

EARTHQUAKE SAFETY

What To Do When the Shaking Starts

DROP



DROP to your hands and knees to protect yourself from falling.

COVER



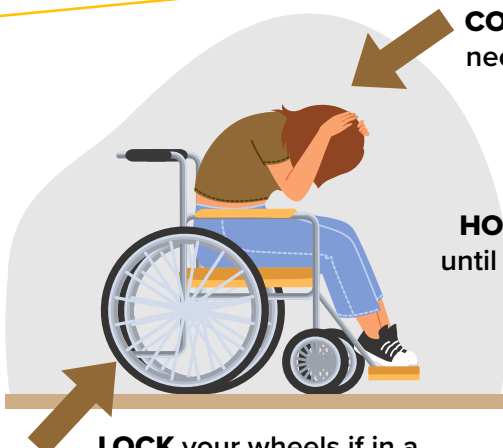
COVER your head and neck.

HOLD ON



HOLD ON with one hand until the shaking stops.

IF YOU USE A WALKER OR WHEELCHAIR:



COVER your head and neck with your arms, a pillow, or a book.

HOLD ON until it's safe.

LOCK your wheels if in a wheelchair.

IF YOU ARE ON DIALYSIS IN A BED OR RECLINER:



COVER your head and neck with your arms, a pillow, or a book.

HOLD ON until it's safe.

STAY put.