

PREPAREDNESS “TIP OF THE MONTH”

You may have read or heard about the Great Oregon Shake Out Earthquake Drill held on October 16th. Over 390,000 Oregonians practiced how to Drop, Cover and Hold On during the drill. Following a Corvallis Gazette-Times article about the drill, a letter to the editor suggested some more specific actions during an earthquake, one of which was to: *“Create a “wedge of life” by lying on the floor next to your bed, car, couch.”* This idea, also known as the triangle of life, has been discredited by research and is more likely to lead to injury. Most deaths and injuries during an earthquake are due to falling or flying objects, not collapsed buildings. “Drop, Cover, and Hold On” is what will protect you from most injuries. If you are in bed, stay there and cover your head with a pillow. If you are not able to get under furniture, get down near an interior wall if possible or stay in place and cover your head and neck with your arms. If in a wheel chair, lock the chair and cover your head with a blanket, book or your arms if you can. For more information, go to the web site: www.shakeout.org/oregon/dropcoverholdon/ or look at pages 26-27 in the orange Benton County Disaster Preparedness For You and Your Household booklet. If you do not have one of these informative booklets yet, you may pick one up in the Clubhouse (corner nearest the lodge) or contact Jane Fleischbein at 541-231-9892.