

## Get Prepared: 2022 ShakeOut Drill

While we continue doing a great job adapting to the challenges of living and working with the COVID-19 pandemic, earthquakes, storms, forest fires and other natural disasters continue to occur. We all need to do our part to stay prepared for natural disasters, and one way to do this is to practice how to be safe during an earthquake. The 2022 Great British Columbia **ShakeOut** drill is set for October 20 at 10.20 am. Last year over a million people in BC participated in the Shakeout drill. This year make sure you're one of them!

Emergency Management Oceanside, on behalf of the City of Parksville and Town of Qualicum Beach, encourages residents to participate in the ShakeOut drill. Register at [shakeoutbc.ca](http://shakeoutbc.ca) to be counted in the drill and to obtain resources and important safety and preparedness information. Intended to create public awareness of earthquake hazards and encourage personal preparedness, ShakeOut participants *Drop, Cover and Hold On* for two minutes in response to a simulated earthquake event.

The [BC Shakeout website](http://BC Shakeout website) has a wealth of information about how to participate and most importantly, how to *Drop, Cover and Hold On* - a quake-safe action designed to protect people from objects that may become projectiles during an earthquake.

It doesn't have to be a huge event – even just taking 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.

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.

### How to participate in Shakeout

#### 1. Plan Your Drill:

- Register at [shakeoutbc.ca](http://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 10:20 am on October 20th

- **Drop** to the ground
- Take **cover** under a sturdy piece of furniture like a desk or table
- **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 would fall, what would 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 [disaster plan](#).

The Emergency Management Oceanside website provides links to a free [emergency preparedness guidebook](#). We encourage residents to review the information in the workbook; 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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