



News Release

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Great South East Shake Out

HENRICO, Va – Today at Henrico County's Training Center, department members were taking a class on advance incident command systems. At 10:15 the students were hard at work in their groups, at 10:16 the alert sounded for the Great South Eastern Shake Out. Students quickly dropped to the ground, took cover under the tables, and held on. In similar drill all across the country people learned the importance of being prepared in the event of an actual earthquake.

PROTECT YOURSELF. SPREAD THE WORD.

Official rescue teams who have been dispatched to the scene of earthquakes and other disasters around the world continue to advocate use of the internationally recognized "Drop, Cover and Hold On" protocol to protect lives during earthquakes:

- 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.



If there isn't a table or desk near you, drop to the ground in an inside corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table. These are general guidelines for most situations. Depending on where you are (in bed, driving, in a theater, etc.), you might take other actions, as described in Recommended Earthquake Safety Actions

Shakeout.org

If you have additional questions or need directions, contact Daniel Rosenbaum
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