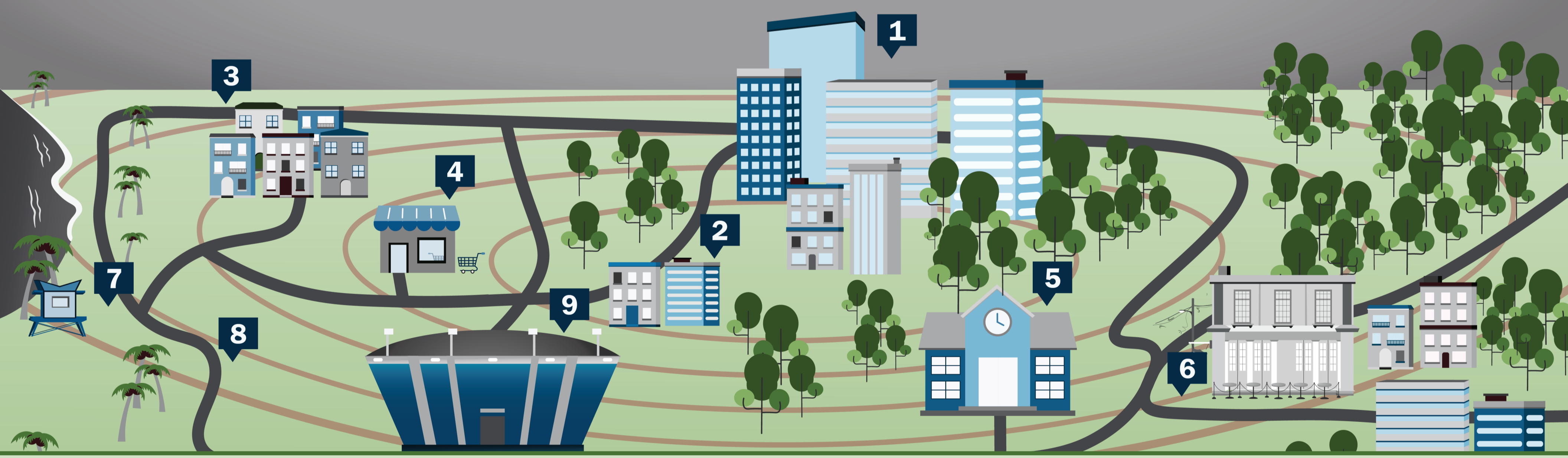


# Protect Yourself During an Earthquake

FEMA P-1078 / July 2024



## 1 In a high rise or office.

Move away from windows, then Drop onto your hands and knees. Cover your head with your arms and Hold On to your neck. If a near a table or desk, crawl under it and Hold On to your shelter, keeping one arm covering your head. If no shelter: crawl next to an interior wall and continue to Cover your head and neck.

## 2 Indoors, no table or desk.

Drop onto your hands and knees. Cover your head with your arms, and Hold On to your neck with both hands. For more protection, crawl next to an interior wall or low-lying furniture. If seated and unable to drop to the floor: bend forward, Cover your head with your arms and Hold On to your neck with both hands.

## 3 In bed.

Do not get out of bed. Lie face down to protect vital organs, and Cover your head and neck with a pillow, keeping your arms as close to your head as possible, while you Hold On to your head and neck with both hands until shaking stops.

## 4 In a store.

Drop, Cover, and Hold On as in #2. Getting next to a shopping cart, beneath clothing racks, or within the first level of warehouse racks may provide extra protection. Persons using wheelchairs (any location): Lock your wheels, bend over and Cover your head with your arms (if possible), and Hold On to your neck (or hold something sturdy above your head).

## 5 In a classroom.

Drop, Cover, and Hold On as in #1 and #2. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

## 6 Outdoors.

Quickly move away from power lines, buildings, vehicles, and other hazards, then Drop, Cover and Hold On as in #2. This protects you from any objects that may be thrown sideways, even if nothing is directly above you.

## 7 Near the shore or beneath a dam.

When shaking begins: follow instructions as in other scenes of this poster. Near the shore: As soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive soon. Beneath a dam: get to high ground or follow official instructions.

## 8 Driving.

Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Remain in your car until shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles.

## 9 In a stadium or theater.

Drop to the ground in front of your seat or lean over as much as possible, then Cover your head with your arms (as best as possible), and Hold On to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.



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Learn how to reduce injury and damage:  
[www.fema.gov/earthquake](http://www.fema.gov/earthquake)



Earthquake Country Alliance

Why are these protective actions recommended?  
[www.earthquakecountry.org/step5](http://www.earthquakecountry.org/step5)



Practice with millions worldwide:  
[www.shakeout.org](http://www.shakeout.org)



For more on earthquake research and implementation:  
[www.nehrp.gov](http://www.nehrp.gov)