Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at ShakeOut.org/alaska/howtoparticipate.

**Plan Your Drill:**
- Register at 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.
- Have a “Drop, Cover, and Hold On” drill at 10:17 am on October 17. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

**Get Prepared for Earthquakes:**
- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at www.earthquakecountry.org.

**Share the ShakeOut:**
- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/alaska/resources.
- Share photos and stories of your drill at ShakeOut.org/alaska/share.

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