

## **Residents Encouraged to Participate in The Great British Columbia ShakeOut**

The Regional District of Nanaimo (RDN) encourages residents to Drop, Cover and Hold On in The Great British Columbia ShakeOut on October 19, 2023 at 10:19 a.m. RDN facilities will be holding earthquake emergency drills and RDN transit buses will be pulling over to take part. British Columbia is considered high risk for earthquakes and ShakeOutBC is an opportunity to practice how to be prepared during an earthquake.

Participating in ShakeOutBC at home, school or the office is easy using the following simple steps.

### **Plan Your Drill:**

- Register at [shakeoutbc.ca](https://shakeoutbc.ca) to be counted, get email updates and more.
- Have a Drop, Cover and Hold On drill on October 19 at 10:19 am.
- Discuss what you learned and make improvements to your emergency plan.

### **Be 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 an earthquake and secure them.
- Create a personal or family emergency plan using the downloadable workbook at [rdn.bc.ca/emergency-preparedness-workbook](https://rdn.bc.ca/emergency-preparedness-workbook).

An important part of being prepared for an emergency is staying informed. One way to do this is by subscribing to the RDN’s emergency notification system, Voyent Alert, at [rdn.bc.ca/voyent-alert](https://rdn.bc.ca/voyent-alert). In an emergency, you will be notified by text, email, app or phone about what to do, where to go and what to be ready for. On October 19 at 10:19 a.m., there will be a test of the Voyent Alert system. Registered users will get an alert to drop, cover and hold on!

We encourage all residents to review their home emergency plans, practice drills with family members and to learn more about how to be prepared for any type of emergency. Now is also a good time to:

- Update your grab and go kit. See what to put in it here: [rdn.bc.ca/be-grab-and-go-ready](https://rdn.bc.ca/be-grab-and-go-ready).
- Talk to your neighbours about a neighbourhood emergency plan.
- Make an Emergency Pet Plan using resources available at [rdn.bc.ca/emergency-preparedness](https://rdn.bc.ca/emergency-preparedness).


For more information on what to do during an earthquake and emergency preparedness in the RDN, visit [shakeoutbc.ca](https://shakeoutbc.ca), [rdn.bc.ca/be-earthquake-ready](https://rdn.bc.ca/be-earthquake-ready) and [rdn.bc.ca/emergency-services](https://rdn.bc.ca/emergency-services).


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### **For more information, please contact:**

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**Get Involved RDN!**