



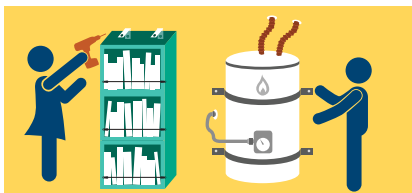
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*We're all in this together.*

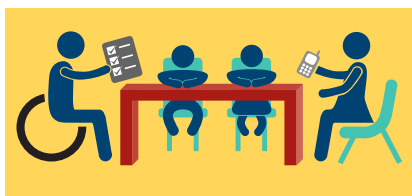
# Seven Steps to Earthquake Safety

Follow the **Seven Steps to Earthquake Safety** to be prepared to survive and recover from the next damaging earthquake. More information for each step is available at [earthquakecountry.org/sevensteps](http://earthquakecountry.org/sevensteps).

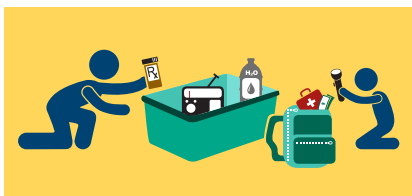
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**Step 1: Secure your space** by identifying hazards and securing moveable items.



**Step 2: Plan to be safe** by creating a disaster plan and deciding how you will communicate in an emergency.

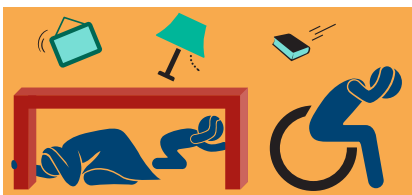


**Step 3: Organize disaster supplies** in convenient locations.



**Step 4: Minimize financial hardship** by organizing important documents, strengthening your property, and considering insurance.

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**Step 5: Drop, Cover and Hold On** when the earth shakes.



**Step 6: Improve safety** after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

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**Step 7: Reconnect and Restore** daily life by reconnecting with others, repairing damage, and rebuilding community.



# Great ShakeOut

## Earthquake Drills

### Get Ready to ShakeOut!

Everyone, everywhere, should know how to protect themselves in an earthquake. Even if earthquakes are rare where you live, they may happen where you or your family travel.

To practice what to do, you are invited to join millions of people who “Drop, Cover, and Hold On” each year as part of Great ShakeOut Earthquake Drills around the world!

Why is “Drop, Cover, and Hold On” important to practice? You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you. Practicing helps you be ready to react. Visit [ShakeOut.org/dropcoverholdon](http://ShakeOut.org/dropcoverholdon) to learn more.

Participating is also a great way for your family or organization to become better prepared to survive and recover quickly from big earthquakes.



For example, you, your school or organization, and your community can review and update plans and supplies, and secure your space in order to prevent damage and injuries.

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

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

### HOW TO PARTICIPATE

Here are simple things you can do to participate in the ShakeOut. Instructions and resources can be found at [www.ShakeOut.org](http://www.ShakeOut.org).

#### Plan Your Drill:

- Register at [ShakeOut.org/register](http://ShakeOut.org/register) to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from [ShakeOut.org/drill/broadcast](http://ShakeOut.org/drill/broadcast).
- Have a “Drop, Cover, and Hold On” drill on ShakeOut day or within two weeks. 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 disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your building’s structure.
- Other actions are at [www.earthquakecountry.org](http://www.earthquakecountry.org).

#### Share the ShakeOut:

- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Posters, flyers, and other promotional materials at [ShakeOut.org/resources](http://ShakeOut.org/resources).
- Share photos and stories of your drill at [Shakeout.org/share](http://Shakeout.org/share).



### As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever!
- Set an example that motivates others to participate

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