

Earthquake

DROP, COVER, & HOLD ON TIPS

Falling objects cause most earthquake-related injuries!

When you begin to feel an earthquake, **DROP** to the floor and get under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants, and other heavy objects that may fall. Be aware of falling materials such as plaster, ceiling tiles, and bricks that may come loose during the quake. Stay under **COVER** until the shaking stops. **HOLD ON** moves, move with it.

If you are not near a table or desk, move against an interior wall, and protect your head with your arms. **Do not go into a doorway!** Not only can the shaking cause the door to swing shut forcefully, but many interior door frames are not load-bearing.

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