



# Earthquake Drill

While some regions such as California are more prone to seismic activity (and even specific areas of California more likely to experience future earthquakes than others), everyone should become familiar with how to protect themselves in the event of an earthquake since they can strike at home, work, school, or during traveling. Since you may have only seconds to protect yourself it is important to practice what to do

Federal, state, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes.

**If you are inside a building**, move no more than a few steps, then Drop, Cover and Hold On:

- **DROP** to the ground
- Take **COVER** by getting under a desk or table, and
  - ) **HOLD ON** to it until the shaking stops.
  - ) Stay indoors until the shaking stops and you are sure it is safe to exit. In most buildings in California you are safer if you stay where you are until the shaking stops.

**If you are outdoors** when the shaking begins you should find a clear spot away from buildings, trees, streetlights, and power lines then proceed to Drop, Cover and Hold until the shaking stops.

**If you are driving**, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops proceed with caution and avoid bridges or ramps that might have been damaged.

## What NOT to do:

- Do not get in a doorway
- Do not run outside

This fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice

For additional information on this topic please contact ACWA JPIA Risk Control Department, Terry Lofing, Administrative Assistant ([tlofing@acwajpia.com](mailto:tlofing@acwajpia.com)) or 800-231-5742