Here are a few suggestions for what healthcare facilities can do to participate in the ShakeOut. Learn more at ShakeOut.org/centralus/howtoparticipate and ShakeOut.org/healthcare.

**Plan Your Drill:**
- Register at ShakeOut.org/centralus/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/centralus/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:20 a.m. on October 20. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

**Get Prepared for Earthquakes:**
- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Inspect your facilities for items that might fall and cause injury, and secure them.
- Make sure critical staff members are prepared at home so they can report to work or stay on duty.

**Share the ShakeOut:**
- Encourage staff to ask their friends, families, and neighbors to register.
- Ask other medical center and offices to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/centralus/resources.
- Share photos and stories of your drill at Shakeout.org/centralus/share.

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

**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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