

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.

Join Millions!
Register at
ShakeOut.org

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.

If You Feel Shaking or Get an Alert

If Possible



Using Cane



Using Walker



Using Wheelchair



EarthquakeCountry.org/step5

