

## 2020 Great Utah Shake Out – April 16 2020 10:00 A.M.

### **DROP, COVER, AND HOLD ON!**

Federal, state, and local emergency management experts and other official preparedness organizations all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes. The Great Utah ShakeOut is our opportunity to practice how to protect ourselves during earthquakes.

### **PROTECT YOURSELF. SPREAD THE WORD**

Your past experience in earthquakes may give you a false sense of safety; you didn’t do anything, or you ran outside yet you survived with no injuries. Or perhaps you got under your desk and others thought you overreacted. However, you likely have never experienced the kind of strong earthquake shaking that is possible in much larger earthquakes; sudden and intense back and forth motions or several feet per second will cause the floor or the ground to jerk sideways out from under you, and every unsecured object around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must learn to immediately protect yourself after the first jolt... don’t wait to see if the earthquake shaking will be strong.

In MOST situations, you will reduce your chance of injury if you:



DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.



COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs



HOLD ON until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands