

## What to Do, and Not Do, During an Earthquake

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. Prepare and practice so that you easily recall what to do during an earthquake:

**DROP** - DROP where you are, down to your hands and knees, to protect from being knocked down, and to stay low and crawl to nearby shelter. Drop before the earthquake drops you!

**COVER** - Use one arm and hand to COVER your head and neck and crawl underneath a sturdy table or desk, or if unavailable, crawl next to an interior wall (away from windows). This will help protect you from falling debris.

**HOLD ON** - HOLD ON to the shelter with one hand, and move with the shelter if it shifts, or if no shelter, hold on to head and neck with both arms and hands, until the shaking has completely stopped.



### What not to do in an earthquake:

- Do not run outside or to other rooms during shaking
  - stay inside if you're inside, and outside if you're outside away from exterior walls of a building (windows, facades, architectural details are often the first parts to fall off buildings).
- Do not stand in a doorway – doors can swing, falling debris can hit you and the shaking can knock you down; you are safer under a table.

Emergency events can happen at any time. Proper preparedness requires keeping your emergency kit well stocked with essential supplies. It's important to check your emergency kit regularly to ensure that no items have expired or perished.

To assist you in surviving a major disaster, such as an earthquake, it is important to know your emergency preparedness plan and to **practice, practice, practice!**

Additional resources and information are available through ASCIP's website and your ASCIP Risk Services Consultant.