Shelter-in-Place for Earthquake

During an earthquake, stay where you are. Drop, Cover and Hold On.

Visit https://community.fema.gov/ProtectiveActions/s/ for more information
Shelter-in-Place for Earthquake

If you are inside, **do not run outside.**

- Manufactured or Mobile Home
- 1- or 2-Story Building
- Multistory Building

- **Do not run outside.**
- **Do not stand in doorframes.**

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Shelter-in-Place for Earthquake

In bed, turn face down and cover your neck and head with a pillow or your arms.

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Shelter-in-Place for Earthquake

If you are inside, do not run outside.

If you are outside, move away from buildings, drop, tuck your body, and cover your head.

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Shelter-in-Place for Earthquake

Drop, take cover under a sturdy table, hold on and cover your neck and head.

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Shelter-in-Place for Earthquake

Take Additional Safety Measures

**Drop, Cover, and Hold On.**
- **Drop** to your hands and knees so you don’t fall.
- **Take Cover** under sturdy furniture. If not available, tuck and cover your neck and head with a coat, blanket, cushion, or your arms.
- **Hold On** to the furniture so you stay covered.
- Crawl only if you can reach better cover without going through an area with more debris.

**Expect aftershocks.** When they happen, **Drop, Cover, and Hold On** again.

If you are in a high-rise building, expect fire alarms and sprinklers to go off. **Do not** use elevators.

Act now to secure TVs, shelves and other heavy furniture.

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