

**Whenever you enter a store, look around:**

- What is above and around you that could move or fall during an earthquake?
- Be ready to use your judgment to protect yourself from falling objects.

**People are often injured during earthquakes  
when they try to move or stand.**

If you need to get away from heavy items on shelves in a store,  
drop low to the ground and crawl only a short distance.

**When an earthquake strikes:**

- **DROP** to the ground where you are - before the shaking knocks you down.
- Take **COVER** by protecting your head and neck with your arms, and try to make your body a smaller target for falling or flying objects.
  - A shopping cart will provide some protection.
  - Taking cover inside clothing racks will provide some protection.
  - In an aisle with tall “pallet racks” (like those in warehouse stores), taking cover inside the racks will provide some protection.
- **HOLD ON** to something sturdy.

