



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET READY. STAY READY.

## Emergency Tip of the Month

**At 10:20 a.m. on October 20, 2011**, millions of Californians will participate in the largest earthquake drill ever! The purpose of the drill is to practice how to protect ourselves during earthquakes, and to get prepared at work, school, and home.

During an earthquake, remember to Drop, Cover and Hold on. Drop to the ground, take cover by getting under a sturdy desk or table, and Hold on to it until the shaking stops. Having regular earthquake drills with your child care program will ensure that everyone gets ready and stays ready for an earthquake emergency.

To officially participate in this drill, register online at [www.shakeout.org](http://www.shakeout.org).

