

Prepare...



Because  
You Care

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## Steps to Take - Drop, Cover and Hold

- When you feel an earthquake, **DROP** under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster or ceiling tiles. Stay under **COVER** until the shaking stops. **HOLD** onto the desk or table. If it moves, move with it. Here are some additional tips for specific locations.
- If you're in a **HIGH-RISE BUILDING** and not near a desk or table, move against an interior wall, and protect your head with your arms. Face away from windows. Do not use the elevators. Do not be surprised if alarm or sprinkler systems come on.
- If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.
- If you're on a **SIDEWALK NEAR BUILDINGS**, get into a building's doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you're **DRIVING**, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- If you are in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves with objects that could fall on you.
- If you're in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the **KITCHEN**, move away from the refrigerator, stove, and overhead cupboards. (Take time **NOW** to anchor appliances and install security latches on cupboard doors to reduce hazards.)
- If you're in a **STADIUM OR THEATER**, stay in your seat or get under it if possible, and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.
- **AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR.**

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*For more information, contact your  
local emergency management office  
list at right, or call the state's  
Emergency Management office  
(800) 562-6108*