Here are a few suggestions for how all preparedness organizations can do to participate in the ShakeOut. More instructions and resources can be found at ShakeOut.org/uppermidwest/howtoparticipate.

**Plan Your Drill:**
- Register at ShakeOut.org/uppermidwest/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/uppermidwest/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:21 a.m. on October 21. You can also practice other aspects of your emergency plan.
- Partner with and assist other organizations in their drills.
- Discuss what you learned and make improvements.

**Get Prepared for Earthquakes:**
- Secure building contents with seismic restraints.
- Encourage employees to prepare at home.
- Be sure you have fresh, accessible supplies in place to support your own personnel.
- Recommend CERT training for all personnel.

**Share the ShakeOut:**
- Outreach to everyone in the community and encourage them to register, prepare and drill.
- Add a link to ShakeOut.org from your web site.
- Find posters, flyers, and other promotional materials at ShakeOut.org/uppermidwest/resources.
- Share photos and stories of your drill at Shakeout.org/uppermidwest/share.

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

**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