

APPENDIX D—Earthquake Preparedness Actions Posters

- Poster: [When an Earthquake Strikes: Where Will You Be? What Will You Do?](#)

When an Earthquake Strikes:

Where Will You Be? What Will You Do?

INDOORS
Drop onto your hands and knees. Cover your head and neck, and Hold on under something sturdy until shaking stops. If no shelter is nearby, crawl next to an interior wall (away from windows). Do not go outside during shaking! One of the most dangerous places to be is near an exterior wall of a building.

IN A CLASSROOM
Drop, Cover, and Hold on. Keep in mind that laboratories and other settings may require special safety considerations.

IN A WHEELCHAIR/ WITH A WALKER
Lock your wheels. Cover your head and neck, and Hold on until the shaking stops.

IN A HIGH-RISE
Drop, Cover, and Hold on. Once the shaking stops, if you evacuate the building, use stairs instead of elevators.

IN A STORE
Drop away from shelves. Cover next to a shopping cart or beneath clothing racks if possible, and Hold on.

IN BED
Lie face down. Cover your head and neck with a pillow, and Hold on with both hands.

OUTDOORS
Move to a clear area if you can safely do so (away from buildings, power lines, trees, signs, vehicles, and other hazards), then Drop, Cover, and Hold on.

DRIVING
Pull over, stop, and set the parking brake — avoid overpasses, bridges, power lines, and other hazards. Stay inside the vehicle until shaking stops.

NEAR A SHORELINE
As soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland.

Drop, Cover, and Hold on. Washington is earthquake country. It's not a question of "if" but "when" an earthquake will strike us. Be sure to practice your earthquake skills on the third Thursday of each October during the Great Washington ShakeOut. More information at shakeout.org/Washington.

The Great Washington ShakeOut

Poster: [FEMA Protect Yourself During an Earthquake](#)

Protect Yourself During Earthquakes

FEMA P-1072

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Why are these protective actions recommended?
www.EarthquakeCountry.org/step5

Practice with millions worldwide:
www.ShakeOut.org

Learn how to reduce injury and damage:
www.FEMA.gov/earthquake