Here are a few suggestions for what childcare and pre-school facilities can do to participate in the ShakeOut. Learn more 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 10:20 am on October 20. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

**Get Prepared for Earthquakes:**
- Identify items that might fall and cause injury, and secure them with appropriate seismic restraints.
- Create and/or update your disaster plan.
- Check your emergency supplies; make sure they are fresh, accessible and functional.
- Encourage staff and children to prepare at home.
- Provide first aid and response training for staff.

**Share the ShakeOut:**
- Encourage staff and children’s families to ask their friends and neighbors to register.
- Ask colleagues at other facilities 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.

**As a registered ShakeOut Participant you will:**
- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever
- Set an example that motivates others to participate

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