



# The Great California ShakeOut

Annual Statewide Earthquake Drill

## Medical Centers

Get Ready to ShakeOut!

At 10:15 a.m. on October 15, 2009, millions of Californians will “Drop, Cover, and Hold On” in *The Great California ShakeOut*, the largest earthquake drill ever! All medical centers and other facilities are encouraged to participate in the drill (or plan a more extensive exercise).

Major earthquakes may happen anywhere you work, live, or travel in California. 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.



Nearly 5.5 million Southern Californians participated in the 2008 ShakeOut. Now statewide, the *Great California ShakeOut* will be 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](http://ShakeOut.org)

### HOW TO PARTICIPATE

Here are a few suggestions for what medical centers can do to participate in the ShakeOut. More information and resources can be found at [ShakeOut.org/medicalcenters](http://ShakeOut.org/medicalcenters).

#### Plan Your Drill:

- Register at [www.ShakeOut.org/register](http://www.ShakeOut.org/register) to be counted in the ShakeOut Drill, get email updates, and more.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on October 15. You may also want to exercise other aspects of your emergency plan.
- Discuss what you learned and make improvements.

#### Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Inspect your facilities for items that might fall and cause injury, and secure them.
- Make sure critical staff are prepared at home so they can report to work or stay on duty.

#### Share the ShakeOut:

- Encourage staff to ask their friends, families, and neighbors to register.
- Ask other medical center and offices to participate.
- Posters, flyers, and other materials for promoting the ShakeOut are at [www.ShakeOut.org/resources](http://www.ShakeOut.org/resources).
- Share your experience at [www.shakeout.org/drill](http://www.shakeout.org/drill).



### 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

