

DURING THE EARTHQUAKE

WHEN THE SHAKING BEGINS:

The following actions should be taken during an earthquake.

- **Drop, Cover and Hold On!** take cover under a sturdy desk, table or other furniture, and hold on to it. Be prepared to move with it. Hold the position until the ground shaking stops, and it is safe to move. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms.
- **Avoid exterior walls glass windows, heavy furniture, and overhead equipment or machinery.**
- **When in a multi-story building, move against an interior wall if you are not near a table or desk. Do not use the elevators.**
- **Remain alert for structural and nonstructural hazards (nonstructural hazards include furniture, ceiling system, HVAC systems, chimneys, parapets, etc.).**
- **When in a crowded store or other public place, move away from display shelves containing objects that could fall. Do not rush for the exit.**
- **When in a stadium or theater, get below the level of the back of a seat and cover your head and neck with your arms.**
- **When outdoors, move to a clear area away from trees, signs, buildings, or overhead wires.**
- **When driving pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside the vehicle until the shaking stops.**