

### Set Your Clock for the Great ShakeOut Drills on October 18

Following FEMA's [National Preparedness Month](#) in September, individuals and communities worldwide will participate in [Great ShakeOut Earthquake Drills](#) across the nation and worldwide. More than 50 million people around the globe are expected to participate.

Held annually on the third Thursday of October, this year's *International ShakeOut Day* is set for Thursday, **October 18, 2018**. Participants practice how to “**Drop, Cover, and Hold On**” and other aspects of their emergency plans.

Endorsed by emergency officials and first responders, the safe response to an earthquake is to:

**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

**COVER** your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

**HOLD ON** until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

The August 2018 M6.9 Lombok, Indonesia earthquake serves as a reminder that large earthquakes can occur with little to no warning. According to Mark Benthien, Outreach Director for the Southern California Earthquake Center, “Damaging earthquakes can occur at any time where we work, live, or travel, so everyone, everywhere should know how to protect themselves from an earthquake.”

*ShakeOut* participants include schools, businesses, government agencies, community organizations, households, and many other groups. To take part in the *ShakeOut*, individuals and organizations are asked to register for free at [www.ShakeOut.org](http://www.ShakeOut.org). Once registered, participants receive regular information on how to plan their drill and become better prepared for earthquakes and other disasters.

For resources and more information regarding the *Great ShakeOut*, visit [www.ShakeOut.org](http://www.ShakeOut.org).

*The Great ShakeOut is coordinated by the Southern California Earthquake Center, NEHRP Earthquake Consortia and States, the Federal Emergency Management Agency, and dozens of other partners.*