



The Great British Columbia ShakeOut

Annual Provincial-Wide Earthquake Drill

Seniors 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! Everyone is encouraged to participate in the drill wherever you are at 10:20 a.m. on 10/20!

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. If you can: **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).
 - a. If you have **mobility issues, or cannot drop**, arrange your favorite seating areas away from windows so you can stay seated. Protect your head and use seat cushions or pillows to shield yourself from falling debris and broken glass.
 - b. If you are in a **wheel chair**, move to an inner wall if it is safe to do so, lock the brakes and cover your head. If available, use a blanket or pillow to shield your face from falling debris and broken glass.
2. While still safely under cover, 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, seniors’ groups and schools 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 SENIORS CAN PARTICIPATE

Here are a few suggestions on how seniors can prepare and participate in the ShakeOut. More ideas, materials, and other resources can be found at www.shakeoutbc.ca.

Plan Your Drill:

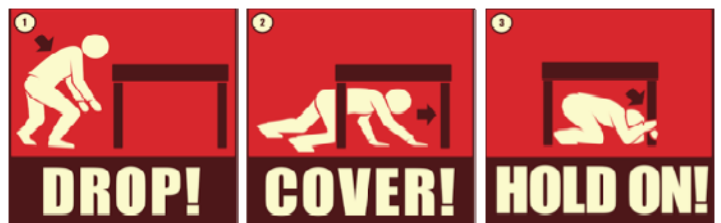
- Register at www.shakeoutbc.ca to be counted in the ShakeOut Drill, get email updates, and more.
- Have a “Drop, Cover, and Hold On” drill at 10:20 a.m. on October 20th. You can also exercise other aspects of your emergency plan.
- Discuss what you learned with other seniors and how to make improvements.

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.
- Establish a personal support network to ensure you will have the necessary assistance after an earthquake.
- Do a “hazard hunt” for items that might fall down during an earthquake.
- For more information on personal preparedness for seniors please visit: <http://www.getprepared.gc.ca/index-eng.aspx>
- Other actions are at www.shakeoutbc.ca

Share the ShakeOut:

- Encourage your community, seniors’ organizations or other groups you are involved with 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

