



## Lesson Four

Earthquakes can occur almost everywhere in the United States. While strong earthquakes are uncommon in Oklahoma, small earthquakes have been occurring regularly and stronger earthquakes are possible. It is important to prepare for earthquakes the same way we prepare for house fires and tornadoes – by learning how to stay safe, taking precautions now, and practicing with regular earthquake drills.

### Drop, Cover, and Hold On

Imagine that you hear a low, rumbling, roaring sound. The noise builds, getting louder and louder, for a few seconds. Then, Wham! There's a terrific jolt. The floor seems to be moving beneath you. It's hard to stand up or even stay in your seat. When you walk, it's like trying to walk on a trampoline or a waterbed. You hear someone say, "Earthquake! Drop, Cover, and Hold On!" What should you do to stay safe?

#### If you are indoors

- DROP - Drop down to the floor.
- COVER - Take cover by getting under a sturdy desk, table or other piece of furniture. If there isn't a table or desk near you, cover your head and neck with your arms and crouch in an inside corner of the building or against an interior wall.
- HOLD ON - Hold on and stay in that position until the shaking stops.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures, hanging objects, bookcases or other tall furniture.
- Stay in your safe spot until the shaking stops and it is safe to go outside.
- Follow the next steps in your safety preparedness plan.
- NOTE: A doorway is not a safe place to be during an earthquake.

#### If you are outdoors

- Stay there; do not try to run inside.
- Move away from buildings, streetlights, and power lines.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls.

### Time to Practice!

Thursday, October 18, 2018 is the Great Central U.S. ShakeOut.

At 10:18 a.m. millions will "Drop, Cover, and Hold On" as part of this annual earthquake drill taking place in schools, businesses, and homes across the United States. Sign up to take part in the ShakeOut at [www.ShakeOut.org/centralus](http://www.ShakeOut.org/centralus).



### Activity:

1. Practice earthquake safety "Drop, Cover, and Hold On" procedures with students.
2. Hold a ShakeOut earthquake drill to practice with students.