

Guide for Families November: Earthquakes

Drop, Cover, and Hold On!

Although earthquakes are uncommon in New York City, tremors occasionally occur. It's important to know what to do.

Let's get ready and stay safe if a tremor or earthquake strikes!

During an earthquake:

- Drop to the floor.
- Take cover under a solid piece of furniture or next to an interior wall.
- Cover your head and neck with your arms.
- Hold on to a sturdy piece of furniture. Stay where you are until the shaking stops.

After an earthquake:

- Check the people around you for injuries. Do not move seriously injured people.
- If you have a fire extinguisher and have been trained to use it, put out any small fires that occurred.
- Be prepared for aftershocks or subsequent tremors.
- Phone lines might be jammed as people try to check in with loved ones. Try text messages instead of phone calls, as they should get through.

Plan ahead:

- Identify safe places in your room and your home, such as under desks or solid tables and away from windows, hanging objects, or tall furniture that could fall.
- Examine your home for unstable items that could fall on someone during a tremor. For example, anchor bookcases to the wall and store large, heavy, or breakable objects on low shelves.
- Let your child know that during a tremor, it's best to stay where he or she is instead of trying to evacuate.
- If you are outdoors, move to a clear area and avoid power lines, buildings, and trees.
- If you are driving, pull to the side of the road and stop. Try to stop in a clear area; avoid large trees, bridges, overpasses, and so forth if possible.



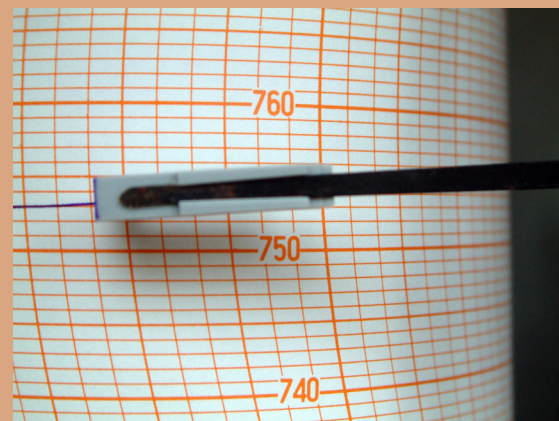
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Quick activities to try at home:

- As a family, look around your home and identify the safest spot in each room during a tremor or an earthquake.
- The times of year when you change your clocks are also the times to update your Go Bag and emergency supplies. Make sure your emergency reference card, Go Bag, and Emergency Supply Kit are all complete and up-to-date.



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U.S. Geological Survey, www.usgs.gov