The Great SouthEast ShakeOut

Annual Multi-State Earthquake Drill

Senior Facilities and Communities

At 10:15 a.m. on October 15, 2015, millions of people will "Drop, Cover, and Hold On" in The Great SouthEast ShakeOut, the region's largest earthquake drill ever! All senior facilities/ communities are encouraged to participate in the drill (or plan a more extensive exercise).

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 SouthEast ShakeOut is 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/southeast**

HOW TO PARTICIPATE

Here are a few suggestions for what senior facilities/ communities can do to participate in the ShakeOut. Learn more at ShakeOut.org/southeast/howtoparticipate.

Plan Your Drill:
- Register at ShakeOut.org/southeast/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/southeast/drill/broadcast.
- Have a "Drop, Cover, and Hold On" drill at 10:15 a.m. 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 for those who may need to be evacuated.
- 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.
- Encourage other similar organizations to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/southeast/resources.
- Share photos and stories of your drill at Shakeout.org/southeast/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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