

18pt

**Drop, Cover and
Hold**

Produced 2022 by Accessible Formats Service,
Blind Low Vision NZ,
Auckland

Total print pages: 2

Total large print pages: 3

Notes for the Large Print Reader

Print page numbers are indicated as:

Page 1

Main text is in Arial typeface, 18 point.

Headings are indicated as:

Heading 1

Heading 2

Heading 3

Omissions and alterations

Some page layouts have been edited for clarity.

Drop, Cover and Hold

Drop, Cover and Hold is the right action to take in an earthquake.

How to Drop, Cover and Hold

DROP down on your hands and knees. This protects you from falling but lets you move if you need to.

COVER your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you). If there is no shelter nearby, 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. If the shaking shifts your shelter around, move with it.

How to Drop, Cover and Hold in different situations

If you are outside

If you are outside, Drop, Cover and Hold.

Move no more than a few steps away from buildings, trees, streetlights and power lines.

Then Drop, Cover and Hold.

If you are driving

If you are driving, Pull over and Wait. Pull over to a clear location. Stop.

Wait there with your seatbelt fastened until the shaking stops.

Once the shaking stops, proceed with caution and avoid bridges or ramps as they may have been damaged.

If you are in bed

If you are in bed, Stay, Cover and Hold.

Stay in bed and pull the sheets and blankets over you. You are less likely to be injured if you stay in bed.

Cover your head and neck with your pillow.

Hold on until the shaking stops.

If you have a mobility impairment or use a cane

If you have a mobility impairment or use a cane,
Drop, Cover and Hold or Sit, Cover and Hold

Drop by getting as low as you can or Sit on a chair, bed, etc.

Cover your head and neck with both hands. Keep your cane near you so you can use it when the shaking stops.

Hold on until the shaking stops.

If you use a walker or a wheelchair

If you use a walker or wheelchair, Lock, Cover and Hold.

Lock your wheels and get as low as possible.

Page 2

Bend over and Cover your head and neck as best you can.

Then Hold on until the shaking stops.

If you are in an elevator

If you are in an elevator, Drop, Cover and Hold.

When the shaking stops, try and get out at the nearest floor if you can safely do so.