

**Step 5:**

**Drop, Cover, and Hold On** or other recommended actions such as Lock (wheels), Cover, and Hold On – if you feel shaking or get an alert.

**DROP where you are, onto your hands and knees.** This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects.

**COVER your head and neck with one arm and hand.**

- If a sturdy table or desk is nearby, crawl underneath for shelter.
- If no shelter is nearby, crawl next to an interior wall.
- Stay on your knees; bend over to protect vital organs.



**HOLD ON until the shaking stops.**

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

**Step 6:**

**Improve safety** after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

The moment the ground stops shaking it is important take action quickly and safely. Evacuate to higher ground if a tsunami is possible. If not, check for injuries and damages that need immediate attention. Use your training in first aid to assist those in need. Look around your environment to identify any new hazards such as leaking gas lines, damage to the building, water or electric lines, or other things that may be dangerous, especially if there are aftershocks. Be prepared to report damage to city or county government.



First take care of your own situation. Remember your emergency plans. Aftershocks may cause additional damage or items to fall, so get to a safe location. Use your “grab-and-go” emergency supplies as needed.