

# 1 Earthquakes, volcanoes and tsunamis

## Drop, Cover and Hold On

All experts agree that “Drop, Cover, and Hold On” is the best action to reduce injury and death when there is an earthquake. This page explains what to do – and what not to do.



**DROP** to the ground (before the earthquake drops you!)



Take **COVER** by getting under a desk or table



**HOLD ON** to it until the shaking stops

If there isn't a table or desk near you, drop to the ground in a corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table.

The main point is to try not to move but to immediately protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will probably be knocked to the ground. You will never know if the first shake will be the start of the big one. You should “Drop, Cover, and Hold On” immediately!

Studies of injuries and deaths which are caused by earthquakes in the U.S. over the last several decades show that it is more likely that you are injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than that you die in a collapsed building. “Drop, Cover, and Hold On” offers the best protection in most situations.

To be ready to protect yourself immediately when the ground begins to shake, practice “Drop, Cover, and Hold On”. Children do it in school at least once each year.

**DO NOT GET IN A DOORWAY!** A doorway is not a safe place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

**DO NOT RUN OUTSIDE!** Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by stones or glass. Running outside is especially dangerous, as glass, bricks, or other things may be falling. You are much safer to stay inside and get under a table.

Adapted and slightly modified from Southern California Earthquake Center at: <http://www.shakeout.org/dropcoverholdon/>

1 Read the text and finish these sentences:

a) It is important to drop, because \_\_\_\_\_

b) It is important to cover, because \_\_\_\_\_

c) It is important to hold on, because \_\_\_\_\_

d) You should not get in a doorway, because \_\_\_\_\_

e) You should not run outside, because \_\_\_\_\_

name: \_\_\_\_\_

class: \_\_\_\_\_

date: \_\_\_\_\_

