

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.

