

Get Ready to ShakeOut.

Register Now at ShakeOut.org/southeast

Thursday, October 16, 2014 at 10:16 a.m.

The Great
SouthEast
**Shake
Out**

Ready
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Join the ShakeOut!

- ❖ **WHAT?** *Great SouthEast ShakeOut* multistate earthquake drill
- ❖ **WHEN?** October 16 at 10:16 a.m.
- ❖ **WHERE?** Wherever you are – work, home, school or play
- ❖ **HOW?** Learn more and register yourself, your family, your school, your office, your organization for the ShakeOut drill at www.shakeout.org/southeast or www.ReadyVirginia.gov

Practice how to be safe during an earthquake:

- ✓ **DROP** to the ground (before the earthquake drops you)
- ✓ Take **COVER** by getting under a sturdy desk or table, and
- ✓ **HOLD ON** to it until the shaking stops

If there isn't a table or desk near you, drop to the ground in an inside corner of the building. Cover your head and neck with your hands and arms. Do not try to run to another room to get under a table. Earthquakes occur without warning and may be so violent that you cannot run or crawl. **DROP, COVER AND HOLD ON IMMEDIATELY.**

DO NOT RUN OUTSIDE! Trying to run in an earthquake is dangerous because the ground is moving and you can easily fall or be injured by falling bricks, glass and other building materials. In the U.S., you are much safer to stay inside and get under a table or desk.

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