Here are a few suggestions for how all federal government departments and agencies can participate. More information is at ShakeOut.org/americansamoa/howtoparticipate.

**Plan Your Drill:**
- Register at ShakeOut.org/americansamoa to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/americansamoa/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:19 a.m. 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 from your web site.
- Find posters, flyers, and other materials for promoting the ShakeOut are at ShakeOut.org/americansamoa/resources.
- Share photos and stories of your drill at Shakeout.org/americansamoa/share.

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

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