

THE GREAT ShakeOut™

THE GREAT SHAKEOUT IS OUR OPPORTUNITY TO PRACTICE HOW TO PROTECT OURSELVES DURING EARTHQUAKES.

WHEREVER YOU ARE, PROTECT YOURSELF!

You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down or drops something on you. **TO REACT QUICKLY YOU MUST PRACTICE OFTEN.**

INDOORS: move no more than a few steps, then Drop, Cover, and Hold On. Stay indoors till the shaking stops, and you are sure it is safe to exit.

OUTDOORS: find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover, and Hold On. Stay there until the shaking stops.

DRIVING: pull over to a clear area, stay there with your seatbelt fastened until the shaking ends. Once the shaking stops, proceed with caution avoiding damaged bridges and ramps.

IN MOST SITUATIONS, YOU WILL REDUCE YOUR CHANCE OF INJURY IF YOU:

DROP!

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



AN IMMEDIATE RESPONSE TO MOVE TO THE SAFE PLACE CAN SAVE LIVES.

COVER!

- **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!

- **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.



WHAT NOT TO DO DURING AN EARTHQUAKE

DO NOT GET IN A DOORWAY!

- From an early photo of a collapsed adobe home with only the door frame standing came the belief that a doorway is the safest place to be during an earthquake.
- In modern homes and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!



DO NOT RUN OUTSIDE!

- Trying to run in an earthquake is dangerous as the ground moves; you can easily fall or be injured by debris or glass.
- Running outside is especially dangerous, as glass, bricks, or other building components may be falling.
- You are much safer to stay inside and get under a table!



LEARN MORE AT THE FOLLOWING:

- <https://www.shakeout.org>

ACCORDING TO WIKIPEDIA, OKLAHOMA HAS EXPERIENCED OVER **2,900 EARTHQUAKES SINCE JANUARY 1, 2009.**