



Are You Ready to ShakeOut?

We're all in this together...

- On the third Thursday of October each year, you can join the millions of Californians who will "Drop, Cover, and Hold On" in *The Great California ShakeOut*, the largest earthquake drill ever!
- As described below, major earthquakes may happen where you work, live, or travel in California. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.
- Why is a "Drop, Cover, and Hold On" drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.
- Other preparedness information is on the back of this flyer and is online at earthquakecountry.org.
- *Everyone can participate!* Individuals, families, businesses, schools, government agencies, community groups, and other organizations are all invited to register.
- Register now at www.ShakeOut.org



This section of the San Andreas Fault in central California is how most people picture faults. But many faults do not reach the surface, are under the ocean along the coast, or are covered by streets or buildings. No matter where we are in California, we must be prepared!

California is earthquake country!

- California experiences earthquakes as large as the 1994 Northridge or 1989 Loma Prieta quakes (or larger) twice each decade, on average.
- All areas of California have experienced earthquakes in the past and will do so again in the future. There are hundreds of faults throughout the state that can have large earthquakes.
- There is a 50% chance of a magnitude 7.5 or greater earthquake somewhere in California in the next 30 years (www.scec.org/ucrf).
- While some areas and certain faults have a higher chance of earthquakes than others, the risk anywhere in California is high when compared to most areas of the country.



The Seven Steps to Earthquake Safety

From *Putting Down Roots in Earthquake Country*,
available at www.earthquakecountry.org

PREPARE

1. **Identify earthquake hazards in your home, and check if you are in a tsunami hazard zone:**

You should secure anything heavy enough to hurt you if it falls on you, or anything that will be a significant loss if it breaks. Move heavy objects to lower locations, strap your water heater and top heavy furniture to walls, and securing electronics and valuables to tables. Do you live, work, or travel near the coast? Find out what areas are at risk of a tsunami.



2. Create a disaster plan: Plan now what each person in your household will do before, during and after an earthquake. Have a meeting place and an out-of-state contact. Learn basic first aid. Plan how to deal with the risk of fire, potential lack of utilities and basic services, and aftershocks. For those with functional or mobility needs, identify people who can assist you where you regularly spend time. Learn the natural and official warnings of a tsunami and know how to respond.



3. Create disaster supplies kits: Everyone should have personal disaster supplies kits, which are useful for many emergencies. Keep one kit in your home, one in your car, and a third at work. Your home should have a larger household kit with supplies to last three days to one week.



4. Identify and fix your building's weaknesses: There are several common issues that can limit a building's ability to withstand earthquake shaking, such as inadequate foundations, unbraced cripple walls, soft first stories and unreinforced masonry. Seek professional retrofitting advice if your building has these issues.



PROTECT

5. During earthquakes—Drop, cover and hold on: Drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. If no table is nearby, drop to the floor near an interior wall and cover your head and neck with your arms and hands. Face away from windows or mirrors. Do not leave a building during an earthquake. If you use a wheelchair or have other mobility impairments, protect your head and neck with a pillow or your arms if you are able. Learn more at www.dropcoverholdon.org, including what to do in different situations. Everyone can practice what to do during earthquakes in the Great California ShakeOut (www.ShakeOut.org).



RECOVER

6. After earthquakes—Check for injuries and damage: Remain calm and take care of yourself first. If you live on the coast in a tsunami inundation zone, immediately walk to higher ground or inland away from the coast. If you are in a safe area, help others and check for damage. Learn in advance what to do about fire, leaking gas, electrical dangers, and chemical spills. Aftershocks may cause additional damage so be ready to drop, cover, and hold on.



7. When safe, continue to follow your disaster plan: If you evacuated coastal areas - stay away until officials permit you to return. When possible, if you cannot stay in your home, take your disaster kit and get to a safe location. Listen to a portable radio for news, and call your out-of-state contact. Begin your recovery by organizing your financial papers and documenting any damage.



Earthquake Country **Alliance**
We're all in this together.

The Earthquake Country Alliance is a statewide partnership of earthquake experts, emergency managers, business and community leaders, and others working to help Californians prepare for earthquakes. Visit www.earthquakecountry.org/alliance.



The California Emergency Management Agency is a proud leader and partner in the Earthquake Country Alliance. Learn more about disaster readiness, and about CalEMA's programs and responsibilities at www.calema.ca.gov.

Be Red Cross Ready

Earthquake Safety Checklist

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

Are you at increased risk from earthquakes?

- Contact your local emergency management office, local American Red Cross chapter, state geological survey or department of natural resources.
- Mobile homes and homes not attached to their foundations are at particular risk during an earthquake.
- Buildings with foundations resting on landfill and other unstable soils are at increased risk of damage.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

How can I prepare?



