

# DROP, COVER AND HOLD

Information for people with a physical disability or mobility impairment

In a major earthquake the ground-shaking will make it difficult or impossible for you to move any distance.

- If you cannot safely get under a table, move near an inside wall of the building away from windows and tall items that can fall on you.
- Cover your head and neck as best you can.
- Lock your wheels if you are in a wheelchair.
- In bed, pull the sheets and blankets over you and use your pillow to protect your head and neck.



Photos courtesy of Age Concern Canterbury and Jessica Petersen, Community Resilience Coordinator, Canterbury CDEM Group

For more information visit the Civil Defence Emergency Management Office at your nearest council or

[www.getthru.govt.nz](http://www.getthru.govt.nz)

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