

Top 3 Tips for Surviving an Earthquake

1



Stay put

Many quake-related injuries happen when you leave your room or building and get hit by falling debris. Don't run. Instead, get low and protect your head and neck. Brace yourself until the shaking stops.

2



Don't shelter in a doorway

It's outdated advice that one should shelter in a doorframe. In modern homes, a doorway is no more stable than anywhere else — and you may be hit by flying debris, or by the swinging door, while moving to a doorway. Instead, hold on to a heavy piece of furniture while waiting out the earthquake.

3



Gather resources & information ahead of time

Earthquakes hit with little or no warning. In a powerful quake, water and electricity are often affected. Are you prepared? The campus's Office of Emergency Management has created a free emergency app with vital preparedness tips and information. See oem.berkeley.edu for instructions on how to download the app and the Cal Emergency Preparedness Plan.