



## Conquering the instinct to run

**D**uring earthquakes, many people’s fight/flight instinct urges them to run — even when they know they should “Drop, Cover and Hold on.” We learn to counter the human tendency to run by practicing doing the safe thing. Studies show that people tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move in an earthquake, you are in danger of being thrown to the ground and/or injured from toppling book cases, breaking windows, flying dishes, falling TVs, collapsing fireplaces or shifting furniture. Safety comes from quickly stopping or moving to a place of safety. Facades of buildings or glass from windows can be falling and injure those running out during an event.

### Drop, Cover and Hold On — what does it mean?

**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 nearby shelter).

**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 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.) Drop, cover, hold on is the national standard for earthquake safety in our country.

#### If driving:

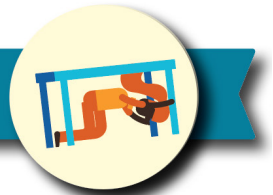
- Pull over to the side of the road, stop, and set the parking brake.
- Avoid overpasses, bridges, power lines, signs and other hazards.
- Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement and emergency vehicles.
- If a power line falls on the car, stay inside until a trained person removes the wire.

#### If you’re near the coast and you feel shaking:

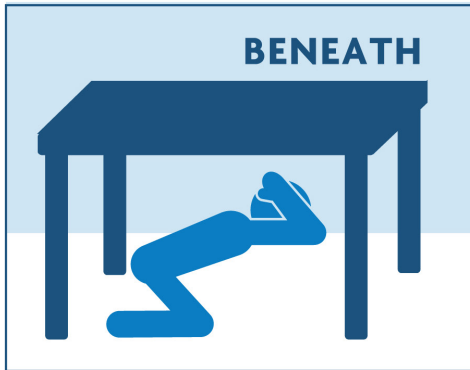
- As soon as the shaking has stopped and it’s safe to do so, head to high ground immediately.
- Follow properly marked tsunami evacuation signs.
- Do not wait for a siren or someone to tell you to head to high ground.



Visit <http://dropcoverholdon.org/> to find advice for persons with access or functional needs.



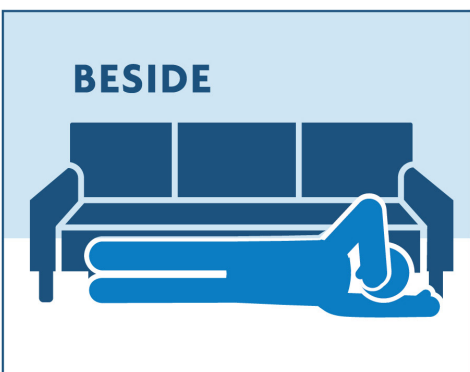
# Washington is earthquake country!



More than 1,000 earthquakes are registered in Washington state each year. An earthquake is a sudden release of pent-up energy along a fault line in the earth's crust. Without warning, the ground under your feet will begin to shake and roll. A timely response is critical. Gas leaks may have occurred, which could lead to fire and explosions. People may sustain injuries. What YOU do in the first hour following an earthquake can save lives, reduce the severity of injuries, and save property.

### What to do during a quake if you are indoors:

- Drop, Cover and Hold On — Take cover under a sturdy desk, table, bench, or against an inside wall, and hold on. If there is no desk or table near you, cover your face and head with your arms and crouch in an inside corner of the building.
- If in a wheelchair or you use a walker, do the same with a safe wall or tall chair that may protect you. Avoid windows and doorways.
- Do not use elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures and furniture.
- Be aware that electricity may go out or that sprinkler systems or fire alarms may turn on. In that case, move to the nearest safe place.
- If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects while entering or leaving buildings. **Don't run outside when the ground is shaking!**

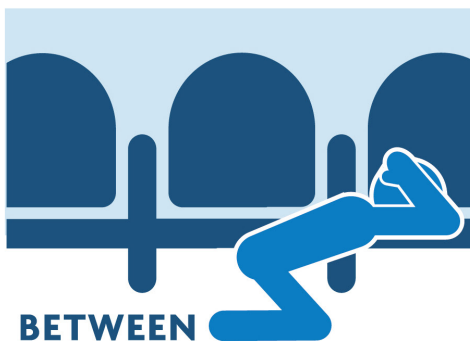


### What to do during the quake if you are outdoors:

- Stay there.
- Move away from buildings, trees, streetlights and utility wires.
- Text your out-of-area contact telling them you are okay or injured and describe where you are.
- Proceed cautiously after the earthquake has stopped, watching for road and bridge damage.
- Stay at least 30 feet away from downed lines.
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### If you are in a car:

- Stop as quickly as safety permits, pull to the side of the road, and stay in the car. Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Know how to exit a car with energized power lines; do so only if car is on fire.



