The Great Central U.S. ShakeOut

Annual Multi-State Earthquake Drill

Disability/AFN Organizations

At 10:20 a.m. on October 20, 2016, millions of people will "Drop, Cover, and Hold On" in The Great Central U.S. ShakeOut, the region's largest earthquake drill ever! All organizations that provide services to people with disability/or access/functional needs are encouraged to participate in the drill.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

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.

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

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 how all disability/AFN organizations can participate in the ShakeOut. Learn more at ShakeOut.org/centralus/howtoparticipate.

Plan Your Drill:
- Register at ShakeOut.org/centralus/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/centralus/drill/broadcast.
- Have a "Drop, Cover, and Hold On" drill at 10:20 a.m. on October 20. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:
- Organize a support network to help your clients if they need to be evacuated who know how to operate necessary equipment.
- Ensure your organization has an emergency plan before a disaster happens.
- Keep at least a seven day supply of medications.
- Encourage clients to wear a medical alert tag or bracelet to identify their disability or health condition.

Share the ShakeOut:
- Outreach to everyone in the community and encourage them to register, prepare and drill.
- Add a link to ShakeOut.org from your web site.
- Find posters, flyers, and other materials for promoting the ShakeOut are at ShakeOut.org/centralus/resources.
- Share photos and stories of your drill 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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