what to do if a dog knocks you over

If you have been knocked over by a dog and you are on the floor then...

BE A STONE

Don't try to get up or make sudden noises

Let go of anything in your hands

Cover your face with your hands

Keep your elbows in

Roll onto your front

Keep your legs together

Pull your knees up to your chest

Tuck yourself up to be as tight as possible (protecting major parts of your body)

Keep still

YOU ARE NOW A STONE!

Don't move until the dog has gone away. After the dog has gone TELL AN ADULT.

