Prepare in a Year

Drop•Cover•Hold

MONTH 9

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to *run!* – even when they *know* they should "drop, cover, hold." Why? Rational thought (in other words, the *knowing*) flees.

We learn to counter this instinctual response to run by ***practicing*** doing the safe thing.

Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Safety comes from quickly getting to a place of safety.

Practicing being safe

1. **Choose** a safe place to go in *each* room:
   - bedrooms
   - living room
   - kitchen
   - bathroom
   - play room
   - garage
2. **Practice** quickly moving to that safe place.
3. **Hold *Earthquake Drills*** to practice taking cover in your safe places.

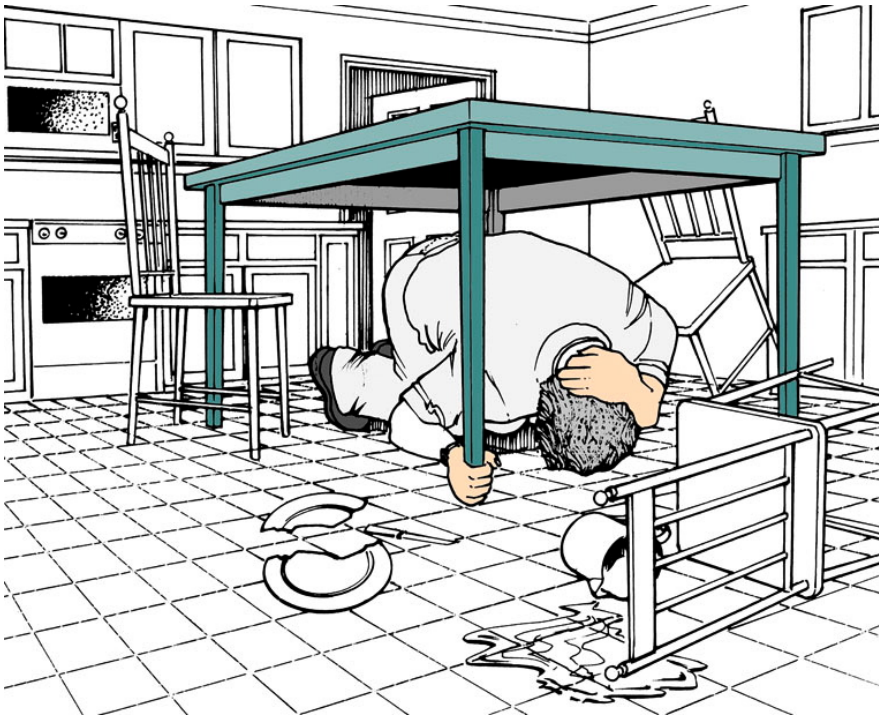
   Regularly call out "earthquake!!" Allow everyone time to react. Then, come together and discuss where each of you went, and why it was or was not the safest place to go.

   Key to Success: Practice, Practice!

   Practicing is what helps ensure you will quickly move to your safe place instead of responding to the instinctive urge to run.

Drop•Cover•Hold – What Does It Mean?

- *Drop – under something sturdy and taller than you are*
- *Cover – the back of your head and neck with one arm*
- *Hold on – in case the thing you're under moves*
- *Close your eyes – you'll do better psychologically if you don't watch, and you'll protect your eyes*



Drop•Cover•Hold is the national standard for earthquake safety in our country. You may have read articles claiming the value of the "triangle of life." Many of the 'facts' used to justify its merits are unproven and questionable.

Whenever the ground begins to shake, and wherever possible, quickly take cover under a sturdy desk or table.