

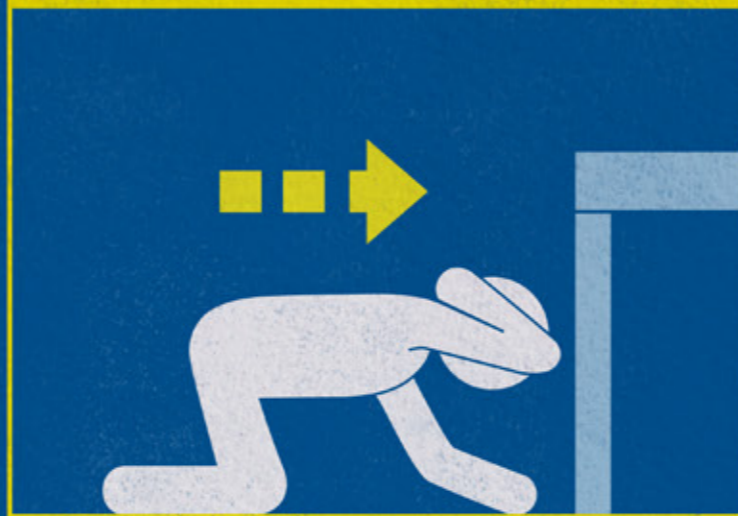
WHEN AN EARTHQUAKE HAPPENS

DROP



DROP down immediately to your hands and knees. This protects you from falling and makes yourself a smaller target for falling and flying objects. **Do not run outside or stand in a doorway.**

COVER



COVER your head and neck with your arms and hands to protect vital organs. If possible, crawl under a sturdy table or desk for greater protection. If there is no shelter near you, crawl to an inside corner of the room.

HOLD



HOLD on to your position or shelter until the shaking stops. If the shaking shifts your shelter around, move with it.

All of New Zealand is at risk of earthquakes. Knowing the right immediate action to take can prevent injury and save lives.

Make a plan today. Know where to go, and find out who can help you and who might need your help. Your local Civil Defence Emergency Management Group has information for your region. Visit www.civildefence.govt.nz to find out more.



WWW.CIVILDEFENCE.GOVT.NZ