



The Great Central U.S. ShakeOut

Multi-State Earthquake Drill

Healthcare

Get Ready to ShakeOut!

At 10:15 a.m. on February 7, 2013, millions will “Drop, Cover, and Hold On” in The Great Central U.S. ShakeOut, the largest earthquake drill ever! All healthcare centers and other facilities are encouraged to participate in the drill (or plan a more extensive exercise).

More than 1 million people in communities throughout the states of Alabama, Arkansas, Illinois, Indiana, Kentucky, Mississippi, Missouri, and Tennessee will participate in this event. People and organizations in other states are also encouraged to participate.

Major earthquakes may happen anywhere you work, live, or travel in the Central U.S. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.



Why is a “Drop, Cover, and Hold On” drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong

shaking knocks you down, or something falls on you.

Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

Register today at ShakeOut.org/centralus

HOW TO PARTICIPATE

Here are a few suggestions for what healthcare facilities can do to participate in the ShakeOut. More instructions and resources can be found at www.ShakeOut.org/centralus/healthcare.

Plan Your Drill:

- Register at www.ShakeOut.org/centralus/register to be counted in the ShakeOut Drill, get email updates, and more.
- Download a Drill Broadcast recording from www.ShakeOut.org/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on February 7. You may also want to exercise other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Inspect your facilities for items that might fall and cause injury, and secure them.
- Make sure critical staff members are prepared at home so they can report to work or stay on duty.

Share the ShakeOut:

- Encourage staff to ask their friends, families, and neighbors to register.
- Ask other medical center and offices to participate.
- Posters, flyers, and other materials for promoting the ShakeOut are at www.ShakeOut.org/centralus/resources.
- Share your experience at www.shakeout.org/centralus/share.



As a registered ShakeOut participant you will:

- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever!
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate



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