

## Parksville-Qualicum Beach Community Update

### How to Drop, Cover, and Hold - Even When You Can't

The EMO newsletter sent on October 7 reminded residents about the Great British Columbia ShakeOut drill set for October 20 at 10.20 am.

And today we received an inquiry from a resident asking what they should do when not physically able to crawl under a table or desk. A great question, thank you! There are still steps we can take to protect ourselves if dropping to the floor isn't an option for you.

**Brakes and Brace.** Use something to hold to steady yourself. This may be an internal wall, a chair, or a walker/wheelchair. If you use a walker or wheelchair, remember to engage the brakes first! Then, lean forward as far as you are able and firmly hold on. This will help create a steady stance.

**Cover.** Many injuries during earthquakes are caused by breaking glass and flying debris. Anything you can use to protect your head and neck will increase your safety. This may be something as simple as a book, pillow, blanket, or purse. If you can brace yourself with one hand and cover with the other hand, this is also an option.

**Hold.** Firmly hold your position until the shaking stops.

If you choose to participate in the Great BC ShakeOut, consider expanding on the main two-minute drill activity and complete a quick assessment of your home, work and/or places you frequently visit. Scan each area and think about where you might brace, cover and hold. The best locations are away from windows and away from items which may fall from walls such as unsecured furniture, picture frames or mirrors.



We are passing along great information from Aging and Disability Services for Seattle and King County which provides additional details. [How to Drop, Cover and Hold – Even When You Can't.](#)

## GENERAL INFORMATION

### Town of Qualicum Beach

Town Hall is open to the public with full services. Hours of operation are Monday to Friday, 9 am to 4 pm (except statutory holidays). Although the office is open, residents are strongly encouraged to take advantage of the other payment options including payment through your financial institution; mail a cheque; or drop off a cheque at Town Hall drop box (location below). If you do wish to visit Town Hall to conduct business, masks are recommended while in the building.

- Email [qbtown@qualicumbeach.com](mailto:qbtown@qualicumbeach.com)
- Phone 250 752-6921
- Post PO Box 130, Qualicum Beach V9K 1S7
- Mail Slot Out front of Town Hall, near the fountain
- [Website](#)

In accordance with public health orders from the Province of BC, the public is welcome to attend to in-person Council meetings. Council and select staff will attend in person, capacity limits will be monitored, and if required, alternative viewing location(s) will be provided.

### City of Parksville

City Hall is open to the public from 8 am to 4 pm. When visiting:

- Masks are recommended while in the building.
- If sick or feeling unwell, please stay home.
- The public is welcome to attend Council meetings in-person; however, attendance is limited. Meetings are webstreamed live and archived from the City's [website](#).
- Refer to the City [website](#) and [Let's Talk Parksville](#) for more information.

[COVID-19 Resources](#)

[BC Centre for Disease Control](#)

[Island Health](#)

[Vaccine info](#) - 1 833 838-2323

Medical COVID-19 information - 811

#### For more information:

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