



# Upper MidWest ShakeOut

Annual Multi-State Earthquake Drill

## Get Ready to ShakeOut!

You are invited to join millions of people worldwide who will “Drop, Cover, and Hold On” on October 17th at 10:17 a.m. in the 2019 Great ShakeOut!

More than 63 million people were registered in ShakeOut drills worldwide in 2018. Participating is a great way for your family or organization to become better prepared to survive and recover quickly from big earthquakes.

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/uppermidwest/dropcoverholdon](http://ShakeOut.org/uppermidwest/dropcoverholdon) to learn more.



It is also recommended that you, your school or organization, and your community 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 at [ShakeOut.org/uppermidwest](http://ShakeOut.org/uppermidwest)

### 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/uppermidwest](http://www.ShakeOut.org/uppermidwest).

#### Plan Your Drill:

- Register at [ShakeOut.org/uppermidwest/register](http://ShakeOut.org/uppermidwest/register) to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from [ShakeOut.org/uppermidwest/broadcast](http://ShakeOut.org/uppermidwest/broadcast).
- Have a “Drop, Cover, and Hold On” drill at 10:17 a.m. on October 17. 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/uppermidwest/resources](http://ShakeOut.org/uppermidwest/resources).
- Share photos and stories of your drill at [Shakeout.org/uppermidwest/share](http://Shakeout.org/uppermidwest/share).



**DROP!**

**COVER!**

**HOLD ON!**

### As a registered ShakeOut Participant you will:

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