Here are a few suggestions for how senior facilities/communities can participate in the ShakeOut. Learn more at ShakeOut.org/colorado/howtoparticipate.

Plan Your Drill:
• Register at ShakeOut.org/colorado/register to be counted as participating, get email updates, and more.
• Download a Drill Broadcast recording from ShakeOut.org/colorado/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.
• Encourage other similar organizations to participate.
• Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/colorado/resources.
• Share photos and stories of your drill at ShakeOut.org/colorado/share.

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