

Full: Word Count: 379 Words.

ShakeOut can build muscle memory to prevent injuries and save lives during an earthquake.

Another earthquake will hit Washington state. It's not if, but when.

With more than 7 million people living and working here, a big earthquake could cause unprecedented damage. But what residents do today, before that earthquake hits, will determine how easy it is for them to recover. The Washington Emergency Management Division recommends residents gather enough supplies to be at least two weeks ready, and to practice their life-safety skills during the Great Washington ShakeOut!

The Great Washington ShakeOut is Thursday, Oct. 18 at 10:18 a.m. Last year, more than a million people signed up and practiced their drop, cover and hold on skills. In addition, coastal communities will test their tsunami alert sirens at the same date and time using the real sound of the siren, not the Westminster Chimes that typically sound during the monthly tests. NOAA weather radios set to receive tsunami alerts will also activate during this test.

ShakeOut becomes a "teachable moment" on par with having an actual earthquake - it's a reminder that we do live in earthquake country and we need to be prepared. The actual behavior of dropping to the ground under something sturdy, protecting your head and holding on to something becomes part of your muscle memory and you're more likely to repeat the actions when an earthquake actually happens.

"Most injuries from earthquakes happen when people don't know what to do," said Maximilian Dixon, the earthquake program manager for the Washington Emergency Management Division. "Unsecured objects that you think of as stable, like bookshelves, ceiling tiles and computer monitors quickly become dangerous. Knowing how to quickly protect yourself as soon as the ground shakes is critical."

The actual drill takes no longer than five minutes, but Terbush hopes it gets you and your family talking and you'll start to take additional steps like crafting a communications plan, making an out-of-state contact or storing jugs of water. – Prepare at least one gallon of water per person per day..

To participate in the Great Washington ShakeOut, go to www.ShakeOut.org/washington and pledge your family, school, business, or organization's participation in the drill. It's free! Registered participants will receive information on how to plan their drill and how to create a dialogue with others about earthquake preparedness.

Brief: Word Count: 146 words.

The Great Washington ShakeOut is Oct. 18

Drop, cover and hold on! Washington state is earthquake country. It's not if an earthquake will happen, but when. The Great Washington ShakeOut is Thursday, Oct. 18 at 10:18 a.m. Last year, more than a million people signed up and practiced their drop, cover and hold on skills. In addition, coastal communities will test their tsunami alert sirens at the same date and time using the real sound of the siren, not the Westminster Chimes that typically sound during the monthly tests.

The Washington Emergency Management Division is asking for you to participate and then do one more thing like checking your emergency kit to make sure you're two weeks ready or talking to your family about setting an out-of-state contact.

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