

AT-A-GLANCE EARTHQUAKE



BEFORE

- PRACTICE DROP, COVER, AND HOLD ON WITH FAMILY AND COWORKERS.
- MAKE AN EMERGENCY PLAN
- PROTECT YOUR HOME



DURING

- IF YOU ARE IN A CAR, PULL OVER AND STOP.
- IF YOU ARE IN BED, TURN FACE DOWN AND COVER YOUR HEAD AND NECK WITH A PILLOW.
- IF YOU ARE OUTDOORS, STAY AWAY FROM BUILDINGS.
- IF YOU ARE INSIDE, STAY AND DO NOT RUN OUTSIDE AND AVOID DOORWAYS.



AFTER

- EXPECT AFTERSHOCKS
- IF YOU ARE IN A DAMAGED BUILDING, GO OUTSIDE AND QUICKLY MOVE AWAY.
- IF YOU ARE TRAPPED, SEND A TEXT OR BANG ON A PIPE OR WALL. COVER YOUR MOUTH WITH YOUR SHIRT FOR PROTECTION, USE A WHISTLE.
- CHECK TO SEE IF YOU ARE HURT AND HELP OTHERS IF YOU HAVE TRAINING.



PROTECT YOURSELF

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



CUYAHOGA COUNTY OFFICE OF EMERGENCY MANAGEMENT

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