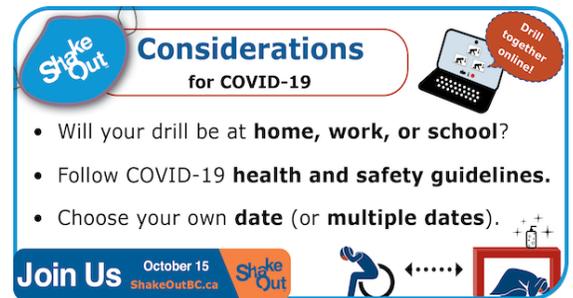


## Participation in Annual ShakeOut Drill During COVID-19

We are adapting to living and working in different ways due to the COVID-19 pandemic and while we are doing a great job in adjusting to these new challenges, earthquakes, storms, forest fires and other natural disasters continue to occur.

We need to be prepared and one of the ways is to practice how to be safe during an earthquake. The 2020 **ShakeOut** drill is set for October 15 at 10.15 am. ShakeOut may look different this year, but there is flexibility in how and when residents can hold a drill.



**Shake Out** Considerations for COVID-19

- Will your drill be at **home, work, or school**?
- Follow COVID-19 **health and safety guidelines**.
- Choose your own **date** (or **multiple dates**).

Join Us October 15 ShakeOutBC.ca

Drill together online!

We encourage Parksville-Qualicum Beach residents to participate which will help to create an understanding of the importance of earthquake awareness and emergency preparedness. Register at <http://shakeoutbc.ca> to be counted in the drill and to obtain resources and information. Intended to create public awareness of earthquake hazards and encourage personal preparedness, participants *Drop, Cover and Hold On* for two minutes in response to a simulated earthquake event.

When a significant natural disaster occurs around the world, we realize how little we are. We usually take a moment to consider how prepared we are, think about the people affected and speculate about what we, our co-workers, or our loved ones should do in a disaster. COVID-19 is a true reminder of how important it is to be prepared for any disaster.

The BC Shakeout website has a wealth of information about how to participate and most importantly, how to perform the *Drop, Cover and Hold On* - a quake-safe action designed to protect people from objects that can become projectiles during ground shaking.



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 that you will immediately protect yourself during an earthquake.
2. While under the table or wherever you are, look around and imagine what would happen in a major earthquake. What would fall, what would be damaged, what would life be like after?
3. Finally, you can practice what you will do after the shaking stops.

The ShakeOut website also provides a life safety drill designed to engage people to think through their own emergency response actions during the drill, then afterwards review and discuss what worked or what did not, in order to make improvements for the next drill or an actual earthquake. The website also has information on participating at your workplace. If you participated in previous ShakeOut drills, you may wish to consider some next steps after "drop, cover and hold on." When the shaking stops, stay in your place, count to sixty and if nothing has "fallen on you", then it's safe to evacuate.

## **How to participate in Shakeout**

### **Plan Your Drill:**

- Register at [www.shakeoutbc.ca](http://www.shakeoutbc.ca) to be counted, get email updates, and more.
- Have a *Drop, Cover, and Hold On* drill at 10:15 am on October 15.
- Discuss what you learned and make improvements.

### **Get Prepared for Earthquakes:**

- Ensure you have the necessary supplies; you may need to remain in place for at least 72 hours or up to a week after an earthquake.
- Do a "hazard hunt" for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan. <http://www.getprepared.gc.ca/index-eng.aspx>

Emergency Management Oceanside provides an emergency preparedness guidebook. We encourage residents to obtain a copy by calling one of the contacts below. This comprehensive guide will help you organize or refresh your emergency supply kits as well as general emergency preparedness information.

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### **For more information, please contact:**

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