



Marin County Sheriff Office of Emergency Services

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The Great California ShakeOut at the Marin County Civic Center

The ShakeOut is a shelter-in-place drill. The building will not be evacuated.

The purpose of the drill is to practice **Drop, Cover, and Hold On!**

- **Drop** to the ground so that you won't fall and injure yourself.
- **Cover** by getting under a desk, a table or any other surface that will protect you from falling objects. Research shows that more people are injured by falling debris than in any other way during an earthquake.
- **Hold On!** to your cover, so that a jolt won't tip it over and leave you exposed.

For offices with theater-style seating, courtrooms, or open spaces with limited opportunities to cover:

- Stay at your seat and protect your head and neck with your arms.
- If possible, get on the ground and cover the head, so that the chair backs provide additional blocking of items that might fall.

Wait for the shaking to stop before assisting others.

The information some people may have learned in the past – run for a stairwell or doorway – has actually been shown to result in more injuries than **Drop, Cover, and Hold On!**

Buildings seldom collapse in California. If one should collapse, the **Drop, Cover, and Hold On!** strategy provides protection from debris plus a vital air pocket.

The drill is sponsored by the Marin County Sheriff's Office of Emergency Services as part of the state-wide Great California ShakeOut earthquake drill.

Questions: Call OES at 415-473-6584

When: Oct. 20, 10:20 AM

Where: At the Civic Center

What: The Great Shakeout Earthquake Drill

What to do: Drop, Cover, and Hold On!