

Get Prepared: 2023 ShakeOut Drill

The 2023 Great British Columbia **ShakeOut** drill is set for October 19 at 10:19 am. In 2022, 700,000 people in BC participated in the Shakeout drill. Make sure you register this year to take part, so you are one of them!

Emergency Management Oceanside, on behalf of the City of Parksville, Town of Qualicum Beach and Regional District of Nanaimo encourages everyone to participate in the ShakeOut drill. Visit shakeoutbc.ca to register to be counted in the drill and to obtain resources and important safety and preparedness information.

It doesn't have to be a huge event; even taking just two minutes to practice drop, cover and hold can greatly increase your chance of staying safe in the event of an earthquake in your home or work. Take the time to review your emergency preparedness plan, check your emergency supplies and think about how secure your space is to prevent damage and injuries from earthquakes.

Remember to tag us on Facebook [@emooceanside](https://www.facebook.com/emooceanside) in your ShakeOut drill. We look forward to seeing you all involved in building our resilience together.

Here's how to participate in ShakeOut

1. Plan Your Drill:

- Register at shakeoutbc.ca to be counted, get email updates, and more.
- Download audio and video from the ShakeOut website to add to the effect of your drill!

2. Drop, Cover, Hold On! At 10:19 am on October 19th

- **Drop** to the ground, or **Brace** or **Lock**
- Take **cover** under a sturdy piece of furniture like a desk or table or cover your head and neck.
- **Hold on** as if a major earthquake were happening (stay there for at least 60 seconds).
- While taking cover, imagine what would happen in a major earthquake. What could fall, what could be damaged, what can you do to make your environment safer?

3. 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 [emergency preparedness plan](#).

We are passing along great information from Aging and Disability Services for Seattle and King County which provides additional details. [How to Drop, Cover and Hold – Event When You Can't.](#)

For more information, please contact:

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Protect Yourself During Earthquakes!

IF
POSSIBLE



USING
CANE



USING
WALKER



USING
WHEELCHAIR

