

WHEN THE GROUND SHAKES

Stay Inside or Go Outside?

During an earthquake, the most dangerous place to be is just outside a building. It's called the "danger zone." That's because broken windows, bricks and pieces of the building can fall there. The best thing to do is: if you are inside, stay inside and if you are outside away from the building, stay outside.

What If I'm in the Danger Zone?

If you have to look way over your head to see the top of the building, you don't have time to get far enough away. Go inside quickly and find a safe place.

If you only have to look up a little bit to see the top of the building, you're probably far enough away, so stay outside.

Things To Remember

- Don't run while it's shaking.
- Drop, Cover and Hold under a desk or table
- If there's no desk or table nearby, find the nearest safe place beside an inside wall or lower than the things around you.
- If you're outside in an open area, sit down and cover your head and neck with your arms.
- If you're in the "danger zone" right next to a building, quickly get back inside for shelter.

Participate in Earthquake Drills

The best way to make sure you know what to do during an earthquake, is to practice. The more we practice getting under a desk or sitting beside an inside wall, the easier it will be to remember to do it when the ground shakes.

It's important to think about it, talk about it, read about it, hear about it from other people and practice it.

Talk with your family and friends about what you would do if you had an earthquake "right now." This will help everyone remember and will keep everyone safer.



HOW TO STAY SAFE DURING EARTHQUAKES

Is the Building Going to Fall?

In the United States, we don't see a lot of buildings collapse during earthquakes. But things inside can fall. There are many things you can do to stay as safe as possible during an earthquake.

Don't Run!

It can be scary when the ground is shaking, and some people feel like running away, but that's not a good idea. Think about it: where are you going to run to, if everything is shaking?

Most people get hurt because they run and things fall on them. The best thing to do is find a safe place within 3 or 4 seconds. Remember to Drop, Cover and Hold!

When the earth shakes, DROP to the ground, take COVER under a desk or table and HOLD on to it so it doesn't bounce away. Stay there until it stops shaking.



To prepare for an earthquake, know where the safest places are in each room in your house and practice.

What if There's no Table or Desk?

If you're in a place with no tables or desks then make sure your head is not the tallest thing in the room. Get down low.

Think:

“Beneath, Beside, Between!”

- ❑ Getting **BENEATH** any desk or table is always the best idea.
- ❑ If you can't, then sit **BESIDE** an inside wall or get down **BESIDE** heavy furniture.
- ❑ Crouch low **BETWEEN** the rows of chairs in a movie theater, church or stadium.
- ❑ For example, get down low **BESIDE** and **BENEATH** the shopping cart in the supermarket.



How To Stay Safe in Other Places

What If I'm In a Car?

It will feel like the car has a flat tire. The driver should slow down, pull over and stop. Stay in the car.

What If I'm Outside?

If you're in an open area, sit down and cover your head with your arm.

If you're just outside a building, you're in the “danger area”! Quickly move inside and find a safe place.

What If I'm In Bed?

Stay in bed. Cover your head with a pillow. You can make your bedroom safer by removing pictures hanging above the bed. If you have a bookshelf nearby, it's better to fill the top shelves with stuffed toys or things that won't hurt if they fall on you.

Should I Stand in the Doorway?

Many people think that they should stand in the doorway during an earthquake. The truth is that the doorway will NOT protect you, and you could get hurt by the door swinging back and forth.

Remember, the best way to protect yourself is DROP to the ground, find COVER and HOLD on!

COVER also means to cover your head and neck, if possible, under a desk or table, but if not, with your arms or a pillow.

If there is no desk or table, remember:

“Beneath, Beside and Between!”