

In case of an Earthquake...

Drop! Cover! Hold On!



An earthquake can happen anytime, anywhere. Be prepared with your emergency supplies kit and a family communications plan. Also, practice these important safety measures:

DROP



- Drop to the ground on your hands and knees. This protects you from being knocked down and allows you to crawl to shelter if nearby.

COVER



- Get under a sturdy piece of furniture (table, bench or desk) and stay down.
- If there's no table or desk nearby, crawl next to an interior wall (away from windows).
- Cover your head and neck with one arm and hand.

HOLD ON



- Hold on to any sturdy furniture with one hand until the shaking stops.
- If no shelter is available, brace your head and neck with both arms.

For more information visit www.ready.gov/earthquakes.