



Federal, provincial, local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes. The ShakeOut is our opportunity to practice how to protect ourselves during earthquakes. This page explains what to do-- and what not to do.

Protect Yourself. Spread the Word.	What Not to Do
<p>Official rescue teams who have been dispatched to the scene of disasters around the world continue to advocate use of the internationally recognized "Drop, Cover and Hold On</p> <div data-bbox="190 800 940 1722" style="border: 1px solid #ccc; height: 439px; width: 100%;"></div>	