

# PROTECT YOURSELF When the Ground Begins to Shake!



During earthquakes:

**DROP to the floor**

**Take COVER under a sturdy desk or table**  
(if no table- cover your head with your arms)

**HOLD ON to the table/desk- even if it moves!**  
(If no table- keep your head protected)

  
Earthquake Country **Alliance**  
*We're all in this together.*  
  
GET PREPARED  
[Earthquakecountry.info](http://Earthquakecountry.info)

  
**DROP! COVER! HOLD ON!**  
  
PROTECT YOURSELF  
[dropcoverholdon.org](http://dropcoverholdon.org)

  
**Shake  
Out**  
  
PRACTICE  
[ShakeOut.org](http://ShakeOut.org)