

## Manhattanville College- Reference Guide for Handling an Earthquake

**Minimize your movements to a few steps to a nearby safe place and stay indoors until the shaking has stopped.**

### If indoors:

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors, walls, and anything that could fall, such as lighting fixtures or furniture.

- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.
- Most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- DO NOT use elevators.

### **If outdoors:**

- Stay there and move away from buildings, streetlights and utility wires.
- Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

## **If in a vehicle:**

- Stop and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires.

## **If trapped under debris:**

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available.
- Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.