



## During a quake

1

### Drop, cover and hold.

Drop down and get under a strong table or desk. If you are not near a table, drop against an interior wall and cover your head and neck with your arms. Stay away from windows.

2

### Stay put.

Whether you're in a car, bed, or public place, stay put and wait until the shaking stops. If you're outdoors, steer clear of wires or falling objects. The only exception to this rule: if you are near the coast, immediately go to high ground, as earthquakes are nature's warning for a tsunami.

3

### Stay calm.

Keep calm and carry on. Keeping your wits about you will ensure that you make safe choices for yourself and those around you.

## After a quake

1

### Check your surroundings.

Check for damage, and for anyone who is injured and in need of attention.

2

### Leave a trail.

If you leave home, leave a sign telling friends and family your new location. Digitally savvy? Tweet or update your Facebook page to say you're ok.

3

### Stay tuned.

Listen to the radio for important information and instructions. Aftershocks, which often follow large quakes, can cause damage too.

4

### Check SF72.org

In an emergency, SF72.org will go into Crisis Mode and will provide a live stream of updates from the City as well as crowdsourced reports.

## SF72.org

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