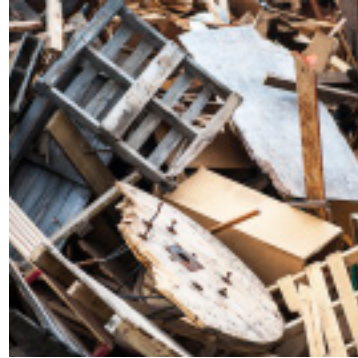


SAFETY TIPS: EARTHQUAKE SAFETY



Millions of Americans live in or near earthquake zones. While scientists have significantly improved the ability to identify the warning signs in advance of most natural disasters, earthquakes continue to be an unpredictable force of nature and it is important for people to know what to do in the event of an earthquake.

Here are three simple steps to remember that increase the chances of survival if you are indoors when an earthquake hits:



DROP

Drop down to your hands and knees. This position will protect you from falling and still allow you to move to safety.



COVER

Find a sturdy desk or table to crawl under until the shaking stops. If there is no desk or table, get down next to an interior wall and protect your head and neck with your arms.



HOLD ON

Hold on to your shelter as it may move with the shaking, be prepared to move with it if needed. Do this until the shaking stops.

You should also have a 72-hour kit that includes a three-day supply of water and food. It is also important to have an established meeting place outside of the home in case you are separated from your family.

For more information visit amr.net/safety

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