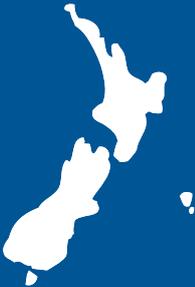


New Zealand Shake Out™



DROP, COVER, HOLD ● National earthquake drill ● 9:15am, 15 October 2015 ● 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 your school or preschool to learn the right actions to take before, during and after an earthquake.

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

1. **Sign up now** at www.shakeout.govt.nz. You can register everyone in your school or preschool 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).

Schools & preschools

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.
- Review or develop an Emergency Management Plan for your school or preschool.
- Identify safe places to Drop, Cover and Hold within your school/preschool:
 1. Somewhere close to you. If you are inside, no more than a few steps or less than three metres away to avoid injury from flying debris.
 2. Under a strong table (hold on to the table legs to keep it from moving away from you).
 3. Next to an interior wall, away from windows and tall furniture that could fall on you (protect your head with your neck and arms).
- Check out www.whatstheplanstan.govt.nz to find:
 1. Information to help your school with emergency planning.
 2. Simulation and practise activities you can download so students, the school and parents are ready and know what to do in case of a disaster.
 3. Stan's Earthquake Story to involve children in learning more about earthquakes.
 4. Activity sheets and homework ideas on earthquakes to download.
- Talk to other schools about what they have done, and encourage them to join you in getting more prepared.
- Practise the Drop, Cover and Hold drill with your staff and students.
- Consider inviting parents and your community to take part in the New Zealand ShakeOut drill at your school/preschool at 9:15am, 15 October 2015.

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 or email 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.