

Drop, Cover, & Hold



Whether you are in your home, a classroom, or a tall building, know how to protect yourself during an earthquake. Teach yourself and family members to react automatically when the shaking starts.

The Drop, Cover, & Hold method has been proven throughout in the United States to reduce earthquake related injuries and death.

Lewis County Emergency Management, along with the Federal Emergency Management Agency and the American Red Cross, endorses the Drop, Cover, & Hold method for personal safety during earthquake shaking.

When an Earthquake Strikes:

DROP — DROP down to the floor.

COVER — Take COVER under a sturdy piece of furniture. If that is not possible, seek COVER against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture.

HOLD — If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safe to move.

Tips to Protect Yourself During An Earthquake:

- If you're in a HIGH-RISE BUILDING, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators.
- If you're OUTDOORS, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.
- If you're on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you're DRIVING, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- If you're in a CROWDED STORE, do not rush for exits. Move away from display shelves containing objects that could fall.
- If you're in a WHEELCHAIR, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the KITCHEN, move away from the refrigerator, stove, and overhead cupboards.
- If you're in a STADIUM or THEATER, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.

Be prepared for **AFTERSHOCKS**, and plan where you will take cover when they occur. Aftershocks can occur in the first hours, days, weeks, or even months after the quake. Be prepared to Drop, Cover, & Hold again.