

Hazards Quick Guide

See www.ready.gov/natural-disasters for what to do **before** to prepare, **during** impact, and **after**.

Earthquake: Drop, cover, and hold on.

1. If **indoors**, get under a sturdy table or desk (or crouch next to an interior wall) and stay inside until the shaking completely stops.
2. Stay away from windows, outside doors, exterior walls, glass, and anything that could fall.
3. Do not use a doorway, unless you know it has strong support. Most inside doorways are lightweight and not very supportive. A swinging door can also cause injuries.
4. If in **bed**, stay there and cover your head with a pillow.
5. Don't use elevators as electricity may go out. Fire alarms may also go off.
6. If **outdoors**, stay away from buildings, utility wires, and streetlights.
7. If in a moving **vehicle**, stop as quickly and safely as possible (pull over in an open area) and remain inside your car.
8. If **trapped** under debris, tap on a pipe or wall so rescuers can locate you. (Be careful not to move or kick up dust, cover your mouth with a cloth if you can, and shout only as a last resort to avoid breathing in dust.) Don't light matches.

Fire: Get out, stay out, call for help.

1. When you hear a fire alarm, get out as quickly as possible.
2. If smoke blocks the doorway or the doorknob is hot to the touch, use a second exit.
3. If you open a door, do it slowly and be prepared to shut it quickly if there is heavy smoke or fire.
4. Crawl low under any smoke to an exit. (Heavy smoke and gases accumulate in the ceiling first.)
5. If you can't get to someone who needs assistance, leave and call 9-1-1 or the Fire Department.
6. If pets are trapped inside, inform a firefighter right away.
7. If you can't get out:
 - a. Close the door.
 - b. Cover vents and cracks around the door with cloth or tape (to keep the smoke out).
 - c. Use a flashlight or cloth in window to signal where you are.

If clothes catch on fire: **Stop, drop, and roll.**

1. Smother flames with a towel or blanket.
2. Remove burned clothing, so it doesn't continue to burn the skin.
3. Cool the burn (with cool water) and cover with a clean, dry cloth.

Flood: Listen, prepare to evacuate, move to higher ground.

1. If a flood is likely to happen in your area, listen to the radio or TV for more information.
2. In a flash flood, immediately move to higher ground. Don't stop for anything.
3. When preparing for evacuation, secure your home.
4. Turn off utilities at main switches if instructed to do so.
5. Don't walk through standing water or drive into flooded areas. (**Turn around don't drown®.**)
6. Don't camp or park your vehicle along streams, rivers, or creeks.
7. If your vehicle is trapped in rapidly moving water, stay inside the vehicle.
8. If the water starts rising in your vehicle, seek refuge on top.

Severe Weather: Know your risk, take action.

Thunderstorms/Lightning

1. Take shelter in a sturdy building.
2. Use a battery-operated radio for updates.
3. Turn off air conditioners. Avoid contact with devices or cords plugged into electrical outlets. Unplug appliances and computers. (Power surges can cause serious damage.)
4. Avoid contact with plumbing or water. Don't wash hands or dishes, shower, or do laundry.
5. Avoid contact with anything metal, including motorcycles, bicycles, golf clubs, etc.
6. Stay off porches and away from windows and doors.

7. Do not lie on concrete floors or lean against concrete walls.
8. If **outdoors**, avoid natural lightning rods, like hilltops, open areas, an isolated tree, beach, or boat in water.
9. If **driving**, safely exit the road, stay in your vehicle, turn on flashers, and avoid touching metal inside or outside the vehicle.

Winter Storm

1. Stay inside. Close off unneeded rooms. Properly ventilate if you use alternative heat sources.
2. Eat and drink. Food provides energy to the body for producing its own heat; fluids prevent dehydration.
3. Wear layers of loose-fitting, lightweight, warm clothing. Avoid overheating, perspiring, and subsequent chilling.
4. In a **vehicle**, pull off the road, turn on hazard lights, hang a distress flag (or colored cloth, preferably red) from your window or antenna, and remain inside. Make yourself visible to rescuers.
5. Run the heater 10 minutes each hour to keep warm (crack an upwind window for ventilation to protect you from carbon monoxide poisoning.) Periodically clear snow from exhaust pipe.
6. Periodically move arms, legs, fingers, and toes to circulate blood and keep warm.

Tornado: Seek shelter, cover head, stay low.

1. Put on sturdy shoes.
2. Do not open windows.
3. Go to the basement, storm cellar, or small interior room/hallway on the bottom floor. (Put as many walls between you and the outside.)
4. If **outside**, immediately get into a vehicle and try to drive to shelter.
5. If your **vehicle** is hit by flying debris, pull over. Stay in your seatbelt, put your head below the windows, and cover it.
6. If you can get lower than the roadway, get out of car, lie down, and cover your head. Don't go under an underpass or bridge.
7. Don't ever try to outrun a tornado.
8. Always watch out for flying debris.

Downed Power Line: Never touch, assume it's live.

1. Don't touch a fallen power line, or anything (or anyone) in contact with it.
2. Don't drive over a fallen power line.
3. Keep children and pets away.
4. Call 9-1-1 immediately to report a fallen power line.
5. If a line falls on your **vehicle**, stay inside. (The ground around your car may be energized.) Honk the horn, roll down your window, and yell for help. Warn others to stay away.
6. In case of **fire**, exit the vehicle by removing loose items of clothing, keeping your hands at your sides, and jumping clear of the vehicle (so you are not touching the car when your feet hit the ground). Keep feet close together and shuffle away without picking up your feet.

Active Shooter: Leave, lock, live.™

1. Always be aware of your surroundings and look for exits and safe areas.
2. If you think you hear gunshots, **leave** visible areas immediately and **leave** belongings behind. Should you encounter police officers, you need to raise empty hands and comply with commands.
3. **Leave** the building if it's possible to do so safely and encourage others to leave with you.
4. If you cannot safely exit, go to an area where you can close and **lock** or block the door(s). Turn off lights and cell phones, close blinds, and be quiet. Line up on the wall near the door.
5. Have someone call 9-1-1. When help arrives, request to have the officer pass his badge under the door or call dispatch to verify you are clear to go out.
6. If the door doesn't lock, plan what to do if the shooter finds you. Prepare to **live** and use available resources to disable the shooter, such as objects in the room and/or other people. Attack vulnerable spots like eyes, throat, stomach, or groin.