

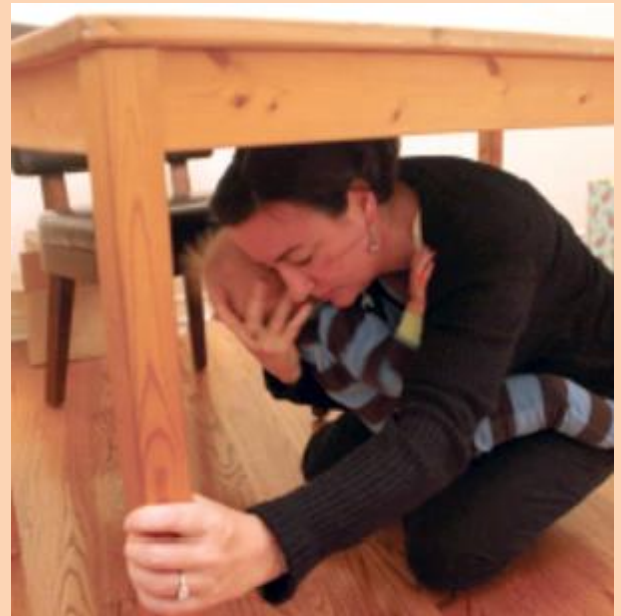
## Earthquake Actions for Parents and Care Providers of Young Children

### If you're near an infant or young child:

- Pick them up and hold them against your chest as you “Drop, Cover and Hold On.”
- If you can't get under a table or piece of furniture, drop to the ground and protect the child with your body while doing your best to cover your own head and neck.
- If you're nursing, stay seated or in bed, shielding your bodies with blankets or pillows.
- When the shaking stops, count to 60 before getting up. Stay calm and move cautiously, checking for hazards above and around you.

### If you're in a separate room from an infant or young child:

- Your instinct will be to run to them – don't. Immediately “Drop, Cover and Hold On.” By running, you could be seriously injured. If you're injured, you won't be able to help.
- If possible, call out to the child and tell them to “Drop, Cover and Hold On.” Talk to them in a reassuring tone or count with them to help alleviate panic and anxiety.
- If your child is in a crib, he or she should be safe. Just ensure the crib isn't located near a window. Never hang heavy pictures or shelves above cribs or beds.



### Protect children in advance by following these steps:

- Don't hang heavy pictures or objects in a child's room, especially over where they sleep.
- Don't locate cribs or beds near windows.
- Ensure heavy furniture, televisions and light fixtures are securely fastened to the wall.
- Practice “Drop, Cover, Hold On” with children as soon as they're old enough. Repeat the message often so they'll automatically know what to do on their own.

