FEMA P-1078

Protect Yourself During Earthquakes

1

In a high rise or office: Move away from windows, then *Drop* onto your hands and knees. *Cover* your head with your arms and *Hold On* to your neck. If near a table or desk, crawl under it and *Hold On* to your shelter, keeping one arm covering your head. If no shelter: crawl next to an interior wall and continue to *Cover* your head and neck.

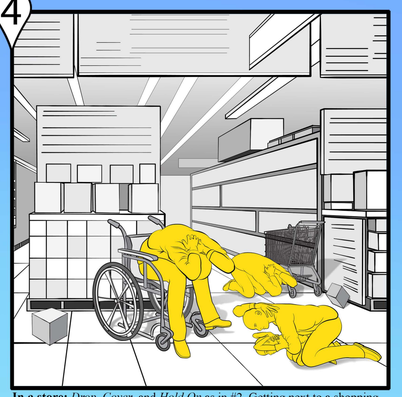
2

Indoors, no table or desk: *Drop* onto your hands and knees. *Cover* your head with your arms, and *Hold On* to your neck with both hands. For more protection, crawl next to an interior wall or low-lying furniture. If seated and unable to drop to the floor: bend forward, *Cover* your head with your arms, and *Hold On* to your neck with both hands.

3

In bed: Do not get out of bed. Lie face down to protect vital organs, and *Cover* your head and neck with a pillow, keeping your arms as close to your head as possible, while you *Hold On* to your head and neck with both hands until shaking stops.

4



In a store: *Drop, Cover,* and *Hold On* as in #2. Getting next to a shopping cart, beneath clothing racks, or within the first level of warehouse racks may provide extra protection. Persons using wheelchairs (any location): *Lock* your wheels, bend over and *Cover* your head with your arms (if possible), and *Hold On* to your neck (or hold something sturdy above your head).

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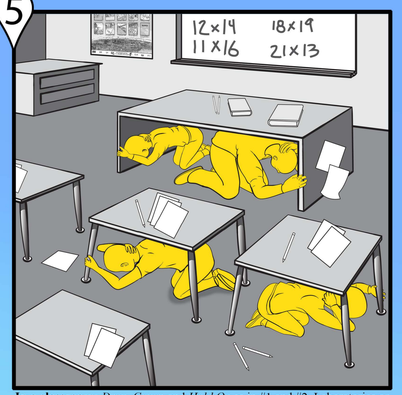

In a classroom: *Drop, Cover,* and *Hold On* as in #1 and #2. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

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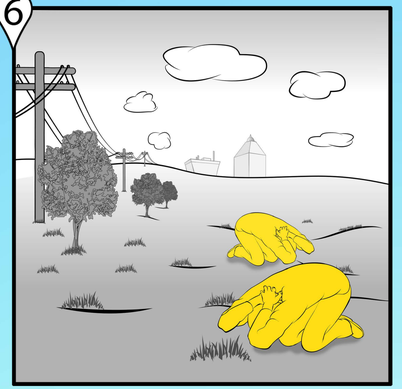

Outdoors: Quickly move away from power lines, buildings, vehicles, and other hazards, then *Drop, Cover,* and *Hold On* as in #2. This protects you from any objects that may be thrown sideways, even if nothing is directly above you.

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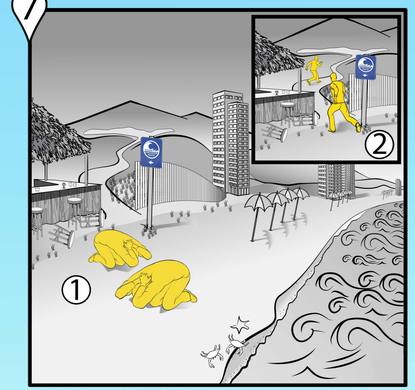
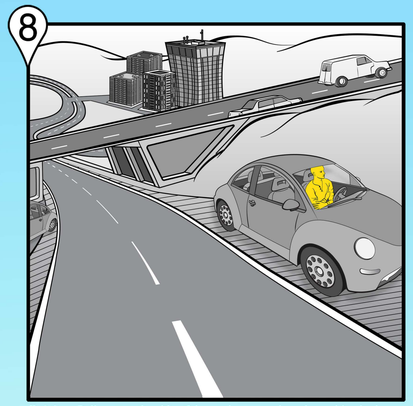


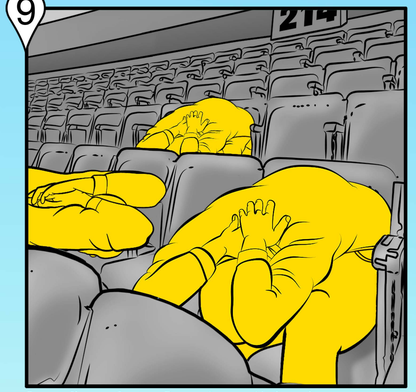
Near the shore or beneath a dam: When shaking begins: follow instructions as in other scenes of this poster. Near the shore: As soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive soon. Beneath a dam: get to high ground or follow official instructions.

8



Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Remain in your car until shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles.

9



In a stadium or theater: *Drop* to the ground in front of your seat or lean over as much as possible, then *Cover* your head with your arms (as best as possible), and *Hold On* to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

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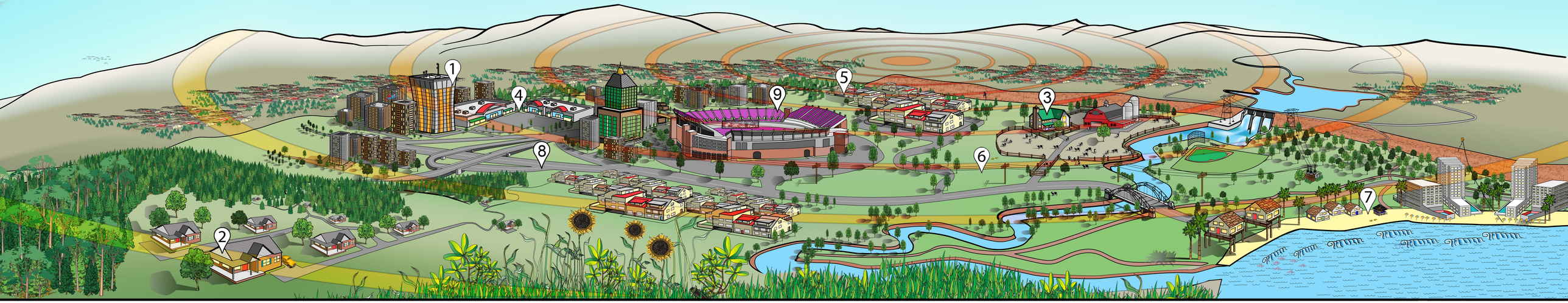
Do you know what to do, wherever you are, when the earth begins to shake?



Cal OES GOVERNOR'S OFFICE OF EMERGENCY SERVICES

Developed in partnership with the California Governor's Office of Emergency Services Earthquake Program

Earthquake Country Alliance — We're all in this together.

Why are these protective actions recommended?
www.EarthquakeCountry.org/step5

ShakeOut

Practice with millions worldwide:
www.ShakeOut.org

FEMA

Learn how to reduce injury and damage:
www.FEMA.gov/earthquake

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