



WHY SHOULD WE DROP, COVER, HOLD ON?

Trying to move during shaking puts you at risk: Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you will most likely be knocked straight to the ground. It is best to drop before the earthquake drops you and find nearby shelter or use your arms and hands to protect your head and neck. “Drop, Cover, and Hold On” gives you the best overall chance of quickly protecting yourself in an earthquake... even during quakes that cause furniture to move about rooms and in buildings that might ultimately collapse.

The greatest danger is from falling and flying objects: Studies of injuries and deaths caused by earthquakes over the last several decades show that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. “Drop, Cover, and Hold On” (as described above) will protect you from most of these injuries.

If there is no furniture nearby, you can still reduce the chance of injury from falling objects by getting down next to an interior wall and covering your head and neck with your arms (exterior walls are more likely to collapse and have windows that may break). If you are in bed, the best thing to do is to stay there and cover your head with a pillow. Studies of injuries in earthquakes show that people who moved from their beds would not have been injured if they had remained in bed.