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

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

Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great Southern Italy 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.