



# The Great Alaska ShakeOut

Annual Statewide Earthquake Drill

## Federal Government

**At 10:19 a.m. on October 19, 2023**, hundreds of thousands of people will “Drop, Cover, and Hold On” in The Great Alaska ShakeOut, the state's largest earthquake drill ever!

Participation can be as simple as a one-minute “Drop, Cover and Hold On” drill. All federal government agencies and departments are encouraged to participate (or plan a more extensive exercise).

Alaska has more earthquakes than any other state, and no one can predict when the next one is coming. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared.

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 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.

Register today at [ShakeOut.org/alaska](https://ShakeOut.org/alaska)

## HOW TO PARTICIPATE

Here are a few suggestions for how all federal government departments and agencies can participate. More information is at [ShakeOut.org/alaska/howtoparticipate](https://ShakeOut.org/alaska/howtoparticipate).

### Plan Your Drill:

- Register at [ShakeOut.org/alaska/register](https://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](https://ShakeOut.org/alaska/drill/broadcast).
- Have a “Drop, Cover, and Hold On” drill at 10:19 am on October 19. You may also want to coordinate a more extensive exercise of your emergency plan.
- Discuss what you learned and make improvements.

### Get Prepared for Earthquakes:

- Secure building contents with seismic restraints.
- Encourage employees to prepare at home.
- Be sure there are fresh, accessible supplies to support your personnel while they manage an event.
- Provide CERT training for employees.

### Share the ShakeOut:

- Encourage everyone to ask their friends, families, neighbors, businesses and non-profits to register.
- Include ShakeOut messaging in routine activities, and add a link to [ShakeOut.org](https://ShakeOut.org) from your web site.
- Find posters, flyers, and other materials for promoting the ShakeOut at [ShakeOut.org/alaska/resources](https://ShakeOut.org/alaska/resources).
- Share photos and stories of your drill at [Shakeout.org/alaska/share](https://Shakeout.org/alaska/share).



**DROP!**



**COVER!**



**HOLD ON!**

## 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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