

Administrators Update

Business Services



IN CASE OF AN EARTHQUAKE



DROP where you are, onto your hands and knees. This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects.



COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter.
- 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 to your situation. If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

IN CASE OF AN EARTHQUAKE

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 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 the shaking stops.



Key Earthquake Safety Accessibility Tips: https://www.earthquakecountry.org/library/ShakeOut_Earthquake_Safety_Accessibility_Tips-EN.pdf

REPORT DAMAGE

Safety Checks:

Our facilities team is currently inspecting all buildings for damage. We will provide updates as soon as the assessments are complete.

If you are aware of any damage in your area, please report it to: Facilities at cconnell@sdccd.edu

