


# New Zealand Shake Out™



DROP, COVER, HOLD • National earthquake drill • 9:15am, 15 October 2015 • [www.shakeout.govt.nz](http://www.shakeout.govt.nz)

New Zealand ShakeOut is a national earthquake drill taking place at 9:15am, 15 October 2015. Participating is a great way for you, your family or flatmates to learn the right actions to take before, during and after an earthquake.

## Individuals, families & households

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

1. **Sign up now** at [www.shakeout.govt.nz](http://www.shakeout.govt.nz). You can register everyone in your household and it only takes two minutes. The website will have lots of tips and information for doing the drill and being prepared.
2. **Spread the word** (tell family, friends and workmates, share on Facebook, Twitter etc.).
3. **Do the Drop, Cover and Hold drill** at 9:15am, 15 October 2015\*. Refer to the other side of this flyer to learn the right action to take during an earthquake - Drop, Cover and Hold.

\* If you cannot do the drill at 9:15am, 15 October 2015, you can choose a time to suit you within two weeks of the drill (and still be counted).

### Get prepared

Once you've signed up:

- Learn more about the earthquake (and tsunami) risk in your area and other parts of New Zealand at [www.shakeout.govt.nz/whyparticipate](http://www.shakeout.govt.nz/whyparticipate).
- Visit [www.getthru.govt.nz](http://www.getthru.govt.nz) to find out how to:
  1. Create a household emergency plan.
  2. Assemble or update your emergency survival items in case you have to shelter at home.
  3. Assemble or update your getaway kit in case you have to leave in a hurry.
  4. Identify safe places within your home, school or workplace.
  5. Secure heavy items of furniture to the floor or wall. Visit [www.eqc.govt.nz](http://www.eqc.govt.nz) to find out how to quake-safe your home.

### Tips on sharing the ShakeOut

- You can sign up as an individual or as part of a family/household, school/preschool, business/workplace or other organisation/group.
- If you work outside the home, share the ShakeOut with your employer and encourage them to get your workplace signed up.
- If you're part of a group, such as a church, sports or youth group, look at doing the drill together, you can sign up the whole group at [www.shakeout.govt.nz](http://www.shakeout.govt.nz).
- Download and print off flyers and posters to distribute at your work, organisation or neighbourhood ([www.shakeout.govt.nz/resources](http://www.shakeout.govt.nz/resources)).
- Download ShakeOut factsheets for individuals, families and households, schools and preschools, businesses and workplaces, and other organisations ([www.shakeout.govt.nz/resources](http://www.shakeout.govt.nz/resources)).



### Find out more

For more information about earthquake preparedness in your area, contact the civil defence office at your local council. For more information about New Zealand ShakeOut, visit the website [www.shakeout.govt.nz](http://www.shakeout.govt.nz) or email [shakeout@dpmc.govt.nz](mailto:shakeout@dpmc.govt.nz)



## WHEN THE GROUND BEGINS TO SHAKE



**DROP** down onto your hands and knees (before the earthquake knocks you down). This position 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. If there is no shelter nearby, get down near an interior wall (or next to low-lying furniture that won't fall on you), 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. Be prepared to move with your shelter if the shaking shifts it around.