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HOW TO SURVIVE AN EARTHQUAKE

There are roughly 50 earthquakes around the world every day. Luckily, most of them are no great shakes, being minor or too small to feel. But there is always an exception, and the Big One could hit at any time.

1 Plan ahead. Channel your inner Boy Scout and stock up on non-perishable food, water, a battery-operated radio and fire extinguishers. Pack a bag with a first-aid kit, a pair of work gloves, a torch, some cash and a whistle.



2 Keep away from things that can fall on you. If an 8.5 quake hits while you're meditating in the middle of a field, you're in far less peril than you would be if a 6.5 were to strike while you were shopping in the bazaar in Mumbai.



3 Don't try to move or run outside. Drop to a more stable position, like your hands and knees, get underneath the most stable piece of furniture near you and hold on so it doesn't shake away from you. If you're in a car, stop and stay put (a car provides decent cover from falling debris).



4 Stay away from doorways. Once deemed strongpoints, they're now just considered places where you're more likely to have a swinging door slamming into your head.

5 Once the shaking stops, get to higher ground as soon as it's safe to do so as an even bigger quake could be on its way. If you're on the coast and an earthquake lasts more than 20 seconds, there's also a chance there will be a tsunami.

