

# The Great Utah ShakeOut



## Healthcare Organizations: *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. The **Third Thursday of April** is when most Utahns will participate, 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/utah/howtoparticipate](https://ShakeOut.org/utah/howtoparticipate).

Join Millions!  
Register at  
[ShakeOut.org/Utah](https://ShakeOut.org/Utah)

## How to Participate

### Plan Your Drill:

- Register at [ShakeOut.org](https://ShakeOut.org) to be counted and get updates.
- Learn earthquake safety at [ShakeOut.org/dropcoverholdon](https://ShakeOut.org/dropcoverholdon).
- Review drill guidance at [ShakeOut.org/healthcare](https://ShakeOut.org/healthcare).
- Get a drill narration from [ShakeOut.org/utah/broadcast](https://ShakeOut.org/utah/broadcast).
- Inform staff and patients 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.
- Encourage everyone to prepare at home.
- Visit [EarthquakeCountry.org](https://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/utah/resources](https://ShakeOut.org/utah/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](https://EarthquakeCountry.org/step5)

