

# Earthquake

## If there is an earthquake:

- Drop, take cover under a sturdy piece of furniture, and hold on until the shaking stops.
- If you are not able to get on the ground safely, get as low as possible and protect your head and neck.
- Stay away from glass, windows, outside doors and walls, and anything that could fall on you.
- Stay inside until the shaking stops. Do not use elevators. Move away from buildings if you are outdoors.
- Individuals who require assistance should actively seek first responders on the scene who will help them get to
- safety.

Become familiar with earthquake response actions by visiting online resources from the [Red Cross](#), [FEMA](#) and [Ready.Gov](#).

### On Earthquakes in New England

Most people living in New England probably think of places like California or Japan when they hear of earthquakes. While Californians have learned to expect earthquakes, residents of New England typically consider the ground beneath their feet to be as solid as a rock.

Although the record of earthquake activity in the United States shows the highest level of activity in the western part of the country, earthquakes are quite common [in many areas of the eastern United States, even in New England](#). Notable examples of earthquakes that caused damage in New England and adjacent areas are the earthquake off the coast of Cape Ann, MA in 1755, two earthquakes near Ossipee, NH in 1940 and an earthquake near New York City in 1884.

- [Prepare yourself for an earthquake before one strikes!](#)