- ☐ Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- ☐ Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- ☐ Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- ☐ Keep a flashlight and sturdy shoes by each person's bed.
- ☐ Make sure your home is securely anchored to its foundation.
- ☐ Bolt and brace water heaters and gas appliances to wall studs.
- ☐ Bolt bookcases, china cabinets and other tall furniture to wall studs.
- ☐ Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- ☐ Brace overhead light fixtures.
- ☐ Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- ☐ Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- ☐ Learn about your area's seismic building standards and land use codes before you begin new construction.
- ☐ Keep and maintain an emergency supplies kit in an easy-to-access location.

What should I do during an earthquake?



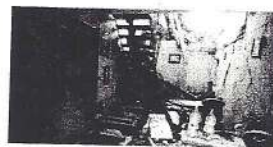
If you are inside when the shaking starts ...

- ☐ Drop, cover and hold on. Move as little as possible.
- ☐ If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- ☐ Stay away from windows to avoid being injured by shattered glass.
- ☐ Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- ☐ Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

If you are outside when the shaking starts ...

- ☐ Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- ☐ If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- ☐ If a power line falls on your vehicle, do not get out. Wait for assistance.
- ☐ If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

What do I do after an earthquake?



- ☐ After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.
- ☐ Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- ☐ Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- ☐ Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- ☐ Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- ☐ Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- ☐ Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- ☐ Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- ☐ Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- ☐ Open closet and cabinet doors carefully as contents may have shifted.
- ☐ Help people who require special assistance, such as infants, children and the elderly or disabled.
- ☐ Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- ☐ Keep animals under your direct control.
- ☐ Stay out of damaged buildings.
- ☐ If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- ☐ Be careful when driving after an earthquake and anticipate traffic light outages.

Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

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Be Red Cross Ready

Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference ...

Be Red Cross Ready Checklist

- ☐ I know what emergencies or disasters are most likely to occur in my community.
- ☐ I have a family disaster plan and have practiced it.
- ☐ I have an emergency preparedness kit.
- ☐ At least one member of my household is trained in first aid and CPR/AED.
- ☐ I have taken action to help my community prepare.

Get a kit



At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home) • Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home) • Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) • Extra batteries • First aid kit • Medications (7-day supply) and medical items • Multi-purpose tool • Sanitation and personal hygiene items • Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) • Cell phone with chargers • Family and emergency contact information • Extra cash • Emergency blanket • Map(s) of the area

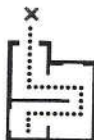
Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane) • Baby supplies (bottles, formula, baby food, diapers) • Games and activities for children • Pet supplies (collar, leash, ID, food, carrier, bowl) • Two-way radios • Extra set of car keys and house keys • Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle • N95 or surgical masks • Matches • Rain gear • Towels • Work gloves • Tools/supplies for securing your home • Extra clothing, hat and sturdy shoes • Plastic sheeting • Duct tape • Scissors • Household liquid bleach • Entertainment items • Blankets or sleeping bags

Make a plan



- ☐ Meet with your family or household members.
- ☐ Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- ☐ Identify responsibilities for each member of your household and plan to work together as a team.
- ☐ If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- ☐ Choose two places to meet:
 - Right outside your home in case of a sudden emergency, such as a fire
 - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- ☐ Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

Plan what to do if you have to evacuate

- ☐ Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- ☐ Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- ☐ Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Be informed



Learn what disasters or emergencies may occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- ☐ Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- ☐ Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- ☐ Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- ☐ When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- ☐ Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCCard.pdf>.

- ☐ Print one card for each family member.
- ☐ Write the contact information for each household member, such as work, school and cell phone numbers.
- ☐ Fold the card so it fits in your pocket, wallet or purse.
- ☐ Carry the card with you so it is available in the event of a disaster or other emergency.

Let Your Family Know You're Safe

Send loved ones about the American Red Cross Safe and Well Web site available through RedCross.org. This Internet-based tool should be integrated into your emergency preparedness plan. People within a disaster-affected area can register themselves as "safe" and concerned family and friends who know the person's phone number or address can message posted by those who self-register. If you don't have Internet access, 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

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Your Guide to Public Health Emergency Planning

www.labt.org

Protection Means Planning

The LA County Department of Health Services protects the public's health during natural and intentional emergencies, such as a terrorism attack caused by the release of biological, chemical or radiological agents. But you need to do your part to protect yourself and your family during an emergency.

Emergency preparedness means planning ahead. The checklists below make it easy. Go over them with your family and review and update them once a year so they stay complete and up-to-date. For a complete list of terrorism agents, go to www.labt.org

Protect yourself. Protect your family. Complete this card and keep it nearby.

