



In MOST situations, you will reduce your chance of injury if you:

- ◆ **DROP** down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling, but it allows you to still move, if necessary.
- ◆ **COVER** your head and neck with both arms, clasp your neck with your hands. If a study desk or table is nearby, using it as a shelter, crawl beneath it while keeping one arm over your head. (If there is no shelter nearby, only then should you move to an interior wall, to an inside corner of the room or next to low-lying furniture that won't fall on you. Stay in this crawling position to protect your vital organs. Continue to cover your head and neck with your hands and arms)
- ◆ **HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Wherever you are, protect yourself! You may be in situation where you cannot find shelter beneath furniture (or against a wall). It is important to think about what you will do to protect yourself wherever you are. For example, what if you are driving, in a theater, in bed, at the beach, etc.?

Unless it is safe to do so and the earthquake has stopped, do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during a strong earthquake or aftershock.

In a stadium or theater: Stay at your seat and drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Once it is safe to do so, walk out slowly watching for anything that could fall on you during an aftershock.

Dance Rooms



In the event of an earthquake:

- 1) Do not run outside.
- 2) Move away from windows and mirrors.
- 3) Crouch down next to a wall that does not have items that can fall on you.
- 4) If no wall is available, move to the center of the room. Make sure you are not directly under items that could fall.
- 5) Crouch down.
- 6) Protect and cover your head and neck.
- 7) Once the shaking stops proceed to the evacuation area (Corsair Field).



Pavilion



In the event of an earthquake:

- 1) Do not run outside.
- 2) Move away from windows and mirrors.
- 3) Crouch down next to a wall or bleachers.
- 4) Be aware and move away from items that can fall on you.
- 5) If no wall is available, move to the center of the room. Make sure you are not directly under items that could fall.
- 6) Crouch down.
- 7) Protect and cover your head and neck.
- 8) Once the shaking stops proceed to the evacuation area (Corsair Field).

