

Whenever you enter a store, look around:

- What is above and around you that could move or fall during an earthquake?
- Be ready to use your judgment to protect yourself from falling objects.

People are often injured during earthquakes when they try to move or stand

If you need to get away from heavy items on shelves in a store:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit