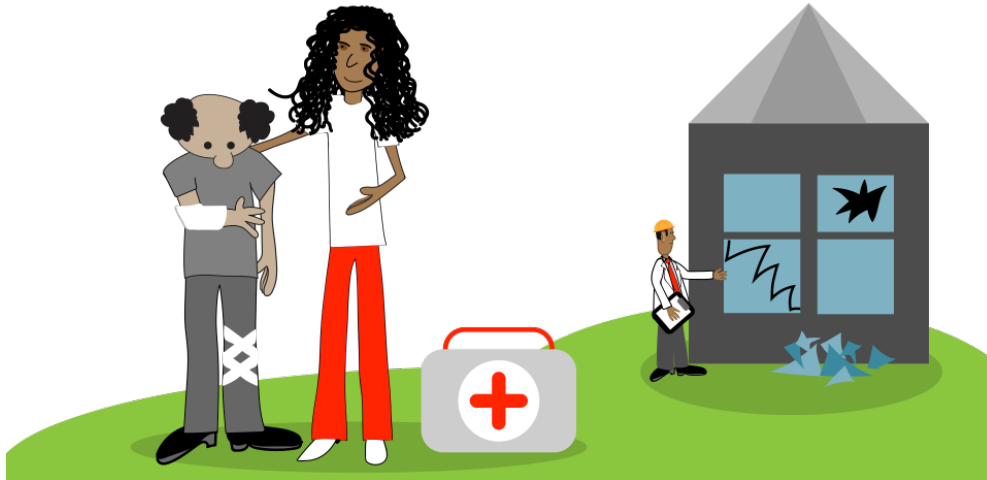
### If you are trapped under debris:

- Do not light a match.
- Cover your mouth with fabric or clothing. Do not move about or kick up dust.
- Tap on a pipe or wall so that rescuers can find you. Use a whistle if one is available. Shout only as a last resort — shouting can cause you to inhale dangerous amounts of dust.

# Prepare in a Year



## 10. Drop, Cover & Hold On



### Three steps to take after an earthquake:

- 1) Check yourself for injuries.
- 2) Check the people around you for injuries.
- 3) Check your environment. Is it safe for you to stay where you are?

## When the Ground Stops Shaking

### Check for Injuries

Bleeding needs to be stopped immediately, then treat for shock (Take a First Aid class or Stop the Bleed class!)

- Be aware of possible tsunamis if you live in a coastal area. (See Tsunami Section on next page).
- Activate your communications plan (see action step one).
- Text out-of-area contact.
- Only call 911 for life threatening event—not to inform them that an earthquake has happened.
- Do not use your car, unless there is an emergency. If in your car, roads may not be passable; approach with caution to reach a safe destination.
- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Listen to officials for information regarding the impacts of the quake and what to expect from first responders.

### Indoors after the quake

- Dress for safety: protect your head, hands, and feet. Wear shoes in areas near fallen debris or broken glass.
- Leather gloves will protect your hands from sharp debris.
- A hard hat will protect your head from falling objects, like chimney bricks teetering on roof edges.
- Check your natural or propane gas and shut it off if necessary.
- Shut off your water at the house master shut-off valve. If water pipes have broken, this will help keep the water in your water heater safe from pollutants.
- Post an OK/Help card in your front window or on your front door. Signs on your front door signals your status

to your neighbors. (TIP: simply write OK or HELP on a piece of a paper and post it on the door.)

- Place your fire extinguishers outside on the sidewalk or street edge so they are visible and available for immediate use should anyone in the neighborhood experience fire. In a big disaster, 911 dispatchers and fire responders will likely be unavailable.

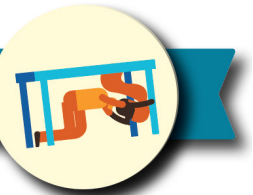
### Check status of home

- If possible, put out small fires. If this is not possible, leave your home immediately, notify the fire department if possible and alert your neighbors.
- Use a battery-powered flashlight to inspect your home if the event occurred at night.
- Be prepared for aftershocks.
- Switch off electrical power if there is damage to your home's electrical wiring. If the situation is unsafe, leave your home and seek help.
- Check the building for cracks and damage, particularly around chimneys and masonry walls.
- Check to see that water and sewage lines are intact before using the toilet.
- Do not touch downed power lines or broken appliances.
- Check closets and cupboards. Open doors cautiously. Beware of objects tumbling off shelves.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids.
- If you smell gas or see a broken line, shut off the main valve from the outside. A leak of piped natural gas will smell like rotten eggs. Do not search for gas leaks with a lighted match.

# Prepare in a Year



## 10. Drop, Cover & Hold On



### The tsunami risk: Head to high ground when the shaking is over

Tsunamis that strike the Washington Coast are caused by earthquakes or landslides. These earthquakes and landslides might occur far away (distant tsunami) or near where you live (local tsunami).

- A tsunami consists of a series of waves. Often the first wave may not be the largest. The danger from a tsunami can last for several hours after the arrival of the first wave.
- Tsunamis move faster than a person can run.
- Anyone in Washington who lives near the ocean or a large body of water is at risk of a tsunami.

#### Prepare for a tsunami:

- Develop a family disaster plan and know if you live in an inundation zone and where your evacuation routes are from your home, work or school.
- Sign up for local emergency alerts. More information at [mil.wa.gov/alerts](http://mil.wa.gov/alerts)
- Prepare grab and go bags.
- Know how you'll receive tsunami alerts: sirens wailing, NOAA alert radio, wireless emergency alerts and/or local county alerts.

#### WHEN ON THE COAST:

- IF THE GROUND SHAKES...
- IF YOU HEAR A SIREN...
- IF THE OCEAN RECEDES FROM THE SHORELINE...
- TAKE YOUR PREPARED GRAB AND GO KIT,
- IMMEDIATELY - HEAD FOR HIGH GROUND!



*Follow signs with this logo to get to safety. If you don't see a sign, but feel an earthquake, head to high ground anyway.*

*If you live on the coast or visit it, know your tsunami evacuation routes and inundation zones ahead of time at [mil.wa.gov/tsunami](http://mil.wa.gov/tsunami)*