

# Great ShakeOut Earthquake Drills

## Media Organizations: *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**

News media organizations (radio, TV, print, online) play a crucial role in informing people about the Great ShakeOut. Media organizations, reporters, writers, and others are encouraged to participate in several ways:

## 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).
- Consider broadcasting a narration ([ShakeOut.org/broadcast](https://ShakeOut.org/broadcast)).
- Inform your audience 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.
- Develop plans for protecting and operating specialized equipment.
- Provide CERT training for your staff.
- Organize or restock emergency supply kits, food, water, etc.
- Encourage everyone to prepare at home.
- 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.
- Plan how reporters will cover the regional drill.
- Promotional materials are at [ShakeOut.org/resources](https://ShakeOut.org/resources).
- Create PSAs or news stories about the ShakeOut.
- Share about your #ShakeOut on your website and social media.

## If You Feel Shaking or Get an Alert

### If Possible



### Using Cane



### Using Walker



### Using Wheelchair



[EarthquakeCountry.org/step5](https://EarthquakeCountry.org/step5)