

# The Great Shakeout

**CHLA invites you to participate in the Great Shakeout!**

## What is the Great Shakeout?

The Great Shakeout is an activity that helps us practice and learn how to prepare for an earthquake. It is done across the world to promote earthquake readiness.



## When is the Great Shakeout?

It is on Thursday, October 17, 2024, at 10:17 a.m. If you are at the hospital during this time, you will hear an announcement on the loudspeakers.

## How do I participate?

When you hear the announcement, find a safe place to drop, cover, and hold on.



## Important Notes:

- Please be aware of where you are when you hear the announcement. Do not stop in the middle of a hallway or busy area where other people are walking.
- If you are not near a sturdy table or desk to go under, you can lean against an indoor wall (away from the windows).

## Why should I participate?

An earthquake can happen at any time while you are at work, home, or while you travel. Since we do not know how strong an earthquake will be when the shaking starts, it is good to practice what to do.

If you try to run or crawl during the shaking, you could be injured. When you take part in “drop, cover, and hold on!”, it may help you remember to follow these steps during a real earthquake. That is why it is important to practice during the Great Shakeout.

For more earthquake safety tips, visit [shakeout.org](https://shakeout.org)