Here are simple things individuals and families can do to participate in the ShakeOut. Learn more 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 can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

**Get Prepared for Earthquakes:**
- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at www.earthquakecountry.org.

**Share the ShakeOut:**
- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share photos and stories of your drill at Shakeout.org/americansamoa/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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