

Living on

# SHAKY GROUND

HOW TO SURVIVE EARTHQUAKES AND TSUNAMIS IN NORTHERN CALIFORNIA

## Your Kids May Know More Than You Do

**WHEN IT COMES TO EARTHQUAKES AND TSUNAMIS, LISTEN TO YOUR CHILDREN!**

### DROP, COVER, AND HOLD ON

All K – 12 Schools in California are required to hold earthquake drills. Children practice dropping down to the floor, sliding under their desks, and holding on so that the desktop protects their heads. Repeated drills develop the muscle memory to instinctively do the right thing when the ground begins to shake. Their training pays off in real earthquakes.

Letter to the Editor, The Times-Standard, January 13, 2010 from Nicole Bowles, Fortuna High School

*“I am 15 years old and was in the Bayshore Mall food court when it (the earthquake) hit. I immediately remembered what we had been taught since kindergarten, and dove under the table. The floor shook, panels and glass began to fall from the ceiling, and people were running about. People were screaming and running out of the building and dodging falling ceiling panels. I find it odd that the only people who knew what to do were the two high school sophomores.”*



Even very young children can participate in a Drop, Cover and Hold On Drill. Practicing makes real earthquakes much less frightening.



Everyone in the family should have a Grab and Go kit. It goes with them everywhere so whenever an emergency strikes, you know they are ready.



Practicing how to get to high ground in case of a tsunami gives everyone in the family the peace of mind of knowing what to do. This preschool uses a rope to keep the class together.

### PARTICIPATE IN THE GREAT CALIFORNIA SHAKEOUT

On the third Thursday in October, Californians practice a Drop, Cover, and Hold On Drill at schools, homes, businesses, and other places in their communities. Register to participate as an individual or organization at [www.shakeout.org](http://www.shakeout.org).

**WITH A LITTLE PRACTICE, YOU CAN BECOME AS EARTHQUAKE SMART AS YOUR FIFTH GRADER!**

