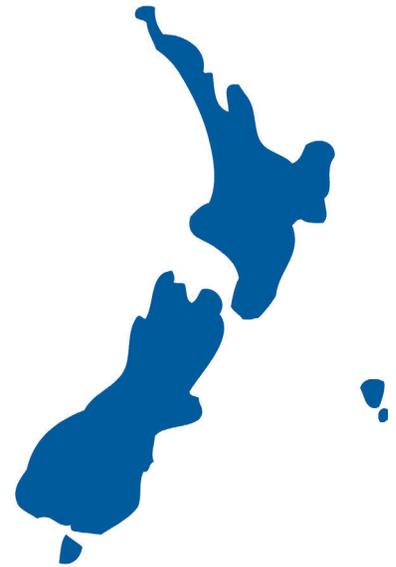


New Zealand

Shake  
Out™



Our national earthquake drill and tsunami hīkoi  
[www.shakeout.govt.nz](http://www.shakeout.govt.nz)

New Zealand ShakeOut, our national earthquake drill and tsunami hīkoi, is happening at 9.30am on 18 October 2018.

All of New Zealand is at risk of earthquakes and all of our coastline is at risk of tsunami. We can't predict when they will happen, but we can practise the right action to protect ourselves.

Taking part in New Zealand ShakeOut 2018 is a great way to learn the right actions to take and get prepared.

ShakeOut - it's as easy as 1, 2, 3...

- 1 Sign up now! – you can register everyone in your organisation or household in a couple of minutes.
- 2 Spread the word (tell friends, family and workmates, share on Facebook, Twitter etc).
- 3 Do the Drop, Cover and Hold drill at 9:30am on October 2018\*, followed by your tsunami hīkoi if you're in a coastal area.

Visit [www.shakeout.govt.nz](http://www.shakeout.govt.nz) to sign up, plan your drill and hīkoi, get prepared and download resources to promote your drill.

\* If you cannot do the drill at 9.30am on 18 October 2018, you can choose a time to suit you within two weeks of the drill (and still be counted).



**Drop, Cover and Hold is the right action to take in an earthquake.**

It stops you being knocked over, makes you a smaller target for falling and flying objects and protects your head, neck and vital organs.

- **DROP** down on your hands and knees. This protects you from falling but lets you move if you need to.
- **COVER** your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you). If there is no shelter nearby, and cover your head and neck with your arms and hands.
- **HOLD** on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

If you are unable to drop, brace yourself in a chair or wheelchair (lock your wheels) and cover your head and neck with your hands and arms. If you are unable to get out of bed, cover your head and neck with a pillow.

Many people are injured while trying to move DURING the shaking. It is safer to Drop, Cover, and Hold until the shaking is over.



If you are near the coast and experience any of the following:

- Feel a strong earthquake that makes it hard to stand up, or lasts for a minute or more
- See a sudden rise or fall in sea level
- Hear loud and unusual noises from the sea

Move immediately to the nearest high ground, or as far inland as you can. Walk or bike if possible. Do not wait for official warnings.

For a local source tsunami, which could arrive in minutes, there won't be time for an official warning. It is important to recognise the natural warning signs and act quickly.

Remember, **LONG** or **STRONG: GET GONE.**