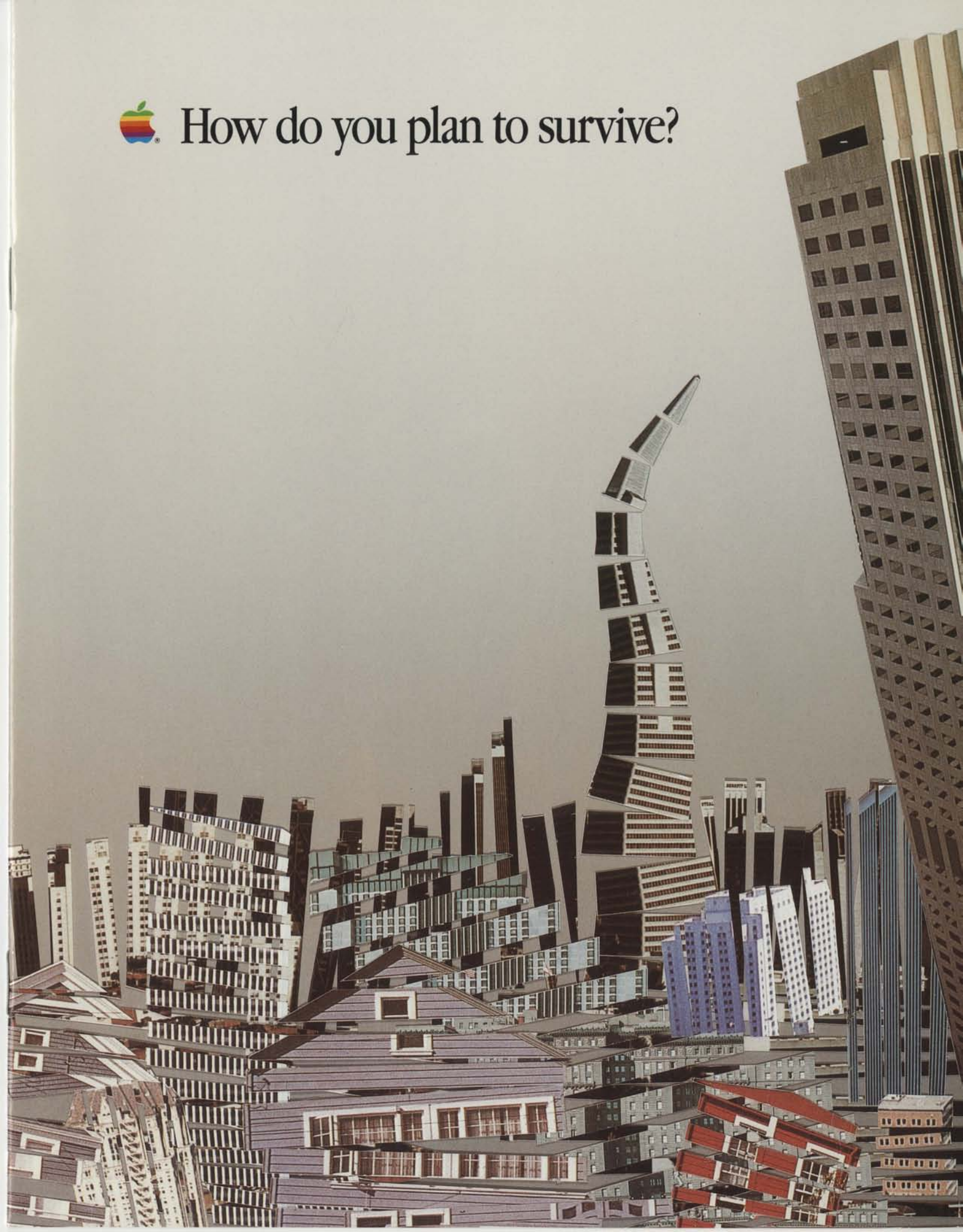




How do you plan to survive?

