Great ShakeOut Earthquake Drills

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. Most people participate on International ShakeOut Day, which is the 3rd Thursday of October every year, but you can hold your drill on any day!

Everyone, everywhere can participate: individuals, families, schools, community groups, and other organizations can practice together, in the same place, or in multiple locations. You can also have a virtual drill through videoconferencing.

Join Millions!
Register at ShakeOut.org

Practicing for an earthquake helps you react quickly when shaking begins – to learn what to do in various settings, visit **ShakeOut.org/dropcoverholdon**.

How to Participate

Plan Your Drill:

- Register at **ShakeOut.org** to be counted - your participation motivates others!
- Visit **ShakeOut.org/howtoparticipate** for sector-specific instructions, videos, etc.
- Inform participants of when, how, and where your drill will take place.

Get Prepared for Earthquakes:

- Secure furniture or other items that might fall, fly-off of shelves, or tumble out of cupboards.
- Create or update emergency plans.
- Organize or restock emergency supplies.
- West Coast residents can receive earthquake alerts via the MyShake App. Visit **ShakeAlert.org** to learn more.
- Visit **EarthquakeCountry.org** to learn more about earthquake preparedness.

Share the ShakeOut:

- Invite friends, family, neighbors, co-workers, and other groups to participate.
- Go to **ShakeOut.org/resources** for posters, flyers, videos, and other materials.
- 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

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