

# Great ShakeOut Earthquake Drills

Everyone, everywhere should know how to protect themselves during earthquakes:



The A-State campus is located in the  
New Madrid Seismic Zone!

# Why *Drop, Cover, and Hold On*?

- Get down before being thrown to the ground
- Buildings *rarely* collapse in the United States
- Provides protection from falling items... including structural elements



Classroom in Calexico, CA  
April 2010      M7.2

# Know How to Protect Yourself

- **Drop** to the floor where you are.
- **Cover** your head and neck with one arm and hand.
  - If a sturdy table or desk is nearby, crawl underneath it for shelter.
  - OR crawl against a wall (away from windows) or next to low furniture for sideways protection
- **Hold On** to your shelter until shaking stops
  - Be ready to move with your shelter
  - If not under something, hold on to your head/neck with both arms and hands.



This is appropriate for *most* situations and building types

# For Persons with Disability

- If you can't get back up, don't go down
  - Bend over and cover your head and neck with your arms/hands
- Instruct others how to assist you
- Practice is key
- [EarthquakeCountry.org/disability](http://EarthquakeCountry.org/disability)

## Protect Yourself During Earthquakes!

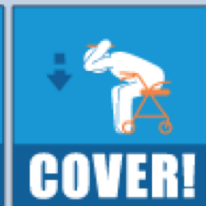
IF  
POSSIBLE



USING  
CANE



USING  
WALKER



USING  
WHEELCHAIR



# Discussion Questions

1. If you were at home during an earthquake, what might fall on you? Can you move those items or secure them so they won't cause injury?
1. Do you always keep your cell phone and computer charged? If you have a car, do you always keep the gas tank at least half full?
2. How would you contact your family in case of an emergency? Do you have a plan for checking in with one another and responding to emails/texts/etc.?
3. ATMs may be offline after a major earthquake. How long can you live on the money you have right now?
4. Do you know what "check in" services and hotlines are available for your use through our school?

Learn more at [www.EarthquakeCountry.org](http://www.EarthquakeCountry.org)