

# EVERYTHING IS SHAKING

## I AM INSIDE

I look for something sturdy to get under, where I will be safe from things falling and breaking.

There is a table. It's not glass.

I can't walk because of the shaking, so I crawl under the table.

I hold on to the legs of the table (so it doesn't get away from me) until the shaking stops.

I stay inside until there are no more aftershocks. This might take a while.

I try calling my designated out-of-state emergency contact (which I added to my phone) to say that I'm safe and to find out about others.

The network is busy, so I try sending a text (which requires less bandwidth).

I get the emergency kit I had packed and put under my bed.

I'm not injured. And I'm glad to be alive.

## I AM OUTSIDE

If I'm in my car, I pull over and look for a safe place away from buildings, wires and overpasses.

There is an open area. It has no trees.

I can't walk because of the shaking, so I crawl to the open area.

If I'm not in my car, I look for a doorway (where I will be safe from falling glass and bricks).

I stay in the open area, or in the doorway, until there are no more aftershocks. This may take a while.

I try calling my designated out-of-state emergency contact (which I added to my phone) to say that I'm safe and to find out about others.

The network is busy, so I try sending a text (which requires less bandwidth).

I get the emergency kit I had packed and put in my trunk.

I'm not injured. And I'm glad to be alive.

E.C. NAME:

PHONE #: