

Don't Freak Out, ShakeOut

Douglas County Emergency Management wants to encourage everyone to participate in the Great Shake Out on Thursday, October 19th at 10:19 a.m. We want you to stop what you are doing, simulate that an earthquake occurred and DROP, COVER and HOLD ON! Once you have done that, grab a couple of your friends or coworkers and discuss how you have prepared for the coming earthquake. Our top three disasters are earthquakes, floods and wildland fire. We encourage you to be prepared for 72-hours without a grocery store, without power and probably being needed to help out at work so we can serve our community. This means you actually need at least two kits: one for your family at home and one for you at work/in your car. This is a great You Tube video on making a kit on a budget: <https://www.youtube.com/watch?v=mNsaP1yqVrc>

To see how to DUCK, COVER and HOLD ON, see this You Tube video: <https://www.youtube.com/watch?v=1sbkSfQa69Q>

Healthcare facilities and East Fork Fire District will be testing our ability to communicate our condition, action and needs with Quad County Health Preparedness, who serve as our healthcare liaisons in Douglas County's Emergency Operations Plan through our healthcare coalition.

Get prepared, make a plan and practice what you know. Don't forget, 10:19 a.m. on Thursday, October 19th!

Thanks, Dave

David Fogerson

Deputy Fire Chief | Operations, Training and Safety Division