



The Great British Columbia ShakeOut

Annual Provincial-Wide Earthquake Drill

Health Sector Get Ready to ShakeOut!

At 10:20 a.m. on October 20, 2011, thousands of British Columbians will “Drop, Cover, and Hold On” in *The Great British Columbia ShakeOut*, the largest earthquake drill in BC history! The BC health sector is encouraged to participate in the drill (or plan a more extensive exercise). British Columbia is located in a seismically active region where a few thousand earthquakes occur each year in and adjacent to the province. The threat of a major earthquake in the province is real and all British Columbians must know how to be prepared.



The ShakeOut drill is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.

Once you register, participation can be as simple as three easy steps:

1. Drop, Cover, and Hold On: Have your staff **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 your staff will immediately protect themselves during an earthquake!
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?
3. Finally, you can practice what you will do after the shaking stops.

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

Be a part of the largest earthquake drill in Canadian history on October 20, 2011 at 10:20 am!

Register today at shakeoutbc.ca

HOW TO PARTICIPATE

Here are a few suggestions for what the health sector can do to participate in the ShakeOut. More information and resources can be found at www.shakeoutbc.ca.

Plan Your Drill:

- Register at www.shakeoutbc.ca to be counted in the ShakeOut Drill, get email updates, and more.
- Have a “Drop, Cover, and Hold On” drill at 10:20 a.m. on October 20. You may also want to exercise other aspects of your emergency plan.
- To help plan your drill, health sector specific resources are available at www.shakeoutbc.ca.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional. After an earthquake you may need to remain in place for at least 72 hours or up to a week, so ensure you have the necessary supplies.
- Inspect your facilities for items that might fall and cause injury, and secure them.
- Make sure critical staff are prepared at home so they can report to work or stay on duty.
- For more information on planning for your organization, please visit www.publicsafety.gc.ca/prg/em/gds/bcp-eng.aspx

Share the ShakeOut:

- Encourage staff to ask their friends, families, and neighbors to register.
- Ask other health sector partners to participate.
- Posters, flyers, and other materials for promoting the ShakeOut are at www.shakeoutbc.ca.
- Share your experience at www.shakeoutbc.ca.



As a registered ShakeOut participant you will:

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

