

Living on

SHAKY GROUND

HOW TO SURVIVE EARTHQUAKES AND TSUNAMIS IN NORTHERN CALIFORNIA

Step 5

PROTECT YOURSELF DURING AN EARTHQUAKE — DROP, COVER, AND HOLD ON

- **Drop** down to the floor and then **take cover** under a sturdy desk, table or other furniture.
- **Hold on** to the table or desk and be prepared to move with it – hold the position until the ground stops shaking and it is safe to move.



If there is no nearby table or desk:

- Sit on the floor against an inside wall, away from windows, tall furniture or bookcases.
- Protect your head and neck with your arms.
- If you are elderly or have mobility impairment, remain where you are, bracing yourself in place.

DO NOT GO OUTSIDE WHILE THE GROUND IS SHAKING!

DRIVING Pull over to the side of the road, stop and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If power lines fall on your vehicle, stay inside until a trained person removes them.

IF YOU ARE IN THE MOUNTAINS Avoid unstable slopes or cliffs and watch for falling rock and debris.

