

# Great ShakeOut Earthquake Drills



## Senior Communities: *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 **(the third Thursday of October)**, 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/howtoparticipate](https://ShakeOut.org/howtoparticipate).

**Join Millions!**  
**Register at**  
**ShakeOut.org**

## 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).
- Choose a presentation from [ShakeOut.org/presentations](https://ShakeOut.org/presentations).
- Get a drill narration from [ShakeOut.org/broadcast](https://ShakeOut.org/broadcast).
- Review guidance at [EarthquakeCountry.org/accessibility](https://EarthquakeCountry.org/accessibility).
- Inform staff and residents 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, food, water, etc.
- Keep at least a seven day supply of essential medications.
- Add name labels on mobility devices & other equipment.
- Encourage everyone to prepare at home.
- Develop plans for who may need to be evacuated.
- West Coast: learn about earthquake alerts from [ShakeAlert.org](https://ShakeAlert.org).
- 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/resources](https://ShakeOut.org/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)

