

Cordova Bay 55+ Association

EARTHQUAKE SAFETY PLAN

IF AN EARTHQUAKE STRIKES:

- **SEEK COVER** under a heavy table/desk and hold onto it, or shelter in doorways, or against inside wall corners.
- **AVOID WINDOWS**, other glass objects & tall items such as shelving.
- **CROUCH DOWN** with back to wall.
- **PROTECT** your head and face.

AFTER SHAKING STOPS:

- **WAIT ONE MINUTE** before moving from your protected position.
 - **TURN OFF** all appliances and water taps if possible.
 - **EVACUATE** via the nearest **safe exit**, watching for falling debris.
(Wear shoes)
 - **ASSIST** persons requiring assistance during evacuation.
 - **ASSEMBLE** in open space, clear of buildings & fallen wires.
-
- **Go OUTSIDE**
 - **REMAIN CALM** and help others as much as you are able.
 - **REMEMBER** aftershocks may occur.
 - **Do Not RE-ENTER** the building until you have been advised it is safe to do so by the authorities.
 - **CONNECT** with your family members according to your own emergency plan.