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/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:**
- 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 if you need to be evacuated or that knows how to operate necessary equipment.
- 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.
- 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.

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

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

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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