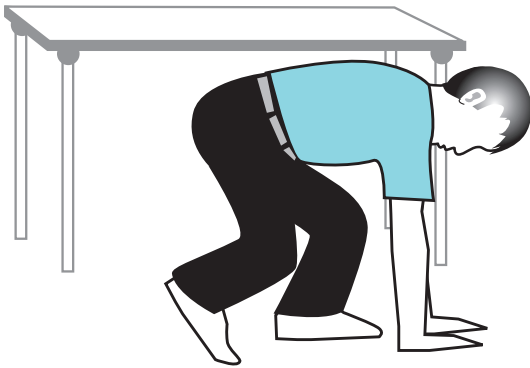


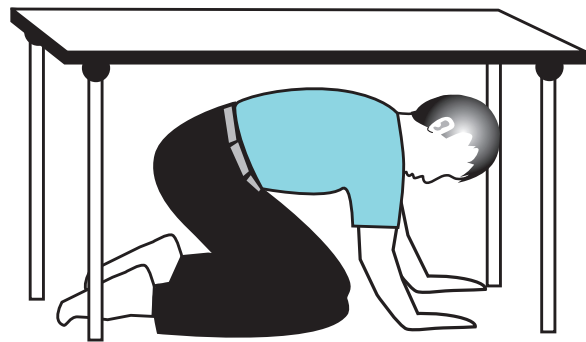
How to be Safe in an Earthquake

When the ground shakes....

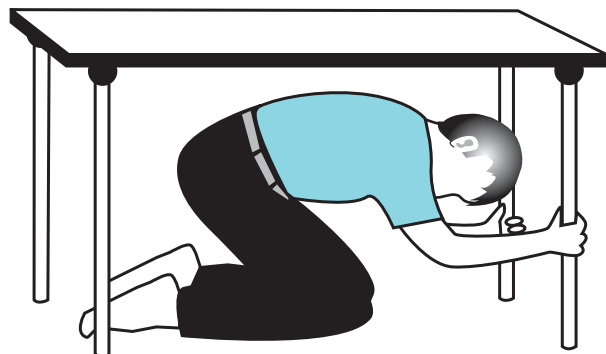
DROP....



COVER....



HOLD....



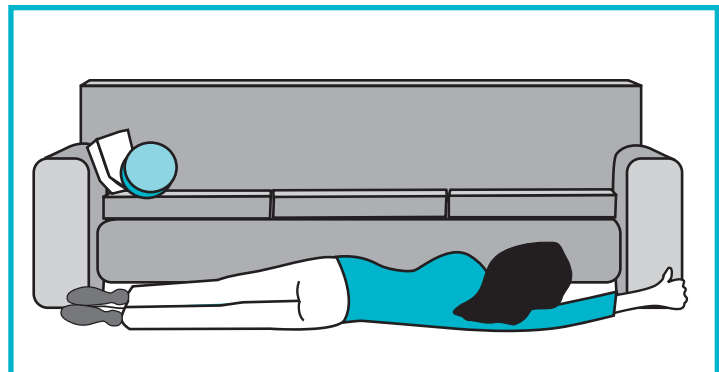
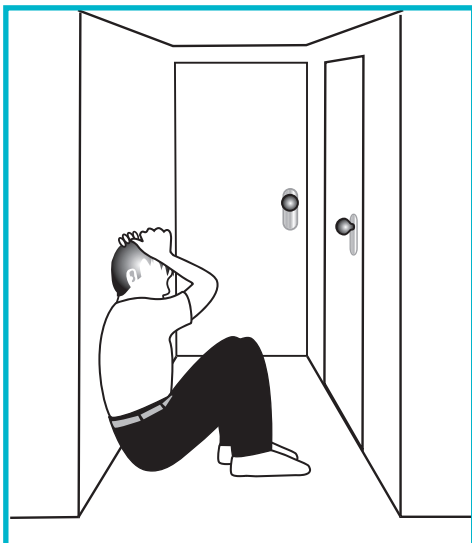
City of Seattle



Seattle Office of Emergency Management
www.seattle.gov/emergency
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.