



For Immediate Release
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Official Earthquake Safety Actions

JBER- *Drop, Cover, and Hold On* is the recommended safety action in the United States, and many other developed countries.



DROP where you are, onto your hands and knees. This position protects you from being knocked down and also 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 for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs



HOLD ON until 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

“As we continue to have aftershocks it’s important that Alaska residents continue to “Drop, Cover and Hold On” states Deputy Director Paul Nelson. “Being hit by a falling object and thrown to the ground are the two most common ways that people are injured during earthquakes”

Alaska is the most seismically active region in the U.S. with more than 10,000 earthquakes occurring each and every year. In addition, the 1964 Good Friday Earthquake was the second largest earthquake ever recorded. The high frequency and potential magnitude of earthquakes makes Alaska seismic hazard very high. The next big earthquake is not a matter of if, but when.

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