

<https://www.shakeout.org/centralus/howtoparticipate/>

How To Participate and Prepare



Residents of the Central U.S. must get better prepared before the next big earthquake, and practice how to protect ourselves when it happens. The purpose of the ShakeOut is to help people and organizations do both.

There are many ways for individuals, businesses, schools, faith-based organizations, community groups, scouts, and others to participate in the ShakeOut, to get prepared for earthquakes, and to share what you're doing with others so they can do the same. The links below have customized ideas for what you or your organization can do. **Scroll down** for basic instructions on how to plan your drill and get prepared.

Custom information for each category (PDF)

[Earthquake scenarios for your drill](#)

[Countdown to ShakeOut for Organizations](#) (PDF)

[Benefits to Participating Businesses](#) (PDF)

[Options for Government Agency Participation and Outreach](#) (PDF)

[College Registration Guidelines and Participation Resources](#)

NEW! [Updated National K-12 Schools Drill Planning, Educational, and Preparedness Resources](#)

Today:

- [Register](#) yourself or your organization to be counted in the ShakeOut Drill, get email updates, and more.

Between now and October 18, 2018:

- Consider what may happen when an earthquake shakes your area. Plan what you will do now to prepare, so that when it happens you will be able to [protect](#) yourself and then recover quickly. See [this page](#) for what to do if you have a disability or an activity limitation.
- Download [Audio and Video "Drill Broadcast" recordings](#) that have been created to provide instructions during your drill (*Video versions have text captions*).
- Talk to other people or organizations about what they have done, and encourage them to join you in getting more prepared. Display [posters](#) around your community, classroom, or office space and provide [flyers](#) for further information.

October 18, 10:18 a.m.:

1. [Drop, Cover, and Hold On](#): **Drop** to the ground, take **Cover** under a table or desk, and **Hold On** to it as if a major earthquake were happening (stay down for at least 60 seconds). Practice now so you will immediately protect yourself during earthquakes!
2. While still under the table, or wherever you are, look around and imagine what would happen in a major earthquake. What would fall on you or others? What would be damaged? What would life be like

after? What will you do before the actual earthquake happens to reduce losses and quickly recover?

3. Finally, practice what your community will do [after](#) the shaking stops.

4. A great step for after your "Drop, Cover, and Hold On" drill is to practice how to communicate with family, friends, and co-workers. Texting first before making phone calls is highly recommended. Learn more from ShakeOut partner [Safe America Foundation](#) and their "[Text First. Talk Second.](#)" campaign, including how to hold a texting drill.

What we do now, before the earthquake, will determine what our lives will be like after.

- Do a "[hazard hunt](#)" for items that might fall in your home, school or working environment during earthquakes and secure them. Do an inspection for non-structural items (bookshelves, equipment, etc.) that might fall and cause possible injuries. Move or secure these items to provide a safer environment.

- Create a personal or family [disaster-preparedness plan](#).
 - Plan for your family's specific needs (seniors, disabled, children, pets).

- Teach all household members how to use a fire extinguisher.

- If you are a business or organization, develop, review and/or exercise your continuity plan to identify and practice organizational responsibilities.

- Organize or refresh your [emergency supply kits](#). Be prepared for the possibility that you, your family or those in your school or work place may need to remain in place for 2-3 days.
 - Store at least 1 gallon (4 liters) of water per person, per day

 - What other supplies might you need if transportation routes were blocked and you needed to remain in the same place for an extended length of time?

 - Organize and refresh your emergency equipment – fire extinguishers, first aid, flashlights, food, crank radios, satellite phones, generators, fuel; make sure everyone in your family or work place know the location and how to utilize supplies.

- What else would you need to be on your own for up to 2 weeks?
- What would you need if you are in your car or office when the earthquake strikes?
- Consider whether earthquake insurance is right for you.
- Create a game where everyone responds to a signal by practicing Drop Cover and Hold On. Talk to children about what to expect during and after an earthquake.
- Contact your local Emergency Program to learn more about how to take care of yourself and your family when you are “on your own” after a disaster.