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!

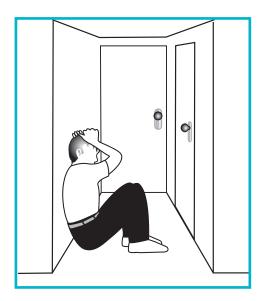
Think beneath, beside, between.

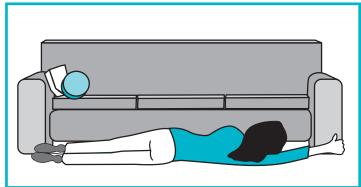
Getting **beneath** any desk or table is the best option.

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.