

# PREPARE YOURSELF!

## Drop, Cover, and Hold On!

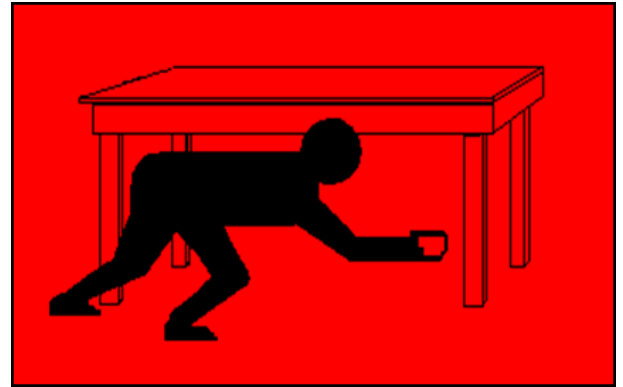
*No matter where you are, knowing what to do when the earth shakes can mean the difference between life and death.*

- ☑ *Teach yourself and your family the following procedures and practice them so you are able to react automatically when an earthquake strikes. The sooner you can get down and take cover, the better your chance of avoiding death or injury.*

### WHEN THE SHAKING STARTS...

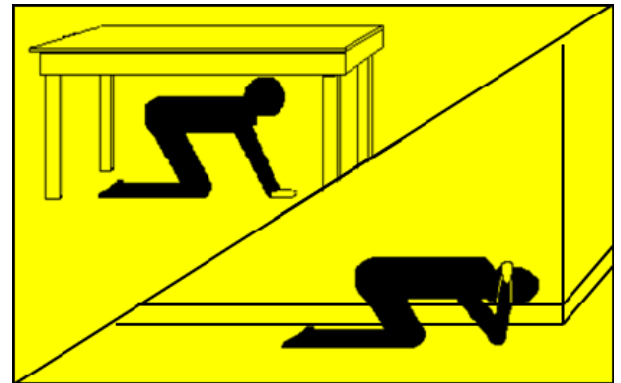
## DROP!

**DROP** to the floor.



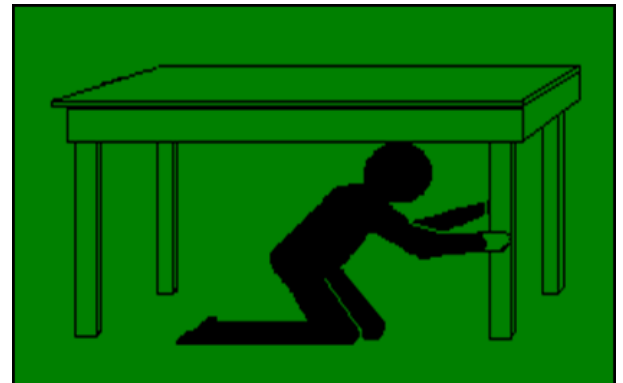
## COVER!

Take **COVER** under a sturdy desk, table, or other piece of furniture that is not likely to tip over. If that's not possible, seek **COVER** against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors and tall furniture. Don't seek cover in a doorway!



## HOLD ON!

**HOLD ON** to the sturdy furniture you are using for protection in order to stay under it. Stay underneath it until the ground stops shaking and it is safe to move.



## BEWARE OF FALLING OBJECTS!

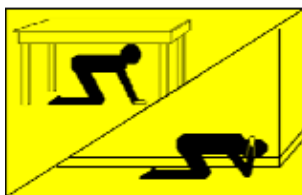
### *Falling objects cause most earthquake-related injuries!*

- ☑ When you feel an earthquake, **DROP** to the ground. Stay away from windows, bookcases, pictures and mirrors, hanging plants, and other heavy objects that may fall. Beware of falling materials such as plaster, ceiling tiles and bricks that may come loose during the quake.
  - ☑ Seek **COVER** under a sturdy piece of furniture like a desk or table, and stay there until the shaking stops.
  - ☑ **HOLD ON** to the desk or table that you are under and if it moves, move with it.
  - ☑ If you are not near a table or desk, move against an interior wall, and protect your head with your arms. Do not go into a doorway! Not only can the shaking cause the door to swing shut forcefully, but many interior door frames are not load-bearing.
- **HIGH-RISE BUILDINGS** – Stay away from the elevators and don't be surprised if the fire alarm activates.
  - **OUTDOORS** - Move to a clear area away from buildings, poles, power lines, signs, and trees.
  - **NEAR BUILDINGS** - Beware of falling bricks, glass, plaster, and other debris.
  - **DRIVING** - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
  - **STORES OR OTHER PUBLIC PLACES** - Do not rush for the exit. Move away from shelves and displays that may fall over or contain objects that could fall on you, then drop, cover, and hold on.
  - **WHEELCHAIRS** - If you are in a wheelchair, stay in it. Move to cover (i.e., an interior wall), if possible; lock your wheels, and protect your head with your arms.
  - **KITCHENS** - Move away from the refrigerator, stove, and overhead cupboards, then drop, cover, and hold on.  
**TIP:** Your appliances should be anchored to the walls and cupboards should be equipped with magnets or strong latches. If they are not, check out our information on earthquake mitigation.
  - **THEATERS OR STADIUMS** - If possible, get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops; then leave in an orderly manner.

**After an earthquake, be prepared for AFTERSHOCKS and plan where you will take cover when they occur.**



**DROP!**



**COVER!**



**HOLD ON!**

*For additional safety information visit [www.tvfr.com](http://www.tvfr.com)*