place large, heavy objects on lower shelves. Place valuable objects in secure locations.
- **Prepare an emergency supply kit for your home and your car:** Include a flashlight, first aid kit, water, non-perishable food and a blanket.
- **Create an emergency plan:** Choose a primary and secondary meeting place for you and your family members in case you can't access your home or neighborhood. Designate an out-of-state contact for family members to call if you get separated. It's often easer to call out of state than within an affected area.

- **Get earthquake information:** See **www.ClarkCounty.NV.gov** for more information and these websites:

  www.shakeout.org/Nevada
  www.nbmg.unr.edu
  http://www.seismo.unr.edu
  http://www.fema.gov/earthquake