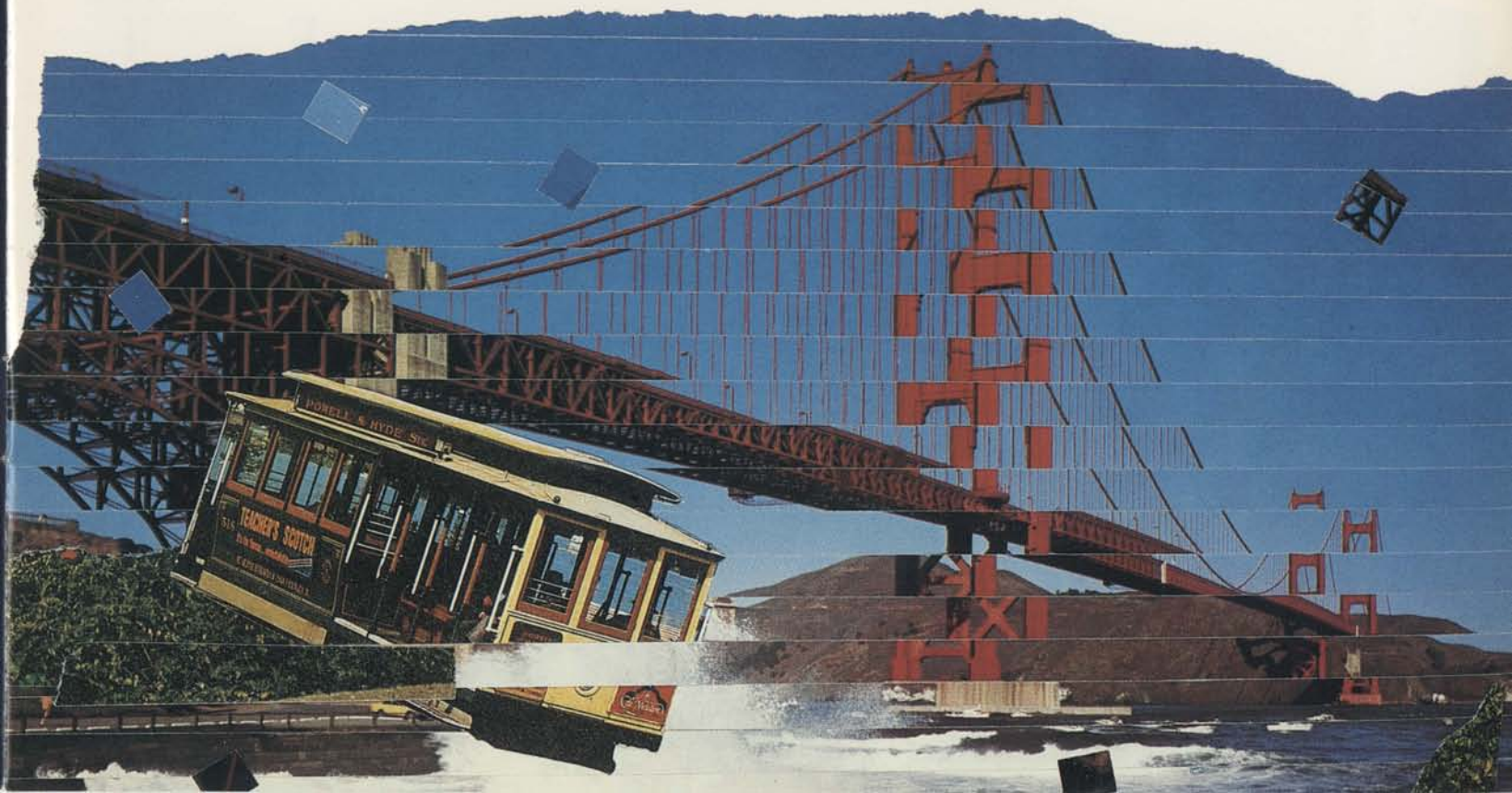




If you live in California, you will probably experience a major earthquake during your lifetime.

Preparing today for such a disaster could save your life, and the lives of your family and the other people around you.

It's up to you.



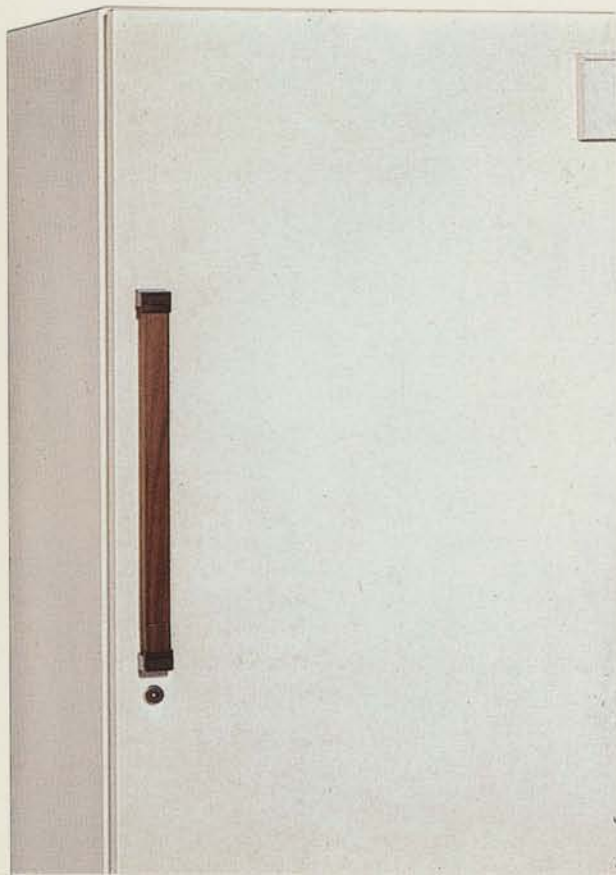
What to do.

