



Sign Up to *ShakeOut* Victoria on October 18!

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For Immediate Release

VICTORIA, BC – Get ready to *ShakeOut* Victoria! A month from now on October 18, thousands of British Columbians will *Drop, Cover, and Hold On!* at 10:18 a.m. for two minutes in the *Great British Columbia ShakeOut (ShakeOutBC)* province-wide earthquake drill.

The City of Victoria is proud to be participating in the drill and encourages Victoria households, schools, businesses, organizations, and media to sign up online to participate at: ShakeOutBC.ca

Victoria has a one-in-three probability of a damaging earthquake in the next 50 years – and we need to be prepared.

Drop, Cover, and Hold On! is the best thing you can do to reduce injury and death during an earthquake. The drill is an opportunity to practise how to protect yourself during an earthquake and to increase awareness of the need for an emergency kit and a plan to reconnect with loved ones after a major disaster.

Drop, Cover and Hold On! means:

- **DROP** to the floor (before the earthquake drops you)
- Take **COVER** under a desk or sturdy piece of furniture and protect your head and torso, and
- **HOLD ON** to the piece of furniture until the shaking stops (once the shaking stops count to 60 before you get up to allow things to settle)

Emergency Management Victoria is offering free [emergency preparedness workshops](#) this fall. Learn what families and businesses need to have on hand to cope up to seven days without outside assistance.

Sign up for [Vic-Alert](#), the City of Victoria's free emergency notification service, to receive updates by text, phone or email on major emergencies that may impact you.

For more information, visit: VictoriaReady.ca

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