

EARTHQUAKE PREPAREDNESS

You could be anywhere when an earthquake strikes, and an earthquake could strike at any time. How you prepare and practice for an earthquake will significantly improve your chances of responding effectively. You can't tell from the initial shaking if an earthquake will suddenly become intense so remember to **Drop, Cover, and Hold On** immediately.

- **Drop** where you are, onto your hands and knees. This position protects you from being knocked down. Stay low and crawl to a shelter nearby if possible.
- **Take cover** by getting under a sturdy desk or table.
- **Hold on** to your shelter and be prepared to move with it.

If there is no table or desk near you, drop on the ground and move to an inside corner if possible. Don't move to another location or go outside. If you have difficulty getting safely to the floor, get as low as possible, protect your head and neck, and move away from windows or other items that can fall on you.

If you're:

- **In a wheelchair:** Lock your wheels and remain seated until the shaking stops. Always protect your head and neck.
- **In bed:** Stay in bed and protect your head with a pillow. You're less likely to be injured there.
- **In a high-rise:** Avoid windows. Don't use elevators. Don't be surprised if sprinklers or fire alarms activate.
- **Outdoors:** Move to a clear area if you can safely do so. Avoid power lines, trees, signs, buildings, vehicles, and other hazards.
- **Driving:** Pull over to the side of the road and set the parking brake. Avoid overpasses, power lines, signs, and other hazards. Stay inside the vehicle until the shaking stops.
- **In a stadium or theater:** Stay at your seat and drop to the floor between rows. Protect your head and neck with your arms. Don't leave until the shaking stops.
- **Near the shore:** Immediately evacuate to higher ground if the shaking lasts 20 seconds or more, as a tsunami may be generated by the earthquake. Do not wait for a tsunami warning.

We can all take a moment to think about and practice these steps during the Great Washington Shakeout on Thursday, October 18th, 2018 at 10:18 a.m.

Additional information and resources can be found at:

<https://www.shakeout.org/washington/index.html>

