

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.

COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)

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.

If you are unable to Drop, Cover, and Hold On:

- Get as low as possible and move away from windows or other items that can fall on you.
-
- Do not try to transfer from your wheelchair, recliner, or bed during the shaking. Wait for the shaking to stop before transferring.
- If you use a wheelchair; lock your wheels and remain seated until the shaking stops.
- Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

People with Physical Disabilities or Movement Limitations:

The shaking motion may increase difficulties for those with mobility or balance issues. Get to the floor in a seated position and against an inside wall. Protect your head and neck with your arms.

People who are Deaf or Hard of Hearing:

Prior to an earthquake, identify and test multiple ways to receive warnings and evacuation information.

People who are Blind or have Low Vision:

Earthquakes can cause items to fall and furniture to shift. Regular sound clues may not be available afterwards. Move with caution.

People with Developmental/Cognitive/Intellectual Disabilities:

If you have difficulty understanding, remembering, or learning, keep a simple list of what to do and important information with you and in your kits. Practice your plan in advance. If you use augmentative communication supports, include these in your planning.

Additional Guidance: www.earthquakecountry.org/disability

Additional Disaster Preparedness Recommendations:

- Develop or update your individual and family plans, including your communication plans and important contacts.
- Make emergency Go Kits for your home, car, and office. Remember to make one for each of your service animals and pets too. Store extra batteries and any needed supplies in your kits.
- Label adaptive equipment or other devices with your contact information in case they are separated from you.
- Create safe spaces by securing heavy furniture and other items that could fall, injure you, or block your way out.
- Build a Personal Support Team (PST) of several people to check on you in case you need assistance. Include them in all phases of your planning.
- Get involved! Volunteer with your local Community Emergency Response Team (CERT) or another emergency response organization in your area.
- If you live near or visit the beach, be aware of tsunami evacuation routes and learn what to do to protect yourself. Practice tsunami evacuations with your care provider or support team.
- Practice drills at home, work, and in your community regularly. Invite your PST and care providers to Drop, Cover, and Hold On with you.

Find out more

www.earthquakecountry.org/disability