

# During An Earthquake Drop, Cover and Hold!

**OFFICIAL RESCUE TEAMS** from the U.S. and other countries who have searched for trapped people in collapsed structures around the world, as well as emergency managers, researchers, and school safety advocates, all agree that "Drop, Cover, and Hold" is the appropriate action to reduce injury and death during earthquakes.



Methods like standing in a doorway, running outside, and the "triangle of life" theory are considered dangerous and are not recommended.

In **MOST** situations, you will reduce your chance of injury if you:

- **DROP down onto your hands and knees.** Do this before the earthquake knocks you down. This protects you from falling but allows you to still move if necessary.
- **COVER your head and neck** and your entire body if possible under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall and cover your head and neck with your arms and hands.
- **HOLD ON to your shelter!** Be prepared to move with your shelter as the ground moves.



**On April 21, 2010 the state of Washington will hold an official Drop, Cover and Hold drill at 9:45 am.**

**Practice with us and test your plan!**



**KCDEM**

Kitsap County Department of Emergency Management