

Qhov Shakeout Loj



Npaj rau qhov #ShakeOut!

Los mus koom lab tus tib neeg thoob teb chaw txhua xyoo rau los xyhaum ua qhov "Khoov, Npog, thiab Nyob Twj Ywm" thiab lwm cov kev xav kom ua kom txhob raug mob thaum muaj av qeeg. Feem ntau cov tib neeg yuav koom rau Hnub Intenational, uas yog nyob rau lub asthiv thib peb hnub Thursday ntawm lub 10 Hli Ntuj txhua xyoo, tabsis koj yuav muaj xyhaum ua tej no rau hnub twg los tau!

Txhua tus tib neeg, txhua qhov chaw koom tes tau: tib neeg, tsev neeg, cov tsev kawm ntawv, cov pawg neeg hauv zej zog, thiab lwm cov koos haum koom tes tau uake, nyob rau ib qho chaw, los yog tau rau ntau qhov chaw. Koj los xyhaum ua tej no nyob rau hauv videoconferencing los tau.

Koom rau Lab!
Cuv Npe rau ntawm
ShakeOut.org

Npaj rau thaum muaj ib qho av qeeg yuav pab koj yuav paub ua li cas rau thaum pib muaj av co-xav kom paub tias yuav ua li cas ntxiv rau tej qho chaw, mus saib rau ntawm [ShakeOut.org/dropcoverholdon](https://www.shakeout.org/dropcoverholdon).

Yuav Koom tau li cas

Npaj Qhov Koj Yuav Xyhaum Ua li cas:

- Mus cuv npe rau ntawm [ShakeOut.org](https://www.shakeout.org) kom tau raug suav – koj kev koom yuav txhawb lwm cov tib neeg!
- Mus saib ntawm [ShakeOut.org/howtoparticipate](https://www.shakeout.org/howtoparticipate) fkom tau cov kev qhia, videos txog rau koj qhov chaw, etc
- Qhia rau cov tib neeg txog thaum twg, yuav ua li cas, thiab rau qhov chaw twg uas koj yuav muaj koj qhov kev xyhaum yuav ua li cas.

Npaj rau thaum Av Qeeg:

- Khi tej rooj tog los yog lwm cov khoom uas yuav vau, poob saum lub txee los los yog ncuav tawm hauv lub txee los.
- Tsim los yog kho/ntxiv tshiab rau koj lub tswv thaum muaj ib qho xwm txheej.
- Rov kho los yog muab khoom ntxiv rau tej khoom thaum muaj ib qho xwm txheej.
- Mus saib rau ntawm [EarthquakeCountry.org](https://www.earthquakecountry.org) kom paub ntau ntxiv txog kev npaj rau thaum muaj av qeeg.

Qhia Tawm txog qhov ShakeOut:

- Caw cov phooj ywg, tsev neeg, cov neeg nyob ib ncig, cov neeg ua haujlwm ua ke, thiab lwm cov pawg neeg los koom.
- Mus rau ntawm [ShakeOut.org/resources](https://www.shakeout.org/resources) yog xav tau cov posters, flyers, videos, thiab lwm cov ntaub ntawv.
- Muab tej duab thiab videos txog ntawm qhov koj xyhaum ua li cas rau ntawm #ShakeOut.

Yog Tias Koj Mloog Av Co los yog Tau ib Qho Xov Xwm

Yog Ua Tau



Tseem siv Tus Pas Taug kev



Tseem siv lub Laub Taug Kev



Tseem nyob rau lub Laub Zaum



[EarthquakeCountry.org/step5](https://www.earthquakecountry.org/step5)