- Make a plan for reunification with your family, should you be away from home during the quake.
- Make sure your home has fire extinguishers handy and everyone knows how to use them.
- Have a supply of the emergency medical supplies listed in the Red Cross Earthquake book. Enroll family members in Red Cross emergency training courses—*before* an emergency.
- Store a wrench near your gas shutoff valve, and make sure that family members know how to use it to turn the gas off.
- Secure the water heater, refrigerator, bookshelves, and other top-heavy furniture to wall studs.
- Install clips, latches, and locking devices on cabinet doors.
- Provide strong support and flexible connections on all gas appliances.
- Avoid placing heavy objects on top shelves and hanging objects over beds.
- Remove or isolate flammable materials.
- Have a battery-operated radio and a flashlight near your bed, and sturdy shoes under it.
- Have on hand a supply of food and water—rotate supplies as recommended in the Red Cross Earthquake book.



B

E





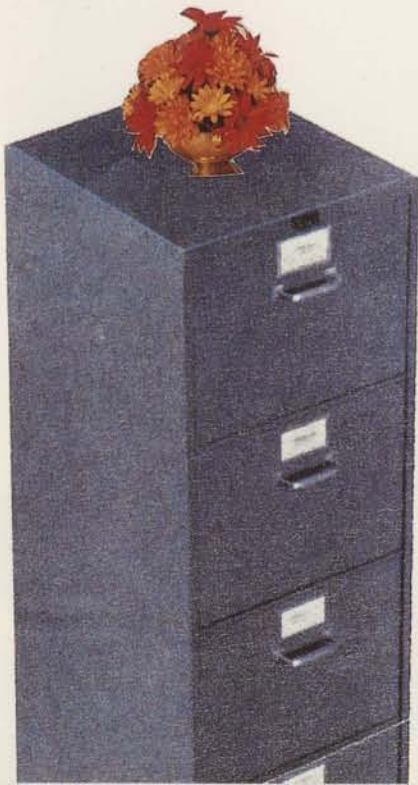
- Decide *now* where you should take cover in your work area during a quake—protected from falling objects and away from glass.
- Take an earthquake safety training course at the Fitness Center.
- Know where fire extinguishers are located. Read instructions on them *today*, before you have to use them.
- Know where first aid supplies are located. Learn CPR and first aid—courses are available at the Fitness Center.
- Store heavy objects on lower shelves in your work area; otherwise they may fall and cause injury.
- Plan several evacuation routes, should you need to leave your work area.
- Have a battery-operated radio handy.

F

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- Indoors, get under a desk or table, or in a doorway. Do not run downstairs or outside.
- Outdoors, get to an open area, and stay away from power lines, buildings, and other things that could injure you.
- If you're driving, stop your car away from buildings, overpasses, bridges, trees, and power lines. Stay in your car, especially if electrical wires have fallen across it.
- Don't be alarmed if the electricity fails.



D

U



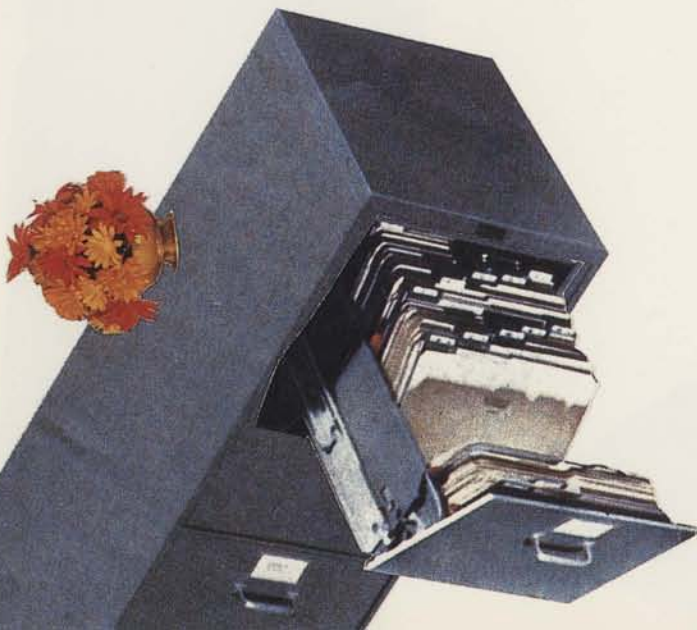
- Remain calm—don't panic. Most earthquakes are over in less than a minute.
- Stay put. Take cover. Do not run outside, where the possibility of injuries from falling glass and debris is much greater.
- Do not run downstairs. Stay out of elevators.
- Get away from glass partitions and windows.
- Indoors, get under a desk or table, or in a doorway. Do not run outside. Herman Miller desks can withstand a tremendous amount of weight. Do not be embarrassed to get under them.
- Outdoors, get to an open area, away from power lines, buildings, trees, and other things that could cause injury.
- If you're driving, stop your car away from buildings, overpasses, bridges, trees, and power lines. Stay in your car, especially if electrical wires have fallen across it.
- It's possible that electricity will fail and that fire alarms or sprinklers will go on.

