

# Protect yourself during an Earthquake!



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Register at [www.ShakeOutBC.ca](http://www.ShakeOutBC.ca)

## Earthquake Actions for Parents and Care Providers of Young Children

### If you're near an infant or young child:

- Pick them up and hold them against your chest as you “Drop, Cover and Hold On.”
- If you can't get under a table or piece of furniture, drop to the ground and protect the child with your body while doing your best to cover your own head and neck.
- If you're nursing, stay seated or in bed, shielding your bodies with blankets or pillows.
- When the shaking stops, count to 60 before getting up. Stay calm and move cautiously, checking for hazards above and around you.

### If you're in a separate room from an infant or young child:

- Your instinct will be to run to them – don't. Immediately “Drop, Cover and Hold On.” By running, you could be seriously injured. If you're injured, you won't be able to help.
- If possible, call out to the child and tell them to “Drop, Cover and Hold On.” Talk to them in a reassuring tone or count with them to help alleviate panic and anxiety.
- If your child is in a crib, he or she should be safe. Just ensure the crib isn't located near a window. Never hang heavy pictures or shelves above cribs or beds.



### Protect children in advance by following these steps:

- Don't hang heavy pictures or objects in a child's room, especially over where they sleep.
- Don't locate cribs or beds near windows.
- Ensure heavy furniture, televisions and light fixtures are securely fastened to the wall.
- Practice “Drop, Cover, Hold On” with children as soon as they're old enough. Repeat the message often so they'll automatically know what to do on their own.





## At School: Earthquake Actions for K-12 Staff and Students

### When the ground starts shaking

- Students, teachers and staff should immediately “Drop, Cover and Hold On” where they are.
- If you are not near a desk or table, drop to the floor against an interior wall and protect your head and neck with your arms.
- Avoid exterior walls, windows, hanging objects, mirrors, tall furniture and large appliances.
- Teachers should reassure students by calling out a reminder to “Drop, Cover and Hold On.” Lead by example.
- Count aloud with the class until the shaking stops to distract students and provide comfort.



### When the shaking stops

- Count to 60 before moving so anything that's come loose has time to settle.
- Be aware of your surroundings. Objects may have shifted in the shaking.
- Follow school procedures, collect class lists and the classroom grab-and-go bag/emergency kit.



### Before an earthquake

- Schools should register for the annual ShakeOutBC drill, as well as hold regular drills to familiarize staff, students and parents with earthquake procedures.
- Secure furniture, shelving and other heavy objects to prevent injury.
- Assemble emergency supplies and materials in an accessible location for the school.
- For more about earthquake planning in schools, read the BC Emergency Management Guide for Schools, Districts and Authorities, <http://ow.ly/OhRn301dlIc>

# Shake Out

## The Great British Columbia ShakeOut

Annual Provincial-Wide Earthquake Drill

### Individuals and Families Get Ready to ShakeOut!

On the third Thursday of October, thousands of British Columbians will "Drop, Cover, and Hold On" in *The Great British Columbia ShakeOut*, the largest earthquake drill in BC history! Everyone is encouraged to participate in the drill!

British Columbia is located in a seismically active region where a few thousand earthquakes occur each year in and adjacent to the province. The threat of a major earthquake in the province is real and all British Columbians must know how to be prepared.



The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.

Once you register, participation can be as simple as three easy steps:

1. **Drop, Cover, and Hold On:** Drop to the ground, take Cover under a table or desk, and Hold On to it as if a major earthquake were happening (stay down for at least 60 seconds). Practice now so that you will immediately protect yourself during an earthquake!
2. While still under the table, or wherever you are, look around and imagine what would happen in a major earthquake. What would fall on you or others? What would be damaged? What would life be like after?
3. Finally, you can practice what you will do after the shaking stops.

Everyone can participate! Individuals, families, businesses, schools, government agencies and organizations are all invited to register.

Be a part of the largest earthquake drill in Canadian history on the third Thursday of October!

As a registered ShakeOut participant you will:

- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever!
- Set an example that motivates others to participate

Register today at [shakeoutbc.ca](http://shakeoutbc.ca)

#### HOW TO PARTICIPATE

Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at [www.shakeoutbc.ca](http://www.shakeoutbc.ca).

##### Plan Your Drill:

- Register at [www.shakeoutbc.ca](http://www.shakeoutbc.ca) to be counted in the ShakeOut Drill, get email updates, and more.
- Have a "Drop, Cover, and Hold On" drill on the third Thursday of October.
- Discuss what you learned and make improvements.

##### Get Prepared for Earthquakes:

- Do a "hazard hunt" for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan. For more information, please visit <http://www.getprepared.gc.ca/index-eng.aspx>
- Organize or refresh your emergency supply kits. After an earthquake you may need to remain in place for at least 72 hours or up to a week, so ensure you have the necessary supplies.
- Identify and correct any issues in your home's structure.
- Other actions are at [www.shakeoutbc.ca](http://www.shakeoutbc.ca)

##### Share the ShakeOut:

- Invite everyone who matters to you to register.
- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share your experience at [www.shakeoutbc.ca](http://www.shakeoutbc.ca).

