PROTECT YOURSELF DURING AN EARTHQUAKE

DROP
Drop where you are, onto your hands and knees

COVER
If a sturdy table or desk is nearby, crawl underneath it for shelter

HOLD ON
Under shelter, hold on to the table with one hand

In a lecture hall, stadium or theater:
Drop to the ground in front of your seat, Cover your head with your arms, and Hold On to your neck with both hands until the shaking stops.

In bed:
Stay there and cover your head and neck with a pillow, keeping your arms as close to your head as possible.

Outdoors:
Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then Drop, Cover, and Hold On.

Laboratory:
Move to the corridor and take cover next to an interior wall. If the corridor is far away, but the lab has an adjoining office or other room not containing hazardous materials (e.g. a microscope room) and close by, then drop, cover, and hold in the space.

USC Fire Safety & Emergency Planning