How to be Safe in an Earthquake

When the ground shakes....

DROP....

COVER....

HOLD....

Seattle Office of Emergency Management
www.seattle.gov/emergency
206-233-5076
How to be safe in an Earthquake

Don’t run during the shaking.
Most injuries are from falling objects, not collapsing buildings.

Drop, cover and hold under a desk or table
within the first 3-4 seconds of shaking. Stay there until the shaking stops.

If you are in a place without a table, get low!
Think beneath, beside, between.
Getting beneath any desk or table is the best option.
Sit beside an inside wall.
Get low beside heavy furniture.
Crouch low between rows of chairs in a movie theater, church or stadium.
Get low beside and beneath the level of a grocery cart in the supermarket.

If you are outside in an open area...
Sit down and cover your head with your arms.

If you are outside close to a building...
Move into the building and find a safe place. Immediately outside a building is called the “danger zone”.

NOTE: Doorways are NOT a recommended safe place
in an earthquake. It’s difficult to stay in the doorway during the shaking and the door often causes injury when it swings open and closed during the shaking.