

The Great Utah ShakeOut



Individuals and Families: *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.

Join Millions!
Register at
ShakeOut.org/Utah

How to Participate

Plan Your Drill:

- Register at ShakeOut.org to be counted and get updates.
- Learn earthquake safety at ShakeOut.org/dropcoverholdon.
- Get a drill narration from ShakeOut.org/utah/broadcast.
- Hold your earthquake drill and discuss what you learned.

Get Prepared for Earthquakes:

- Secure items that might fall or be thrown during earthquakes.
- Create or update personal or family disaster plans.
- Organize or restock emergency supply kits.
- Visit EarthquakeCountry.org to learn more about preparedness.

Share the ShakeOut:

- Talk to neighbors about preparedness and safety.
- Promotional materials are at ShakeOut.org/utah/resources.
- Encourage friends, family, co-workers, and others to participate.
- 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

