



WHEN THE GROUND BEGINS TO SHAKE



DROP down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling but allows you to still move if necessary.



COVER your head and neck (and your entire body if possible) under a sturdy table. If there is no shelter nearby, get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.



HOLD on to your shelter (or your position to protect your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

For more information contact the Civil Defence Emergency Management office at your nearest council or visit

www.getthru.govt.nz