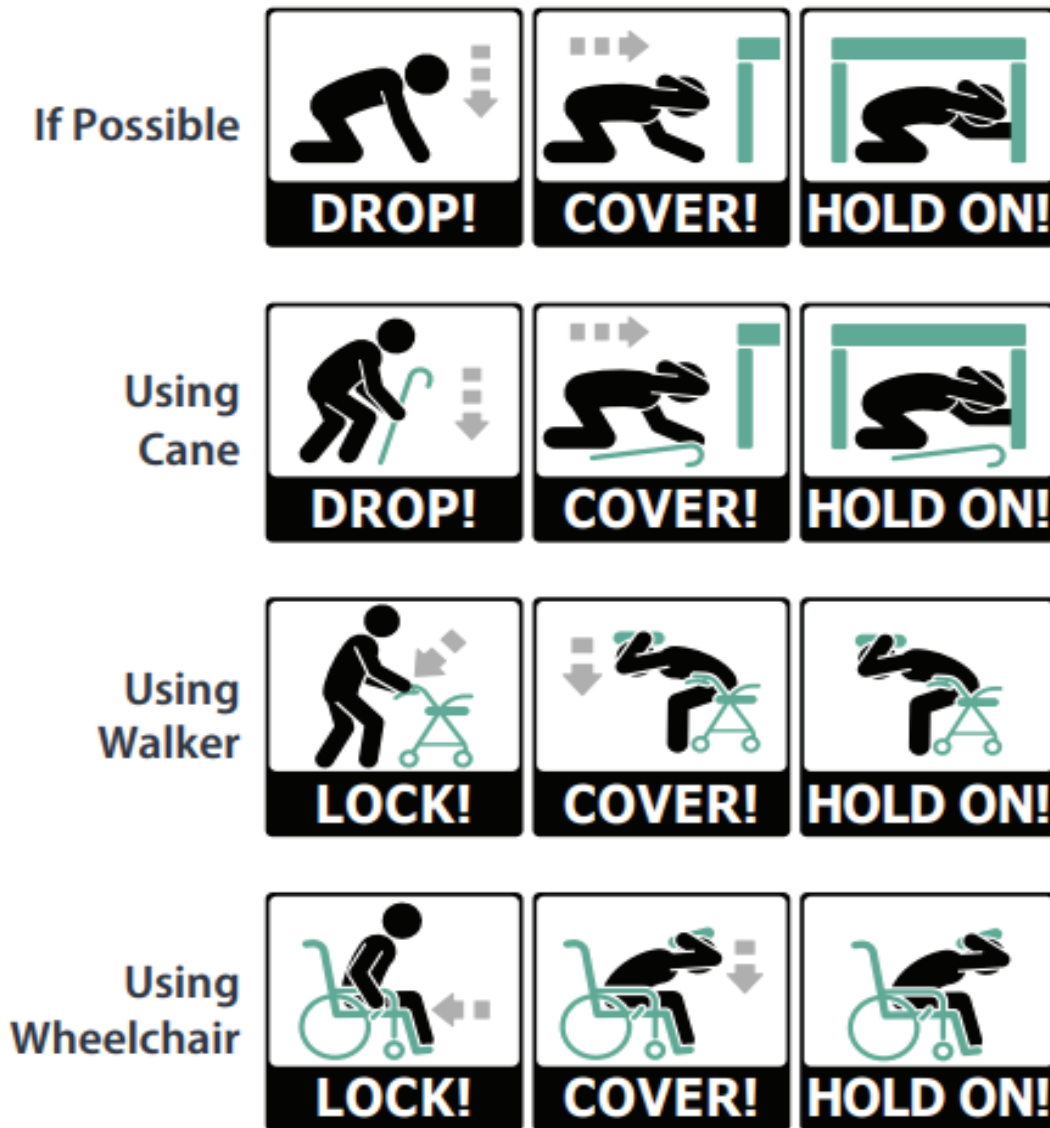


Our human tendency is to RUN when we start to feel the quake - to get out of the way and to safety. Unfortunately, studies show that people tend to be hurt by falling debris, objects, and collapsing structures. If you are on your feet trying to move in an earthquake, you are in danger of being thrown to the ground or injured by toppling or falling debris. Safety comes from stopping or quickly moving to a place of safety.



Graphic courtesy of the Earthquake Country Alliance

Practice how to protect yourself at home, at work or at school by joining The Great British Columbia ShakeOut every October.

[BC - Get Prepared for an Earthquake](#)

Visit [abbotsford.ca/emergencyguides](http://abbotsford.ca/emergencyguides) to learn more.



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