



The Great Central U.S. ShakeOut

Multi-State Earthquake Drill

Senior Facilities/Communities Get Ready to ShakeOut!

At 10:15 a.m. on February 7, 2013, millions will “Drop, Cover, and Hold On” in The Great Central U.S. ShakeOut, the largest earthquake drill ever! All senior facilities/communities are encouraged to participate in the drill (or plan a more extensive exercise).

More than 1 million people in communities throughout the states of Alabama, Arkansas, Illinois, Indiana, Kentucky, Mississippi, Missouri, and Tennessee will participate in this event. People and organizations in other states are also encouraged to participate.

Major earthquakes may happen anywhere you work, live, or travel in the Central U.S. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.



Why is a “Drop, Cover, and Hold On” drill important? As with anything, to act 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.

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

Register today at ShakeOut.org/centralus

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/centralus/seniors.

Plan Your Drill:

- Register at ShakeOut.org/centralus/register to be counted in the ShakeOut Drill, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/centralus/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on February 7.
- 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 to help you if you need to be evacuated or knows how to operate necessary equipment.
- Keep at least a seven day supply of your essential medications.

Share the ShakeOut:

- Encourage everyone to urge others to register, and ask neighborhood businesses to post flyers.
- Encourage other similar organizations to participate.
- Posters, flyers, and other materials for promoting the ShakeOut are at ShakeOut.org/centralus/resources.
- Share your experience at Shakeout.org/centralus/share.



As a registered ShakeOut participant you will:

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



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