

Earthquake

ACTION CHECKLIST

During shaking, Drop, Cover and Hold On. Protect your head and neck beneath a sturdy table if nearby; stay indoors rather than running outside. If near the coast, strong or long shaking may mean tsunami danger: move inland and uphill once shaking stops.

[] **Protect yourself now**

Drop onto hands and knees and cover your head and neck. With a mobility device, lock wheels and protect your head.

[] **Hold on**

Stay under sturdy cover until shaking ends. Keep away from windows and objects that can fall.

[] **If outdoors or driving**

Move away from buildings and lines. Pull over safely clear of bridges, wires and trees and remain in the vehicle during shaking.

[] **Check secondary hazards**

Expect aftershocks; avoid damaged structures and check for fire, gas leaks and tsunami warnings.

WATCH FOR

Doorways are not generally the safest shelter. Do not use elevators after damaging shaking.

IF HELP IS UNAVAILABLE

After shaking, account for people, put on shoes and check from a safe position for fire, gas smell, damaged wiring and instability. Do not reenter a seriously damaged building while waiting for inspection. Expect aftershocks and keep clear of masonry and power lines.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/earthquake/>

Earthquake · official guidance