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# ShakeOut – Drop, Cover and Hold On

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International ShakeOut Day is on October 20. On this day, millions of people around the world practise how to stay safe during an earthquake.

In B.C., the Great British Columbia ShakeOut will take place at 10:20 a.m. People from across the province will take part in a “Drop, Cover and Hold On” drill. To join, register at [ShakeOutBC.ca](http://ShakeOutBC.ca).

## What is Drop, Cover and Hold On?

During an earthquake, strong shaking can knock you down or cause something to drop on you. You may only have a few seconds to protect yourself.

Emergency experts agree the best way to stay safe is to “Drop, Cover and Hold On.”

### What to do:

1. **Drop** to the ground.
2. Take **Cover** by getting under a sturdy desk or table. If there isn't a desk or table near you, drop to the ground in an inside corner of the building. Cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table.
3. **Hold** on to the desk or table until shaking stops.



They are practising the “Drop, Cover and Hold On” drill.

### What not to do:

- Get in the doorway
- Run outside

### Did you know?

- B.C. has the highest earthquake risk in Canada.
- B.C. experiences thousands of minor earthquakes per year.

Adapted from [ShakeOutBC.ca](http://ShakeOutBC.ca) • Photo: [Wikimedia Commons/Joe Loong](#)