



NEWS *from* Clatsop County

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FOR IMMEDIATE RELEASE

October 11, 2024

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Get Ready for the Great Oregon ShakeOut on October 17

(Astoria, OR) — Clatsop County residents, businesses, classrooms and communities are invited to participate in the **Great Oregon ShakeOut** earthquake drill on **Thursday, October 17, 2024**.

Join your community and millions of people worldwide as we practice how to “Drop, Cover, and Hold On” during an earthquake. This quick, self-led drill is your chance to be prepared and stay safe if a big earthquake strikes.

At 10:17 a.m. on October 17:

DROP right where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.

COVER your head and neck with one arm and hand.

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

HOLD ON until the 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.

Or Adapt to Your Situation:

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Individuals with mobility issues should plan ahead to ensure they have easy access to emergency supplies, like medications, water, and food, in case they need to shelter in place. If you have disabilities, difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

- **If you are in a recliner or bed:** Cover your head and neck with your arms or a pillow until the shaking stops.
- **If you use a cane:** Drop, Cover, and Hold On or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- **If you use a walker or wheelchair:** LOCK your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and COVER your head/neck with your arms, a book, or a pillow. Then HOLD ON until the shaking stops.

Keep these other tips in mind for a more comprehensive approach to earthquake response:

- **Animals and Pets:** Consider how to secure pets and livestock during an earthquake. Having a plan for their safety and transport is vital.
- **At Work:** Employees should know their organization's emergency plan and where to take cover in case of an earthquake, especially in open office environments.
- **In a Kitchen:** Cooking during an earthquake can pose additional hazards. Know how to turn off gas supplies and secure heavy appliances and kitchenware.
- **Mental Preparedness:** Preparing psychologically for potential chaos and understanding the emotional toll of an earthquake can be critical, especially for vulnerable populations.

Anyone can participate, from people at home to businesses, schools, and local organizations. Sign up at www.ShakeOut.org to register and get tips on how to plan your drill.

Let's work together to be ready and stay safe.

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