

# Living on SHAKY GROUND

HOW TO SURVIVE EARTHQUAKES AND TSUNAMIS IN NORTHERN CALIFORNIA

Step 5

## WHAT TO DO WHEN THE GROUND SHAKES

# STAY IN ONE PLACE

Do not go outside while the ground is shaking!

### IF INDOORS:



#### DROP, COVER, and HOLD ON.

DROP to the floor. If near a table or desk, slide under it. HOLD ON and stay there until shaking stops.



#### NO TABLE OR DESK

Crouch down to become as small as possible. Protect your head and neck with your arms.



#### LIMITED MOBILITY

Remain where you are and brace yourself. Lean over if possible and protect your head and neck with your arms.



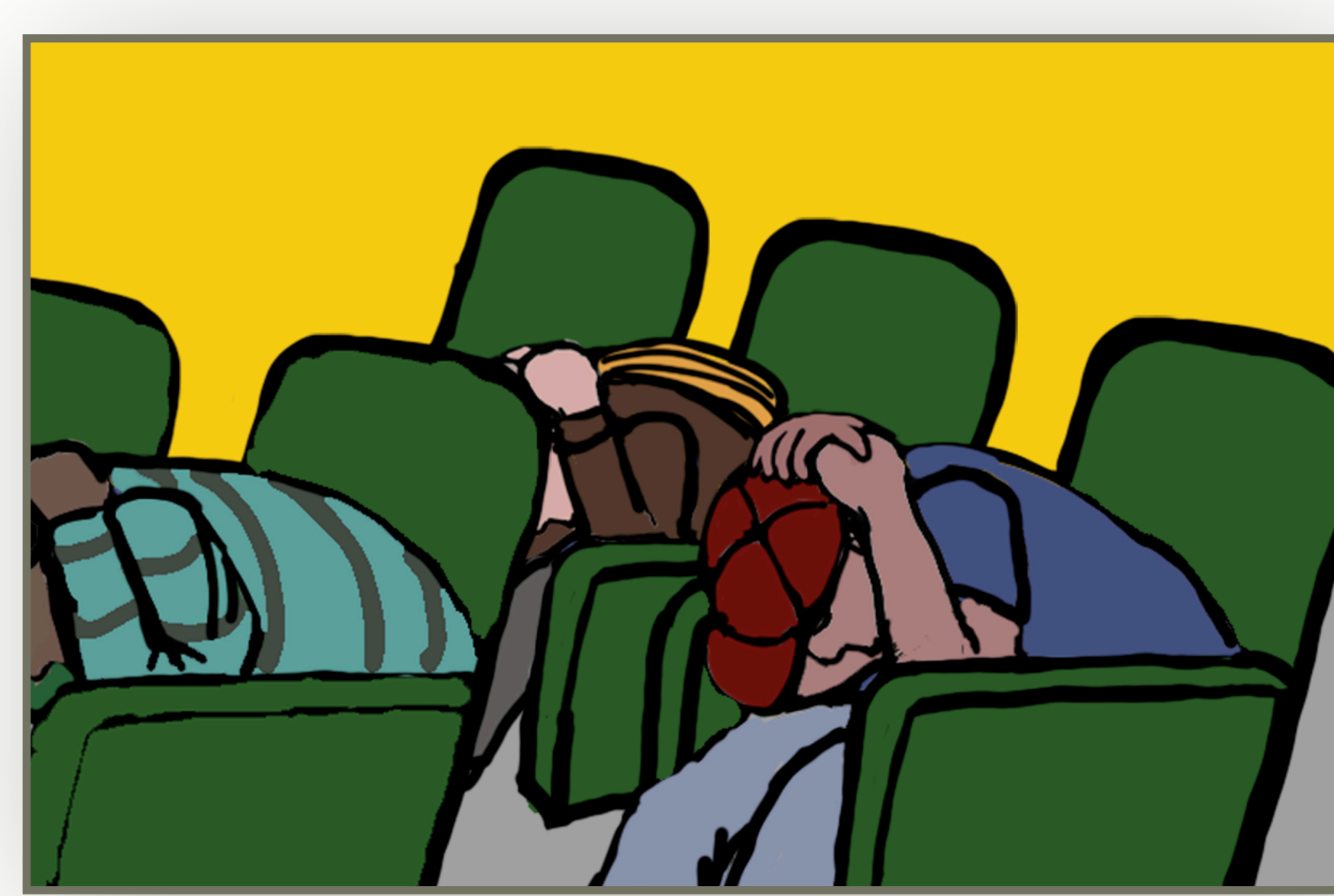
#### IN BED

Stay there and cover your head and neck with a pillow.



#### IN A STORE

Drop to the ground and protect your head and neck. If nearby, use a counter or shopping cart to shield you.



#### THEATER OR LECTURE HALL

Stay seated, bend over and protect your head and neck. After shaking stops, exit slowly.

### IN OTHER SITUATIONS: Always be aware of your surroundings.

**DRIVING.** The earthquake could feel like a flat tire. Pull over, stop, set the brake, and remain inside your vehicle. Avoid overpasses, bridges, and power lines.

**OUTDOORS.** Safely move away from power lines, trees, signs, and buildings. Sit on the ground.

**MULTI-STORY BUILDING.** Do not use elevators. Sprinklers and fire alarms may activate.

### IN A TSUNAMI ZONE?

Head to high ground or inland as soon as you can safely walk.



[What to do when the ground shakes](#)

