



Benton County  
Emergency Management

Emergency Preparedness:  
one step at a time.

When an earthquake strikes:

# Drop, Cover and Hold

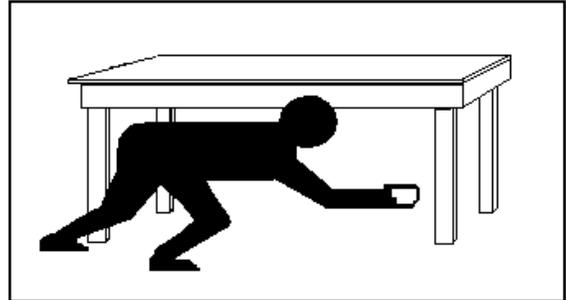
Whether you are in your home, at work, in school, or in any other type of building, it is important to know how to protect yourself during and after an earthquake.

**Practice** earthquake safety actions, such as the “Drop, Cover and Hold” drill. Teach yourself, family members, coworkers to react automatically and correctly when the shaking starts – to save lives and prevent injuries. **Practice** is key.

**As soon as the shaking starts:**

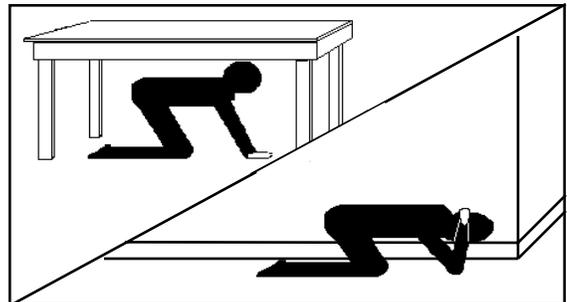
## DROP

Drop or duck down low to the floor in the room where you are – don't try to go to another room.



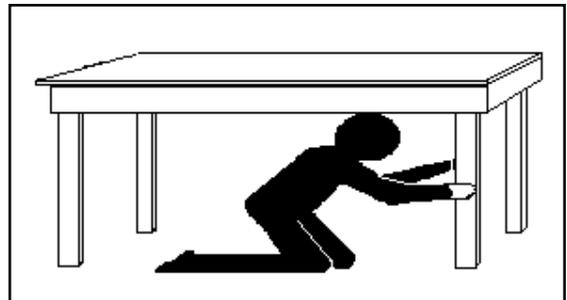
## COVER

Take COVER beside or under something sturdy - a desk, table or other furniture that is not likely to tip over or easily crush. If that is not possible, seek COVER against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors and tall furniture.



## HOLD ON

HOLD on to your cover and be prepared to move with it. HOLD the position until the ground stops shaking and it is safer to move.



*Together we're building a more disaster resilient community!*

# Earthquake

## DROP, COVER & HOLD TIPS

### Falling and fallen objects cause most earthquake - related injuries!

When you begin to feel an earthquake, **DROP** beside or under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants and other heavy objects that could fall. Protect your head and neck with your arms. Watch for falling plaster or ceiling tiles. Stay under **COVER** until the shaking stops. **HOLD ON** to the desk or table that you are under and if it moves, move with it.

- If you are not near a table or desk, move against an interior wall, or next to something sturdy, and protect your head with your arms.
- **HIGH-RISE BUILDINGS** – Take cover until the shaking stops, then evacuate carefully via the stairs. Do not use elevators. Expect fire alarms and sprinklers to activate.
- **OUTDOORS** - Move to a clear area away from trees, signs, power lines, buildings and poles.
- **NEAR BUILDINGS** - Be aware of falling bricks, glass, plaster and other debris. Duck into an entryway and protect your head with your arms. Sidewalks and parking strips next to buildings can be especially dangerous for falling debris. Hold on until the shaking stops.
- **DRIVING** - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over, then proceed with extreme caution as there may be roadway or bridge damage or debris on the road surface.
- **STORES OR OTHER PUBLIC PLACE** - **Do not rush for the exit.** Move away from shelves and displays that may fall over or contain objects that could fall, then **drop, cover and hold.**
- **WHEELCHAIR** - If you are in a wheelchair, stay in it. Move to cover, if possible (i.e., an interior wall), lock your wheels, and protect your head with your arms.
- **KITCHEN** - Move away from the refrigerator, stove and overhead cupboards, then **drop, cover and hold.** [Take time now to anchor appliances and install security latches on cupboard doors to reduce hazards.]
- **THEATER OR STADIUM** - If possible get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops, then leave in a calm, orderly manner.

**AFTER AN EARTHQUAKE, BE PREPARED FOR  
AFTERSHOCKS AND PLAN WHERE YOU WILL TAKE  
COVER WHEN THEY OCCUR.**



Benton County Sheriff's  
Office, **Emergency  
Management, Search &  
Rescue**, 180 NW 5th Street  
Corvallis, OR 97330  
541-766-6864

[www.co.benton.or.us/sheriff/ems](http://www.co.benton.or.us/sheriff/ems)

**Together we're building a more disaster resilient community!**