



# Earthquakes

Washington is earthquake country.  
When the ground starts to shake, “Drop, Cover and Hold.”

## Indoors:

- When you feel an earthquake, **DROP** and **COVER** under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other objects that could fall. **HOLD** on to the desk or table. If it moves, move with it. Do not run — stay where you are and “Drop, Cover and Hold.”

## Kitchen:

- Move away from the refrigerator, stove and overhead cabinets. **Drop, Cover and Hold** under a table or near an inside wall. Take time NOW to anchor appliances and install security latches on cabinet doors to reduce earthquake hazards.

## Outdoors:

- If you are outdoors, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.

## Downtown area:

- If you are on a sidewalk near a tall building, get into a building’s doorway or into a building’s lobby to protect yourself from falling bricks, glass and other debris.

## Crowded store or public place:

- DO NOT rush for the exits. Move away from display shelves holding objects that could fall on you, and **Drop, Cover and Hold**.

## Driving:

- If you are driving, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking stops.

## Wheelchair:

- If you are in a wheelchair, stay in it. Move to safe cover if possible (this is the one time you might use a doorway), lock your wheels, and protect your head with your arms.

## Theater or stadium:

- If you are in a theater or stadium, stay in your seat, protect your head with your arms or get under the seat if possible. Do not attempt to leave until the shaking stops.

## After the earthquake:

- Check yourself and those around you for injuries.
- Be prepared for aftershocks.
- Use the phone only to report a life threatening emergency.
- If you smell gas or hear a hissing sound — open a window and leave the building. Shut off the main gas valve outside.
- Try to make contact with your out-of-area phone contact and continue to monitor your radio.

WASHINGTON  
MILITARY  
DEPARTMENT



Emergency  
Management  
Division

www.emd.wa.gov  
1-800-562-6108

Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122