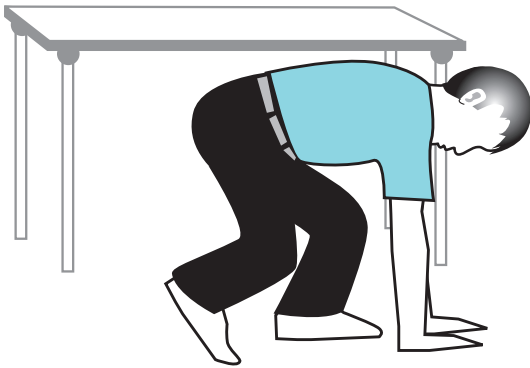


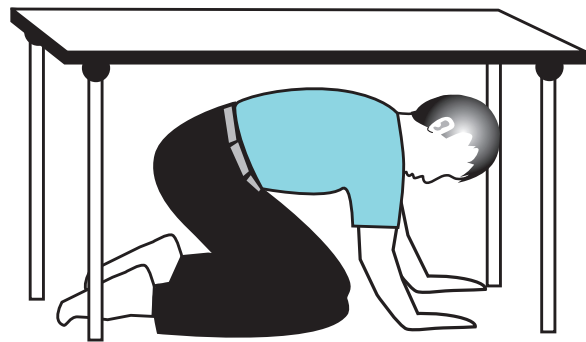
# How to be Safe in an Earthquake

When the ground shakes....

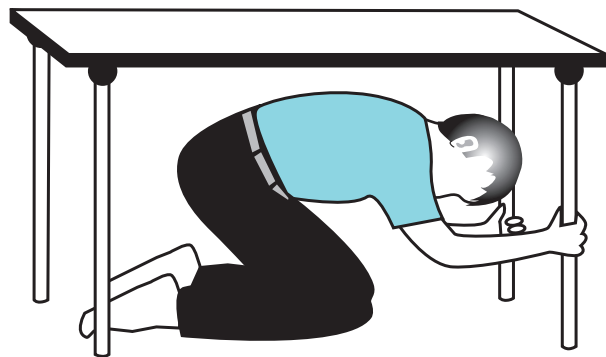
**DROP....**



**COVER....**



**HOLD....**



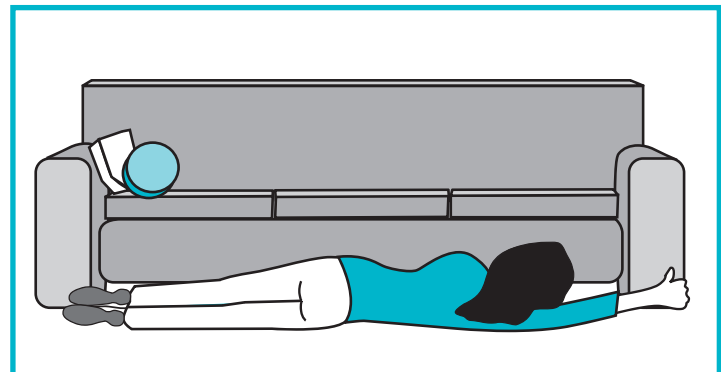
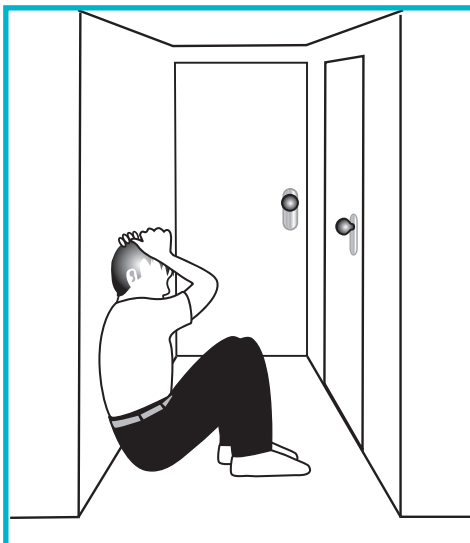
City of Seattle



Seattle Office of Emergency Management  
[www.seattle.gov/emergency](http://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.