



Hello, I'm Ana.

Most people say I'm friendly and helpful. I'm really into my sport – I love basketball and rugby. I'm a food fan too – my favourite food is jelly.

Ana's Earthquake Story

"What's that, Ana?" Stan asked, as he spotted Ana taking a glass bowl out of the fridge.

"It's strawberry jelly for dessert tonight," replied Ana.

"Yum! I just love jelly after my dog biscuits." Stan looked hungrily at the bowl in Ana's hands.

"Yes, jelly certainly tastes good," laughed Ana, "and it's really wobbly too. Look, I can make an earthquake!" She gave the bowl a gentle shake, jiggling the glistening red jelly backwards and forwards.

"Yes," laughed Stan, "but at least you don't have to prepare for a jelly."

"What do you mean?" Ana asked, looking puzzled.

"I mean that with earthquakes it's really important that you're prepared so you know what to do before one happens," said Stan.

"Oh, I get it," Ana answered. "Well, I know my earthquake drill. We practice it at home and at school. We learned three words to remember what to do."

"Yes, Drop, Cover and Hold," said Stan. "First, you should move no more than a few steps to a safe place, like a desk or table, and **drop** down under it, facing away from any windows."



"We have to **cover** ourselves under the desk," Ana chimed in. "We make ourselves as small as possible, and look down at the ground so we won't get hurt by flying objects."

"That's right," added Stan, "and you've got to **hold** onto your desk legs, just below the desktop, so it won't fall over or move away from you in the shaking."

"We've got to stay there until the teacher says it's all clear. They'll check to see if it's safe. And we need to keep quiet so we can hear the teacher or anyone who needs help."

"Do you know what to do if you're not in your classroom, or you're at home when an earthquake happens?" asked Stan.

"I would do pretty much the same," replied Ana. "I **drop** down, get under **cover**, and **hold** on. If there is nothing to shelter me, I kneel down beside some strong furniture or an inside wall, cover both sides of my head with my elbows, and clasp my hands behind my neck. What I mustn't do, though, is run outside because I could get hit by things falling down."

"But what if you're already outside?" queried Stan.

"I turn my back and move no more than a few steps away from any buildings, trees, power-lines and so on, then drop, cover and hold."

"Well, it sounds like you've certainly learned a lot about earthquake drills," commented Stan.



"Yes, and our family have also talked about what to do in an earthquake. We've made an emergency plan, and identified safe places close to us at home and school."

"Terrific!" Stan replied. "Have you reminded your parents to fix, fasten and forget?"

"What does that mean?" asked Ana.

"It means that they should secure anything that might fall down in an earthquake, like fixing bookcases to the wall. Then they can just forget about it, because they've made sure things won't fall in an earthquake," answered Stan.

"Oh yes, I saw Mum securing our ornaments to the shelves," Ana answered, putting the bowl of jelly down on the bench-top.

"That's an excellent idea," replied Stan. "That will stop them moving or getting broken in an earthquake."

"Hey!" exclaimed Ana suddenly. "Look, this jelly is starting to wobble by itself!"

Sure enough, the jelly was beginning to quiver as if by magic. Then they heard a low growling rumble. The cups and cutlery began to rattle, and the lamp-shade started to sway alarmingly.

"Earthquake!" Stan and Ana both shouted together.

"Drop," said Ana, as they both dropped down onto their knees next to the kitchen table.





"Cover." They both crawled under the kitchen table.

"Hold." Ana and Stan both grabbed the top of a table leg to stop it from moving away.

Time seemed to stand still as the kitchen rumbled and shook. There was a splintering crash right beside them. Ana was tempted to glance round and see what had broken, but then remembered she was supposed to keep looking down so her face wouldn't get hurt.

As fast as it had started, the shaking ceased and the rumbling died away. The light continued to sway, but slower and slower.

"Is it over?" asked Ana nervously.

"It seems to be," replied Stan, "but sometimes there can be aftershocks."

"What's an aftershock?"

"Often a big earthquake is followed by smaller quakes."

They waited quietly, but everything stayed still.

"At least your family has an emergency plan, so you know what to do now to check everyone is safe," said Stan. "And there's a radio among your emergency survival items, so we'll be able to listen for instructions."

"Yes, and we've got a first aid kit, too," replied Ana. "And we have our getaway items ready in case we have to move away suddenly."

