



EARTHQUAKES



Earthquake Facts:

- Moderate earthquakes can last only a few seconds and result in minor rattling of objects.
- Large earthquakes can last up to several minutes and the building may sway or shake.
- The nearest earthquake zones to Toronto are the St. Lawrence and Ottawa River valleys.

What to do ~

Before an earthquake: Home Preparedness

- Go through your apartment and imagine what could happen in each room if the building were shaken by a violent earthquake.
- Take whatever steps you deem prudent to quake-proof the contents of your apartment and protect yourself from injury, such as moving heavy items to lower shelves.
- Identify the safe/unsafe spots in every room.

During an earthquake: **DROP, COVER, HOLD**

- Stay indoors – do not evacuate during the shaking.
- **DROP** under heavy furniture such as a table, desk or any solid furniture.
- **COVER** your head and torso to prevent being hit by falling objects.
- **HOLD** onto the object that you are under so that you remain covered.
- If you can't get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall and protect your head and neck.
- **AVOID** doorways, windows, bookcases and shelves with heavy objects.
- If you are in an elevator, push the button for the next floor and take shelter in the hallway.
- If you are outdoors, go to an open area away from buildings.

After an earthquake: Stay Calm

- Be prepared for aftershocks.
- Listen to the radio or television for information from authorities, and follow their instructions.
- Check on your neighbours after looking after members of your own household.

For further information and recommended procedures, please view these websites:

Government of Canada: <http://www.getprepared.gc.ca/knw/ris/eq-eng.aspx>

Natural Resources Canada: www.earthquakescanada.nrcan.gc.ca/index-eng.php

or download brochure from: <http://www.getprepared.gc.ca/fl/pub/rthqks-w-t-d-eng.pdf>

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