

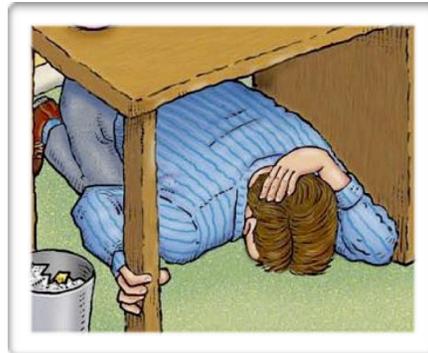
PRACTICE – DROP! COVER! HOLD ON!

The best way to resist the dangerous instinct to ‘run’ when earthquakes cause the ground to shake beneath our feet is to practice getting in safe places today.

The Set-Up: You should have previously identified the safest place for you to get in for each room of your home. Remember, best places include UNDER something sturdy like a table or desk, BESIDE something like a sofa, or BETWEEN things like two living room chairs.

The Practice:

1. Gather your loved ones.
2. Review the basics of DROP! COVER! HOLD ON!. DROP – don’t run. Drop under, beside, between something sturdy. COVER! – the back of your neck with one arm. HOLD ON! – to whatever you are under, in case it moves in the ground motion.
3. Have everyone choose a room to practice in.
4. Holler out, “Earthquake.”



The Review:

1. Come together and walk room to room.
2. At each room, ask: “Who choose this room? Show us where you went and what you did. Why did you choose that place? Was it the best place to go?”
3. Gently correct any behavior that was not safe, and explain why. Compliment each correct choice.
4. Explain one reason we watch each other get in safe places is because if we are away from each other when disaster strikes, we will remember we have seen each other be safe. This will give us comfort and peace.

**see spandisaster.org
for complete information**

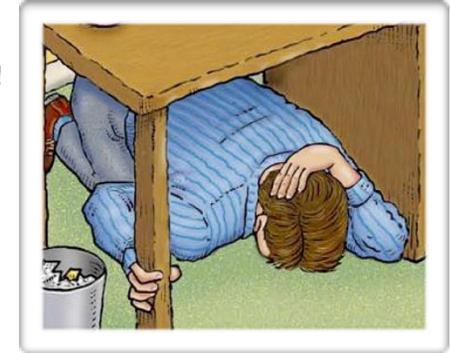
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