



Turtle Safe

If the earth begins to shake
What do we do for safety's sake
Get under a table and hold on tight
And everything will be alright

If there aren't any tables or you're outside
We have a different way to hide
Crouch on the ground and cover your head
Just like a turtle tucked up in bed

There'll be no need to cry or yelp
'Cause there's lots of people around to help
But you must practice what to do
Drop, cover and hold and you'll get through

Remember, Stan says, practice...

Drop



Cover



Hold



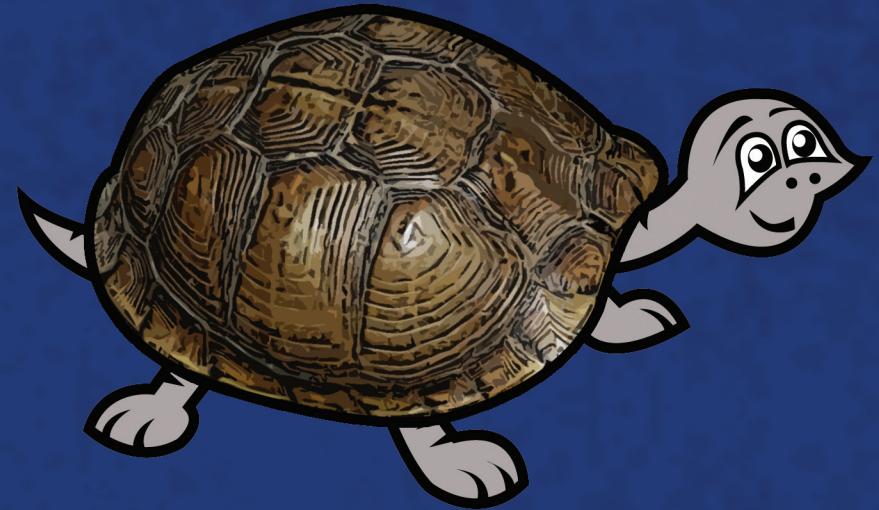
Ministry of Civil Defence
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Te Rākau Whakamarumarū

Auckland
Council



Turtle Safe Earthquake safety resource for pre-school children

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www.getthru.govt.nz

Earthquakes

New Zealand experiences thousands of earthquakes every year. Most are not felt and do not cause damage or injury. However, a severe earthquake can occur at any time with devastating effects. Aftershocks can continue for weeks or months.

Most earthquake-related injuries and deaths are caused by falling debris or collapsing structures. Knowing what to do and acting quickly can prevent injury and save lives.

The enclosed educational "Turtle Safe" DVD has been developed specifically for pre-school children and illustrates the right actions to take to keep safe.

- ▶ Please use the DVD to teach children about what to do if they are inside or outdoors when an earthquake occurs. We encourage you to hold several practice drills with the children so they are familiar with the drill.
- ▶ We also encourage you to talk to children about earthquakes to help reduce fear and anxiety. Encourage them to ask questions and provide an opportunity for them to express their feelings by talking or drawing.
- ▶ Remind them that it can be a frightening experience for everyone but that it will get better and that there will be people around to help.

There is more information available in the Downloads page at www.getthru.govt.nz



Talking to children about earthquakes

An earthquake is when the ground shakes because rocks deep under the ground are moving. When a big earthquake happens there may be a loud rumbling noise and things can start falling down around you. It might also be hard to stand up. You have to act quickly and protect yourself from things that might fall on you. Remember how a turtle quickly gets into its shell to keep safe? Here's what you can do.

- ▶ If you are inside, quickly get under a table, and hold on to the table legs (if you can) so the table doesn't move away from you. Stay there until the shaking stops and you are told it is safe to come out by an adult.
- ▶ If you are outside or there are no tables around, take no more than three steps away from things that can fall on you: **DROP, COVER and HOLD**
- ▶ Remember there may be aftershocks (more earthquakes).
- ▶ Practice your earthquake drill: **DROP, COVER and HOLD**.

Special thanks to the children from Edukids in Henderson, Auckland for helping us make this DVD.

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