

Earthquake:

1. Duck, Cover, and Hold

- Drop to the ground quickly.
- Cover your head and neck with your arms.
- Hold on to something stable, like a desk or wall.

2. When told to evacuate, make sure you bring:

- **A.** Phone
- **B.** Keys (purse)
- **C.** Items you are responsible for during an emergency.
 - Example: First Aid Kit, roll call, radio, AED, etc.

Additional elements to consider:

- **Develop an evacuation plan:** Know where to go and how to get there in case of an emergency.
- **Practice your plan regularly:** Conduct drills to familiarize yourself with the evacuation procedures.
- **Assemble an emergency kit:** Prepare a kit with essential supplies, such as food, water, first aid supplies, and a flashlight.
- **Stay informed:** Stay updated on emergency alerts and warnings.

Here are some additional resources that you may find helpful:

- **The Great American Shakeout website:** <https://www.shakeout.org/>
- **The Federal Emergency Management Agency (FEMA) website:** <https://www.fema.gov/>
- **The American Red Cross website:** <https://www.redcross.org/>