

This is the Great British Columbia ShakeOut.  
You are joining thousands of British Columbians in the largest earthquake drill in Canadian history.

Right now, DROP, COVER. AND HOLD ON.

DROP to the ground.

Take COVER under a sturdy piece of furniture.

HOLD ON until the shaking stops.

If you can't get under something, stay low and protect your head and neck using your arms.

Strong earthquakes may trigger tsunamis.

If you are near the ocean during an earthquake, DROP, COVER, and HOLD ON.

When the shaking stops quickly walk to high ground.

The shaking has stopped. Now count to 60 to allow objects near you time to stop moving.

Consider the following questions:

Are you prepared?

Do you have an emergency kit stocked with enough food, water and supplies for everyone in your home?

Have you secured your belongings so they will not fall and injure you during a strong earthquake?

Do you have a plan to reunite with family if the phones are interrupted?

For more information on emergency preparedness visit the website [ShakeOutBC.ca](http://ShakeOutBC.ca).

Thank you for taking part in the Great British Columbia ShakeOut!