



# The Great Alaska ShakeOut

Annual Statewide Earthquake Drill

## Senior Facilities and Communities

Register today at [ShakeOut.org/alaska](http://ShakeOut.org/alaska)

**At 10:15 a.m. on October 15, 2015**, hundreds of thousands of people will “Drop, Cover, and Hold On” in The Great Alaska ShakeOut, the state's largest earthquake drill ever!

Participation can be as simple as a one-minute “Drop, Cover and Hold On” drill. All senior facilities/communities are encouraged to participate (or plan a more extensive exercise).

Alaska has more earthquakes than any other state, and no one can predict when the next one is coming. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.

## HOW TO PARTICIPATE

Here are a few suggestions for what senior facilities/communities can do to participate in the ShakeOut. More instructions and resources can be found at [ShakeOut.org/alaska/howtoparticipate](http://ShakeOut.org/alaska/howtoparticipate).

### Plan Your Drill:

- Register at [ShakeOut.org/alaska/register](http://ShakeOut.org/alaska/register) to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from [ShakeOut.org/alaska/drill/broadcast](http://ShakeOut.org/alaska/drill/broadcast).
- Have a “Drop, Cover, and Hold On” drill at 10:15 am on October 15. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

### Get Prepared for Earthquakes:

- Create (or update) and practice an overall disaster plan.
- Distribute “Ok/Help” status signs for residents to use.
- Secure furnishings & other contents in offices and living spaces with appropriate seismic restraints.
- Encourage both staff and residents to prepare at home.
- Organize a support network if you need to be evacuated or that knows how to operate necessary equipment.
- Keep at least a 7 day supply of essential medications.

### Share the ShakeOut:

- Encourage everyone to urge others to register, and ask neighborhood businesses to post flyers.
- Find posters, flyers, and other materials for promoting the ShakeOut at [ShakeOut.org/alaska/resources](http://ShakeOut.org/alaska/resources).
- Share photos and stories of your drill at [Shakeout.org/alaska/share](http://Shakeout.org/alaska/share).



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great Alaska ShakeOut is held on the third Thursday of October each year.

**Everyone can participate!** Individuals, families, businesses, schools, government agencies and organizations are all invited to register.



## As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever!
- Set an example that motivates others to participate

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