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/cnmi/howtoparticipate.

Plan Your Drill:
• Register at ShakeOut.org/cnmi/register to be counted as participating, get email updates, and more.
• Download a Drill Broadcast recording from ShakeOut.org/cnmi/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:
• 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/cnmi/resources.
• Share photos and stories of your drill at Shakeout.org/cnmi/share.

Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great CNMI ShakeOut is 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.

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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