Create a Disaster Plan

Outline what to do, how to find each other, and how to communicate during different kinds of emergencies. (See other side)

- ☐ Name two places to meet: one right outside your home and another outside your neighborhood, such as a library, community center, or place of worship.
- ☐ Make sure everyone knows the address and phone number of your second meeting place.
- ☐ Know and practice all possible exit routes from your home and neighborhood.
- ☐ Choose an out-of-state friend or relative that household members can call if separated during a disaster.
- ☐ Make sure everyone's needs are met, especially seniors, people with disabilities, non-English speakers, and pets/livestock.
- ☐ Practice your plan with all household members and be sure they have a copy.
- ☐ Check on the school emergency plan of any school-age children you may have.

Prepare Emergency Supplies

Keep your supplies in sturdy, easy-to-carry containers. Keep the larger one at home and put a smaller one in your car. Include the 10 essential items:

- ☐ Water (Three days to a week supply - one gallon per person per day) - Include pets.
- ☐ Food (Three days to a week supply of non-perishable foods, manual can opener) - Include pets
- ☐ First aid kit (and manual)
- ☐ Flashlights (and extra batteries)
- ☐ Radio (and extra batteries)
- ☐ Medications (Over-the-counter, prescriptions, and written lists of prescriptions)
- ☐ Cash (small bills and coins) and important documents (Deeds, insurance papers, medical cards, etc.)
- ☐ Clothing and sturdy shoes
- ☐ Tools (Fire extinguisher, adjustable wrench, sturdy gloves and whistle)
- ☐ Sanitation and hygiene supplies

In the Unlikely Event of a Bioterrorism Emergency

Review the following bioterrorism agent information.

Bioterrorism occurs when substances that can cause illness or death are intentionally released, including:

Biological Agents: Bacteria, viruses, or other biological substances. Examples: anthrax, smallpox, plague, botulism.

Chemical Agents: Toxic gases, liquids, or solids that can harm people or the environment. Examples: sarin and ricin.

Radiological Weapons: Explosive devices that spread radioactive materials. Example: dirty bomb.

For a complete list, go to www.labt.org



Your Guide to Public Health Emergency Planning

www.labt.org
866-999-LABT (5228)

Personal Health and Emergency Information

Talk to your family about the health risks of different emergencies. Do a full accounting of family members' medical needs and family health resources. Fill out the form below to get started.

For more information, please visit www.lapublichealth.org/dis/pubs/displan.htm

CONTACT	PHONE NUMBER
Emergency Contact:	
• Local	
• Out of State	
Family Doctor:	
Local Hospital:	
Local Police:	
Local Fire:	
School(s):	
Meeting Location #1	
Meeting Location #2	
Health Insurance Carrier:	
Other:	

Family Member	Blood Type	Medical Record/ Policy Number	Past/Current Medical Conditions & Allergies	Current Medications

Other Resources

- ☐ **Los Angeles County Department of Health Services - Public Health:** www.labt.org
Hotline: 866-999-LABT (5228)
- ☐ **L.A. County Emergency Survival Program (ESP):** www.espfocus.org
- ☐ **L.A. County Disaster Hotline:** 800-980-4990
- ☐ **Info Line Los Angeles - "211 LA COUNTY":** 211
- ☐ **City of Los Angeles Emergency Preparedness Department:** www.lacity.org/epd
213-978-2222, TTY 213-847-0652
- ☐ **City of Los Angeles Department of Disability (DOD):** www.lacity.org/dod
213-485-6334, TTY 213-485-6655
- ☐ **California Emergency Preparedness Office:**
www.dhs.ca.gov/ps/ddwem/environmental/epo/epoindex.htm
- ☐ **Centers for Disease Control and Prevention:** www.bt.cdc.gov
Hotline: 888-CDC-INFO, TTY 888-232-6348
- ☐ **U.S. Department of Homeland Security:** www.ready.gov
- ☐ **Poison Center Hotline:** 800-222-1222
- ☐ **Red Cross disaster preparedness information** in Arabic, Cambodian, Chinese, English, Farsi, French, Hmong, Japanese, Korean, Laotian, Russian, Spanish, Tagalog, Vietnamese: www.redcross.org/services/disaster/
- ☐ **American Veterinary Medical association (AVMA):** www.avma.org/disaster

Do Your Part! In the event of any emergency, help us by:

- ☐ Keep 9-1-1 emergency phone lines open for true emergencies.
- ☐ Use hospitals only for medical emergencies. Keep roads clear and stay home unless you are advised to evacuate or have a medical emergency.
- ☐ Use flashlights instead of matches or electrical switches if you think there may be a gas leak.

For More Information, contact 1-866-999-LABT (5228)