

What to do During an Earthquake



DROP



COVER



HOLD

Drop to the floor, take cover under a desk or table, and hold on to it so that it doesn't move away from you. Wait there until the shaking stops then move only a few steps to a nearby safe place.

Stay indoors until the shaking stops and you are sure it is safe to exit.

If you go outside move quickly away from the building to prevent injury from falling debris.



Stay away from windows.

Windows can shatter with such force that you can be injured by flying glass even if you are several feet away.



Check for and extinguish small fires, and exit via the stairs.



If you are elderly or have a mobility impairment, remain where you are, bracing yourself in place.



If you are in bed, stay there, hold on, and protect your head with a pillow.

You are less likely to be injured if you stay in bed. Broken glass on the floor can injure you.



If outdoors when the shaking starts, you should:

Find a clear spot away from buildings, trees, streetlights, and power lines.



Drop to the ground and stay there until the shaking stops.

Injuries can occur from falling trees, streetlights, power lines and building debris.



If you are in a vehicle, pull over to a clear location, stop, and stay there with your seatbelt fastened until the shaking stops.

Overhead items may fall during earthquakes. Stopping in a clear location will reduce your risk. Once the shaking has stopped, proceed with caution and avoid bridges or ramps that may have been damaged.

