

EARTHQUAKE



Drop where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby



Lock your wheels
(if using wheelchair or walker)



Cover your head and neck with one arm and hand

- If a sturdy table is nearby, crawl underneath it for shelter
- If no shelter is nearby crawl next to interior wall



Hold On Until the shaking stops

No Shelter: hold your head and neck with both arms and hands

****Not all Earthquakes require evacuations,
If required to evacuate, move to designated
Evacuation Assembly Area***



Here are a few tips for you to keep in mind during an earthquake:

- Get into the habit of always assessing a space as soon as you walk in. What is above and around you that could fall during an earthquake? Develop your intuition and judgment about this.
- Try to make your body a smaller target from falling and moving objects.
- Try to protect your head and torso and bend over to protect your vital organs.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- Do not stand in a doorway, they are dangerous and will not protect you from falling debris.
- Keep in mind that smoke alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.
- If you smell gas, get out of the location and move as far away as possible.
- Before you leave the building, check to make sure there is no debris from the building that could fall on you and avoid cracks on the sidewalk to risk injuries from falling.

**** If you feel an earthquake, do not run outside. In California, modern buildings are designed to withstand large earthquakes, but windows can shatter and fall outside as well as external masonry, so you are at greater risk when moving from inside to outside during the shaking.***