

When the **earth** starts to **quake**



DROP!

...under a heavy desk or table.



COVER!

...your head and torso.
(If outside, do this in an open area)



HOLD ON!

...to the furniture.



...OR

go to an interior wall and sit with your bottom and feet flat on the floor and protect your head.



**Are YOU
Ready?**

learn how to get ready
www.weready.org

CDEMA
The Caribbean Disaster
Emergency Management Agency



What would **you** do if the **Earth** starts to «**Quake?**»

- Hold a family meeting and create an emergency action plan. Practise this plan a few times a year.

- If you are in the school walkways, stairways and other areas where no cover is available, move to an interior wall, cover your face and head with your arms and crouch in an inside corner of the building.

- Don't run outside. Stay in place until the shaking stops and **COUNT ALOUD** to 60.

- If you are in the library, move away from where books and bookshelves may fall and take cover.

- Move away from outer walls, windows, glass doors, heavy mirrors, pictures, hanging plants and heavy objects.

- Never take shelter by standing in external doorways. Take cover under a sturdy desk, table, bench or bed.

- Use the stairs, not elevators.

- Stay away from the kitchen as there may be moving appliances and flying dishes.

- If you are in bed, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall.

- If an earthquake occurs and you're outside, move away from buildings, trees, streetlights and utility wires.

- If you live near coastal waters, be aware that the earthquake may have caused a tsunami. Evacuate to higher ground immediately and stay there until you are told it is safe to return.

