

EARTHQUAKE PREPAREDNESS TIPS FOR INDIVIDUALS WITH DISABILITIES

The “Drop, Cover, and Hold On” technique is the best way to avoid injuries during an earthquake. However, many individuals with disabilities or functional needs may be unable to perform the technique. An earthquake can strike at any time, so it’s important to know how to react in any situation.

STOP! COVER! HOLD ON!



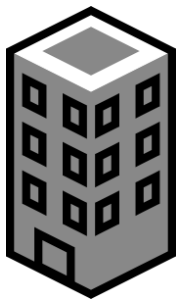
INDOORS:

If you are physically able, drop to the ground, cover, under a sturdy desk or table, and hold on until the shaking stops. Move to an interior wall or doorway only if you can do it safely, protect your head and neck with a pillow or your arms, and bend over to protect yourself if possible.



IN BED:

If an earthquake strikes while you are in bed, stay there. Try your best to hold on to your bed and protect your head with a pillow until the shaking stops.



IN A TALL BUILDING:

If you are in a tall building, perform the “Drop, Cover, and Hold On” technique if possible. If not, cover your head and neck with a pillow or your arms until the shaking stops. Do not attempt to use an elevator. Move to the designated evacuation zones and wait for assistance from emergency responders.

For more earthquake preparedness tips, visit
[GetPrepared.in.gov](https://www.getprepared.in.gov)



OUTDOORS:

If you are outdoors during an earthquake, move to a clear area away from wires, buildings, and anything else that could potentially fall and hurt you. If you cannot safely move to these areas, stay where you are and cover your neck and head with a pillow or your arms. Do not attempt to go inside during an earthquake.



STADIUM, THEATER, OR OTHER LARGE PUBLIC BUILDING:

If an earthquake strikes while in a large public building, such as a stadium or theater, stay where you are and perform the “Drop, Cover, and Hold On” technique if possible. If not, cover your head and neck with a pillow or your arms until the shaking stops. Do not attempt to leave until the shaking has completely stopped.



IN A VEHICLE:

If you are in a vehicle when an earthquake strikes, carefully pull to the side of the road away from bridges or overhead hazards, stop, and set the parking break. Do not leave the vehicle until the shaking has completely stopped.

The “**Drop, Cover, and Hold On**” technique is the best way to avoid injury during an earthquake. If you are physically unable to perform this, do your best to protect your head and neck from falling objects. Most earthquake related injuries come from objects falling, so never attempt to move to a safer place or outside during an earthquake.



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