

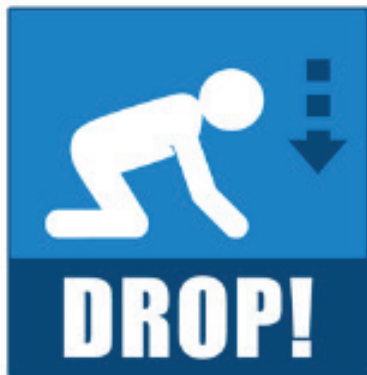
LEARN TO DROP COVER AND HOLD ON

Rather than running - Learn to Drop Cover and Hold On.

DROP - where you are onto your hands and knees (this position will prevent you from being knocked down and allows you to stay low and crawl, if necessary, to a safe location or shelter)

COVER - your head and neck with one arm and hand. If a sturdy table or desk is close by, take shelter under it. If no shelter is near, crawl to an interior wall, avoiding walls with windows. Stay on your knees, bend over to protect vital organs

HOLD ON - until the shaking stops. If you are able to hold on to a table leg while sheltering, this will help the you remain protected if the table or desk shifts during the shaking



Practice how to drop, cover and hold on at home, at work or at school by joining The Great British Columbia ShakeOut every October.

[BC - Get Prepared for an Earthquake](#)

Visit abbotsford.ca/emergencyguides to learn more.



SCAN CODE
FOR ACCESS



ABBOTSFORD EMERGENCY PROGRAM
604-853-3566 | epo@abbotsford.ca
abbotsford.ca/emergency



ABBOTSFORD