R

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At home

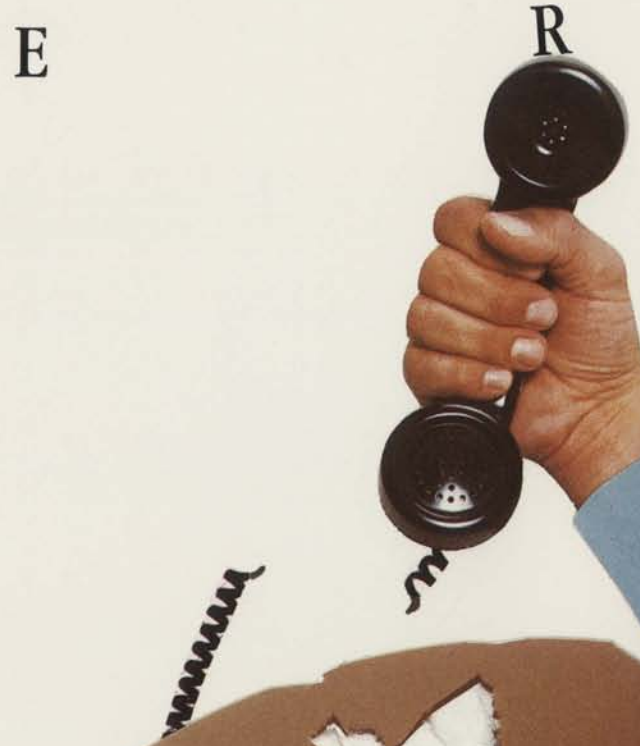
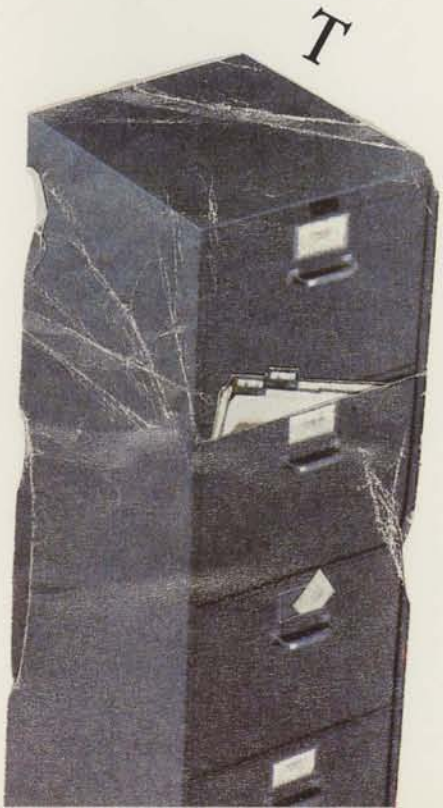


- Put on heavy shoes immediately, to avoid injury from broken glass and debris.
- Check for injuries and administer first aid.
- Check for fires and fire hazards.
- If you smell gas or suspect a leak, don't turn lights on or off, and don't light matches. Leave the building immediately, instruct others to do so, and, if possible, turn off the gas.
- Stay away from downed power lines or objects touched by downed power lines.
- Use the phone only for genuine emergencies.
- Cooperate with public safety officials. Understand that you may have to evacuate.

F



- Check for injuries and administer first aid.
- Check for fires and fire hazards.
- If you smell gas, tell others. Instruct everyone to leave the building immediately. Do not turn lights on or off or light matches.
- Stay away from downed power lines or objects touched by downed power lines.
- Use the phone only for genuine emergencies.



E



The instructions you've just read are the basics. For full safety instructions, please refer to the Red Cross Earthquake book and other materials in the Apple Earthquake Survival Kit.







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