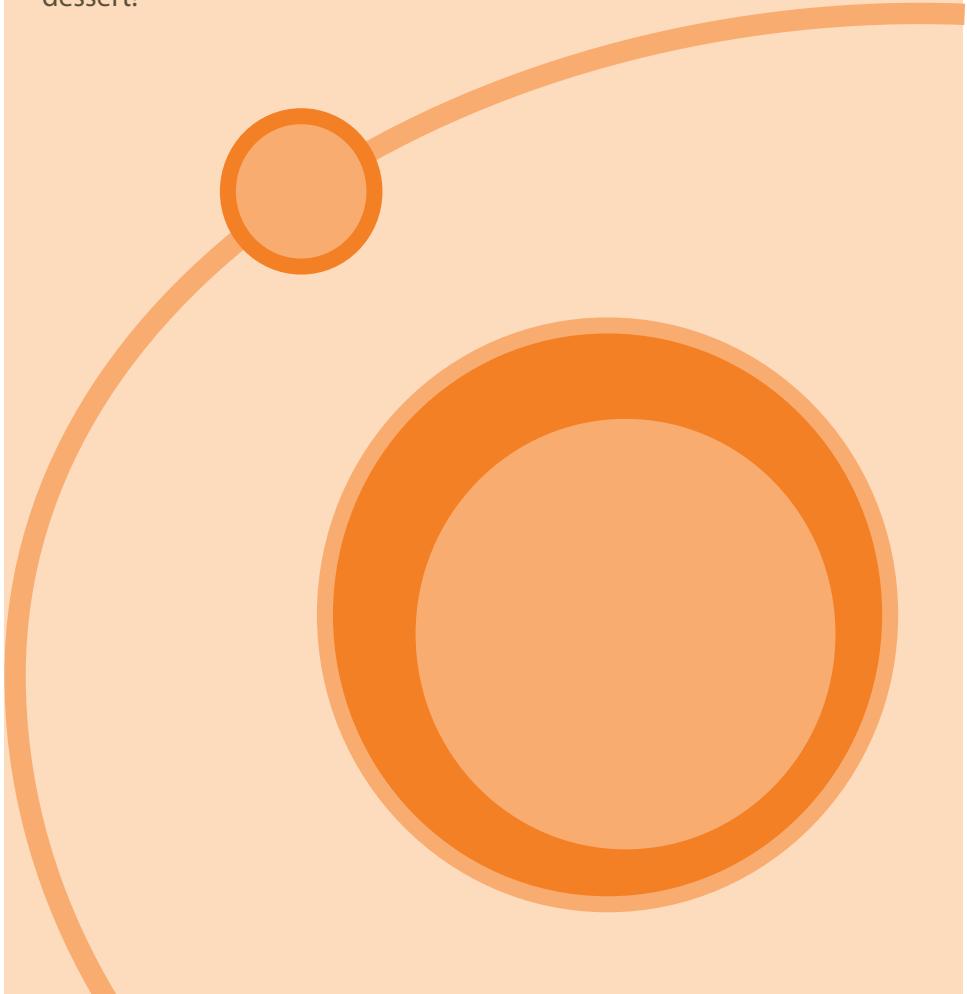


"I think it's safe now," said Stan.

Ana clambered out from under the table. The damage didn't look too bad. She peered round to see what it was that had smashed on the floor during the quake.

"Watch out," she said, "the floor is covered with broken glass."

"And jelly," sighed Stan sadly, looking down at the mess. "So much for dessert!"



What to do in an earthquake

Before

- Practise your earthquake drill: **drop, cover and hold.**
- Identify safe places at home and at school.
- A safe place is under a strong table (remember to hold onto the legs), or next to an interior wall. Take no more than a few steps to avoid injury.
- Talk with your family about an emergency plan and survival items.
- Help your parents to secure heavy items of furniture to the floor or wall. Find out more at www.eq-iq.org.nz.



During

- If you are inside a building, take no more than a few steps, **drop, cover and hold.**
- If you are outside, move no more than a few steps, **drop, cover and hold.**
- If you are in the car you should ask the driver to pull over and stop.
- If you are at the beach or near the coast, **drop, cover and hold**, then move to higher ground immediately in case a tsunami follows the quake.

After

- Remember there may be some aftershocks.
- Listen to and follow all instructions from adults or the radio.
- If you are in a damaged building, try to get outside and find a safe, open place.
- Help others who may need it, if you can do so safely.
- Watch out for possible dangers or hazards.
- Remember your prepared emergency plan and follow it, if it is safe to do so.