



Dear IRC Vendors, Parents, Clients, and Community-Based Organizations,

We are thrilled to invite you to participate in the 2024 Great American ShakeOut with Inland Regional Center (IRC) from your home, program, or office on **October 17, 2024, at 10:17 a.m.** This annual earthquake drill provides a crucial opportunity for all of us to practice earthquake safety and preparedness.

Living in California, we understand the importance of being ready for earthquakes. Whether you're at home, at work, or in the community, knowing how to **"Drop, Cover, and Hold On"** during an earthquake is essential to staying safe.

We strongly encourage all IRC vendors, parents, clients, and community-based organizations to join this important drill.

Here's how you can get involved:

1. **Register** for the ShakeOut at www.shakeout.org (optional).
2. Practice **"Drop, Cover, and Hold On"** at the designated time.
3. Review your **emergency plans** and confirm that you have essential supplies such as water, food, medications, and other necessities for you and your loved ones.
4. Spread the word by **sharing this information** with your networks and encouraging them to participate.

For more information or additional resources on earthquake preparedness, visit www.shakeout.org.

Sincerely,


Dr. CJ Cook, DBA

Program Administrator

Inland Regional Center