

2. Get Children Ready

Children and adults should know how to duck and cover under sturdy pieces of furniture (tables or desks) for protection during earthquake shaking. Spend time explaining what you want them to do. There are books and audiovisual tapes (see Resource List) that will suggest earthquake-related activities at their developmental level.

3. Have Frequent Drills

To avoid or reduce physical injury, children must learn to respond almost automatically to your commands. Have duck and cover and/or evacuation earthquake drills at least once a month. For a successful drill:

- ▼ Get the children's attention and give clear and distinct commands. Speak in a calm voice. At the command of "earthquake," the children and you should immediately:
 - **Duck** under a desk or table.
 - Stay under **cover** until the shaking stops (at least one minute).
 - If possible, **hold** on to the desk or table leg.
- ▼ If there aren't enough sturdy pieces of furniture to get under, practice taking cover next to inside walls, away from windows, overhead light fixtures and tall pieces of furniture which might topple over when the ground shakes.
- ▼ Practice duck and cover drills outside in your play area, too.

*"I was so scared
I cried."*
Tommy, age 3
October 17, 1989
Earthquake

