What do I do when the ground shakes!?
That depends on where you are when the earth quakes!
When at my desk I've been told to quickly "drop, cover and hold."
"When outside," my teacher said, "Drop to the ground and cover your head."
If in the hall, sit against the wall and curl up like a ball.
If the earth starts to shake and I’m in bed,  
Stay right there  
and hold a pillow over my head.
If in a bus or in a car, the driver will stop, stay right where you are.
Wherever you are when the earth starts to shake,

your biggest dangers are things that fall or break.
Find a safe place in each room in your house. Practice being "quakesafe" as quick as a mouse.
When the earth starts to shake, there's no time to waste!

Get to a safe place before things start to break!
Moms and dads,
Brothers and sisters too,
Neighbors and friends
all need to know
what to do.
Teach what you know now and practice today,  
So when the earth starts to shake you’ll be in a safe place!