



US Army Reserve Safety Awareness



Earthquake

If an earthquake happens, protect yourself right away.



Drop



Cover



Hold

Earthquakes is the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting in injuries and property damage. Earthquakes can happen anywhere, without warning, cause fires and damage to road, tsunamis, landslides and avalanches.

Stay Safe During an Earthquake: Drop, Cover and Hold On!

Drop where you are, onto your hands and knees.

Cover your head and neck with your arms. Crawl under a sturdy table or desk if nearby.

Hold On to any sturdy furniture until the shaking stops. If a table or desk is not close, crawl next to an interior wall.

After an Earthquake

- Serious damage can happen to the building: leaking gas and water lines, or downed power lines.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, protect your mouth, nose and eyes from dust.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately.
- Once you are safe, listen to local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.