



NEWS RELEASE



For Immediate Release

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(10/10/24) The Great ShakeOut is October 17 (Southern 7 Offers Tips for Surviving an Earthquake)

Are you prepared for an earthquake? October 17 at 10:17 AM is this year's Great ShakeOut. Millions of people worldwide will participate in earthquake drills at work, school, or home. Southern 7 Health Department is encouraging families to be ready for an earthquake by practicing the Drop, Cover and Hold On drill and practice it often.

According to shakeout.org, you may only have seconds to protect yourself in an earthquake, before strong shaking knocks you down or drops something on you. Practicing helps you be ready to respond. Here are some scenarios you can practice with your family.

If you are inside a building, move no more than a few steps, then Drop, Cover and Hold On:

- DROP to the ground (before the earthquake drops you!)
- Take COVER by getting under a sturdy desk or table, and
- HOLD ON to it until the shaking stops.

Stay indoors till the shaking stops and you are sure it is safe to exit. In most buildings in the U.S. you are safer if you stay where you are until the shaking stops.

If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold On. Stay there until the shaking stops.

If you are driving, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once it does proceed with caution and avoid bridges or ramps that might have been damaged.

Ground shaking during an earthquake is seldom the cause of injury. Move as little as possible to avoid falling debris or flying glass. Most injuries occur when people try to move more than a short distance during the shaking. Now is the time to identify safe places such as under sturdy furniture or against an interior wall. The safest place should be within a few steps to avoid injury.

In the past 25 years, scientists have learned that strong earthquakes in the central Mississippi Valley are not freak events but have occurred repeatedly in the geologic past. The area of major earthquake activity also has frequent minor shocks and is known as the New Madrid Seismic Zone (NMSZ). The NMSZ is made up of several thrust faults that stretch from Marked Tree, Arkansas to Cairo, Illinois.

To learn more about protecting yourself during an earthquake call Southern 7 Health Department at 618-634-2297, ext. 971123 or visit www.shakeout.org.

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