

Earthquake Safety Tips for People with Disabilities or Access & Functional Needs



Know what to do before, during and after an earthquake. Register to participate in the ShakeOut Earthquake Drill. Go to www.ShakeOut.org/centralus/ for easy registration and earthquake preparedness information and resources.

Before an Earthquake

- If getting safely to the floor to take cover is not possible, ensure that items that can fall or become projectiles are secured or removed.
- Identify safe spaces – areas away from windows and away from objects that could fall on you.

During an Earthquake

If possible, **Drop** where you are, onto your hands and knees. This position protects you from being knocked down and allows you to stay low and crawl to shelter, if nearby.

Cover your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath it.
- If no shelter is nearby, crawl next to an interior wall.
- Stay on your knees; bend over to protect vital organs.

Hold On until the shaking stops.

- Under shelter: Hold on to it with one hand. Be ready to move with your shelter if it shifts.
- No shelter: Hold on to your head and neck with both arms and hands.

Or Adapt for Your Situation:

If you have difficulty getting onto the ground, or cannot get back up again without the help of a caregiver, then follow these recommendations:

- **If you use a walker or wheelchair:** **Lock** your wheels (if applicable). If using a walker, carefully get as low as possible. Bend over and **Cover** your head/neck with your arms, a book or a pillow. Then **Hold On** until shaking stops.
- **If you use a cane:** **Drop, Cover** and **Hold On** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- **If you are in a recliner or bed:** Cover your head and neck with your arms or a pillow until the shaking stops.

For People Who Are Deaf or Hard of Hearing: Prior to an earthquake, identify and test multiple ways to receive warnings and evacuation information.

For People Who Are Blind or Have Low Vision: Earthquakes can cause items to fall and furniture to shift. Regular sound clues may not be available afterwards. Move with caution.

For People with Developmental / Cognitive / Intellectual Disabilities: If you have difficulty understanding, remembering or learning, keep a simple list of what to do and important information with you and in your emergency kit. Practice your plans in advance.

www.EarthquakeCountry.org/disability