Here are a few suggestions for how all disability/AFN organizations can 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:
• Organize a support network to help your clients if they need to be evacuated who know how to operate necessary equipment.
• Ensure your organization has an emergency plan before a disaster happens.
• Keep at least a seven day supply of medications.
• Encourage clients to wear a medical alert tag or bracelet to identify their disability or health condition.

Share the ShakeOut:
• Outreach to everyone in the community and encourage them to register, prepare and drill.
• Add a link to ShakeOut.org from your web site.
• 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
• 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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