

THE GREAT CALIFORNIA SHAKEOUT IS COMING!

DROP, COVER & HOLD ON!

October 15, 2026 at 10:15 AM!

One minute. Three actions. Be ready.

What to do:

- **Practice** Drop, Cover, and Hold On for one minute.
- **Think** about what you would do wherever you are: at work, at home, or on the go.
- **Look** around your space and identify items that could fall or be thrown during an earthquake.

Mobility Safety:

If you use a mobility device or have difficulty getting to the ground, adapt the protective actions to your situation.

- **Cane:** Drop, Cover, and Hold On if able, or sit and protect your head and neck.
- **Walker:** Lock the wheels, get as low as possible, cover your head and neck, and hold on.
- **Wheelchair:** Lock the wheels, cover your head and neck, and hold on.

***Watch the Mobility Safety Video below to learn how to adapt earthquake safety actions.**

Why Participate:

Earthquakes can happen without warning. Practicing now helps build confidence and readiness so you can respond quickly when shaking begins.

Resources:

- [ShakeOut.org](https://www.shakeout.org)
- [Earthquake Safety: Drop, Cover, and Hold On](#)
- [Mobility Safety Video](#)
- [Seven Steps to Earthquake Safety](#)

Take care and stay safe!

[The Office of Public Affairs, Disaster Preparedness and Emergency Management \(DPEM\).](#)



**A small action now can
make a big difference later.**

