

# Stay Safe After an Earthquake

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If an earthquake has just happened, there can be serious hazards such as damage to the building, leaking gas and water lines, or power lines that fell over.

- Expect aftershocks to follow the main shock of an earthquake.
- Check yourself to see if you are hurt and help others if you have training. Life-threatening injuries require immediate action and can prevent an injured person from dying.
- **Learn five simple steps that may save a life:**
  - o Call 911
  - o Stay Safe
  - o Stop the Bleeding
  - o Position the Injured
  - o Provide Comfort
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, protect your mouth, nose and eyes from dust. Send a text, bang on a pipe or wall or use a whistle instead of shouting to help rescuers locate you.
- If you are in an area that may experience tsunamis, go inland or move to higher ground immediately after the shaking stops.
- Text messages may be more reliable than phone calls. Let your family's emergency contact know your situation.
- Once you are safe, listen to local news reports for emergency information and instructions via battery-operated radio, TV, social media or from cell phone text alerts.



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- Be careful during post-disaster cleanup of buildings and around debris. Do not try to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves and sturdy, thick-soled shoes during cleanup.

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FEMA's mission is helping people before, during, and after disasters.

Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency or economic status. If you or someone you know has been discriminated against, call FEMA toll-free at 800-621-FEMA (3362) or 711 for Video Relay Service. Multilingual operators are available. (Press 2 for Spanish.) TTY call 800-462-7585.

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