



# The Great Central U.S. ShakeOut

Annual Multi-State Earthquake Drill

## Senior Facilities and Communities

Register today at [ShakeOut.org/centralus](http://ShakeOut.org/centralus)

**At 10:17 a.m. on October 17, 2019**, millions of people will “Drop, Cover, and Hold On” in The Great Central U.S. ShakeOut, the region’s largest earthquake drill ever! All senior facilities/communities are encouraged to participate in the drill (or plan a more extensive exercise).

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

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 Central U.S. ShakeOut is now held on the third Thursday of October each year.

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

## HOW TO PARTICIPATE

Here are a few suggestions for what senior facilities/communities can do to participate in the ShakeOut. More instructions and resources can be found at [ShakeOut.org/centralus/howtoparticipate](http://ShakeOut.org/centralus/howtoparticipate).

### Plan Your Drill:

- Register at [ShakeOut.org/centralus/register](http://ShakeOut.org/centralus/register) to be as participating, get email updates, and more.
- Download a Drill Broadcast recording from [ShakeOut.org/centralus/drill/broadcast](http://ShakeOut.org/centralus/drill/broadcast).
- Have a “Drop, Cover, and Hold On” drill at 10:17 a.m. on October 17. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

### Get Prepared for Earthquakes:

- Create (or update) and practice an overall disaster plan.
- Distribute “Ok/Help” status signs for residents to use.
- Secure furnishings & other contents in offices and living spaces with appropriate seismic restraints.
- Encourage both staff and residents to prepare at home.
- Organize a support network for those who may need to be evacuated.
- Keep at least a 7 day supply of essential medications.

### Share the ShakeOut:

- Encourage everyone to urge others to register, and ask neighborhood businesses to post flyers.
- Find posters, flyers, and other materials for promoting the ShakeOut at [ShakeOut.org/centralus/resources](http://ShakeOut.org/centralus/resources).
- Share photos and stories of your drill at [Shakeout.org/centralus/share](http://Shakeout.org/centralus/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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