

Drop, Cover and Hold On!

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. North America is at moderate to very high risk of earthquakes.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

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- Be aware of fire evacuation and earthquake plans
 - Pick safe places in each room of your home, workplace and/or school
 - Practice drop, cover and hold on in each safe place
 - Keep a flashlight and sturdy shoes by each person's bed
 - Bolt and brace water heaters and gas appliances to wall studs
 - Bolt bookcases and other tall furniture to wall studs
 - Hang heavy items, such as pictures and mirrors, away from beds and couches
 - Brace overhead light fixtures
 - Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor
 - Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose
 - Learn about your area's seismic building standards and land use codes before you begin new construction
 - Keep and maintain an emergency supplies kit in an easy-to-access location.