

AT-A-GLANCE: EARTHQUAKES

What is an Earthquake?

It is a sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface.



Prepare Before

- Practice Drop, Cover, and Hold On with family and coworkers.
- Make an Emergency Plan
- Protect Your Home



Stay Safe During

- If you are in a car, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- If you are outdoors, stay outdoors away from buildings.
- If you are inside, stay and do not run outside and avoid doorways.



Stay Safe After

- Expect aftershocks to follow the main shock of an earthquake.
- If you are in a damaged building, go outside and quickly move away from the building. Do NOT enter damaged buildings.
- **If you are trapped, send a text or bang on a pipe or wall.** Cover your mouth with your shirt for protection and instead of shouting, use a whistle.
- Check yourself to see if you are hurt and help others if you have training.

How to Protect Yourself During Earthquakes



DROP!



COVER!



HOLD ON!



DROP!



COVER!



HOLD ON!



LOCK!



COVER!



HOLD ON!



LOCK!



COVER!



HOLD ON!

DROP: Wherever you are, drop down to your hands and knees
COVER: Cover your head and neck with your arms
HOLD ON: If you are under a table or desk, hold on with one hand and be ready to move with it if it moves

