



Earthquake Safety

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Indoor Safety

- ▶ **Stay inside.** Do not run outside or to other rooms during shaking.
- ▶ **DROP onto your hands and knees** before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.
- ▶ **COVER your head and neck** (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that won't fall on you, and cover your head and neck with your arms and hands.
- ▶ **HOLD ON to your shelter** (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.



1

DROP!

This panel shows a white silhouette of a person on the left side of a black table. The person is in a crouching position, leaning forward with their hands clasped in front of them. A black arrow points to the person's back, indicating the direction of movement. The background is red, and the text '1' is in a white circle in the top left corner. Below the illustration, the word 'DROP!' is written in large, bold, white capital letters on a black background.

2

COVER!

This panel shows the white silhouette of the person crawling on all fours under the black table. The person's head is tucked under the table, and their hands are on the floor. A black arrow points to the right, indicating the direction of movement. The background is red, and the text '2' is in a white circle in the top left corner. Below the illustration, the word 'COVER!' is written in large, bold, white capital letters on a black background.

3

HOLD ON!

This panel shows the white silhouette of the person lying flat on their stomach under the black table. Their hands are firmly gripping the legs of the table. A black arrow points to the person's hands, indicating the action of holding on. The background is red, and the text '3' is in a white circle in the top left corner. Below the illustration, the words 'HOLD ON!' are written in large, bold, white capital letters on a black background.



Other things to do when inside...

- **DO NOT stand in a doorway.** You are safer under a table.
- **Move away from glass,** hanging objects, bookcases, china cabinets, and other large furniture that could fall.
- **In the kitchen:** quickly turn off the stove and take cover at the first sign of shaking.
- **In bed:** hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are.



Outdoor Safety

- **Stay outside**, and stay away from buildings, utility wires, sinkholes, and fuel and gas lines.
- **Stay away** from the exterior walls of a building. It is the most dangerous place to be.
- **Once in the open**, get down low (to avoid being knocked down by strong shaking) and stay there until the shaking stops.



In Your Car

- **Stop.** If you are in a moving automobile, stop as quickly and safely as possible.
- **Move your car** to the shoulder or curb, away from utility poles, overhead wires, and under- or overpasses.
- **Stay in the car** and set the parking brake. If a power line falls on the car, stay inside until a trained person removes the wire.
- **Watch for hazards** when you drive on that were created by the earthquake: breaks in the pavement, downed utility poles, rising water levels, and collapsed bridges.



Resources

- Drop! Cover! Hold On! dropcoverholdon.org
- Seven Steps to Earthquake Safety - earthquakecountry.org
- Red Cross – Earthquake Preparedness
- NW Seismic – free classes on retrofitting your house nwseismic.com/classes