Great ShakeOut Earthquake Drills

Senior Facilities and Communities: Get Ready to #ShakeOut!

Join millions of people worldwide each year in practicing a “Drop, Cover, and Hold On” drill and other earthquake safety actions. Most people participate on International ShakeOut Day (the third Thursday of October), but you can hold your drill on any day of the year!

Everyone, everywhere can participate: individuals, families, schools, community groups, and other organizations can practice separately or together, even in multiple locations through videoconferencing. Learn more at ShakeOut.org/howtoparticipate.

How to Participate

Plan Your Drill:

- Register at ShakeOut.org to be counted and get updates.
- Learn earthquake safety at ShakeOut.org/dropcoverholdon.
- Choose a presentation from ShakeOut.org/presentations.
- Get a drill narration from ShakeOut.org/broadcast.
- Review guidance at EarthquakeCountry.org/accessibility.
- Inform staff and residents about your drill and invite participation.
- Include other aspects of your emergency plans in your drill.
- Hold your earthquake drill and discuss what you learned.

Get Prepared for Earthquakes:

- Secure items that might fall or be thrown during earthquakes.
- Review and update your organization’s disaster plans.
- Provide CERT training for your staff.
- Organize or restock emergency supply kits, food, water, etc.
- Keep at least a seven day supply of essential medications.
- Add name labels on mobility devices & other equipment.
- Encourage everyone to prepare at home.
- Develop plans for who may need to be evacuated.
- West Coast: learn about earthquake alerts from ShakeAlert.org.
- Visit EarthquakeCountry.org to learn more about preparedness.

Share the ShakeOut:

- Encourage everyone to register and conduct home drills.
- Ask colleagues in other organizations to participate.
- Promotional materials are at ShakeOut.org/resources.
- Highlight ShakeOut on your website and through social media.
- Share photos and videos of your drill using #ShakeOut.

Join Millions! Register at ShakeOut.org

If You Feel Shaking or Get an Alert

If Possible

Using Cane

Using Walker

Using Wheelchair

EarthquakeCountry.org/step5