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Key Insurance Services

**ARE YOU
READY FOR AN
EARTHQUAKE?**

*Tips for your Family in the event of
an Earthquake.*



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Be ready for an Earthquake

We live in an earthquake zone where over 1200 small earthquakes are recorded each year. 300 of which occur in areas around the lower mainland and Vancouver Island. Almost all of these earthquakes are too small to be felt. However a stronger earthquake could occur at any time.



If you feel shaking, remember to avoid panic. If you think ahead and have a plan and emergency kit in place, you will have gone a long way toward helping yourself and your family in case of a major quake.

BEFORE A QUAKE

- Prepare a family emergency kit containing enough food and water for each family member to survive without outside help for a minimum of 3 days. Also include medications and first-aid supplies, a battery-operated radio and flashlight and extra batteries.
- Fasten appliances like your hot water heater securely in place and secure tall or heavy furniture to walls.
- Take a current, approved first-aid course.
- Prepare a family emergency plan and practice it regularly.
- Establish an out-of-area phone contact person for family members to check in with.

DURING A QUAKE

- If you are in a building, stay there: do not run for the exits and outdoors.
- Duck, cover and hold. Take cover beneath sturdy furniture or at an inside supporting wall or archway. Stay away from glass windows and heavy mirrors.
- Don't ignite candles, matches or lighters.
- Remain clear of falling debris.
- If outdoors, stay away from buildings and overhead power lines.

AFTER A QUAKE

- Assess the situation and check for injuries. Treat your own injuries, and if qualified, give first aid to others.



- Assess the damage of the building you are in. You don't need to evacuate unless there is a major damage or a fire.
- Inspect gas, water and electric lines. If in doubt, shut off mains. If there is a gas leak (a rotten egg smell) open windows, leave the building and report it to your local gas company or fire department.
- Listen to your radio or television for emergency information.
- Stay out of damaged buildings.
- Hang up any phones that were shaken off the hook. Make phone calls only for life-threatening emergencies so the phone lines remain open for emergency responder use.
- Provide emergency help to those near you and remain calm until help arrives.
- Be prepared for aftershocks. Always be aware that aftershocks may follow an earthquake.

These helpful tips provided by:

http://www.pep.bc.ca/hazard_preparedness/Earthquake_Survival_Actions_Bulletin.pdf

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