

Earthquake ... Are You Ready?

Presented by OHCC SERT Emergency Response Team

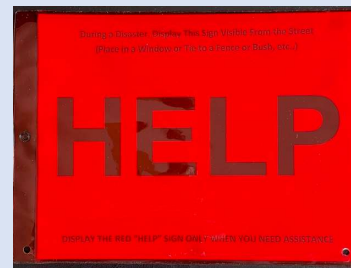
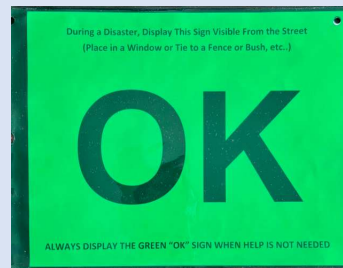


Earthquake

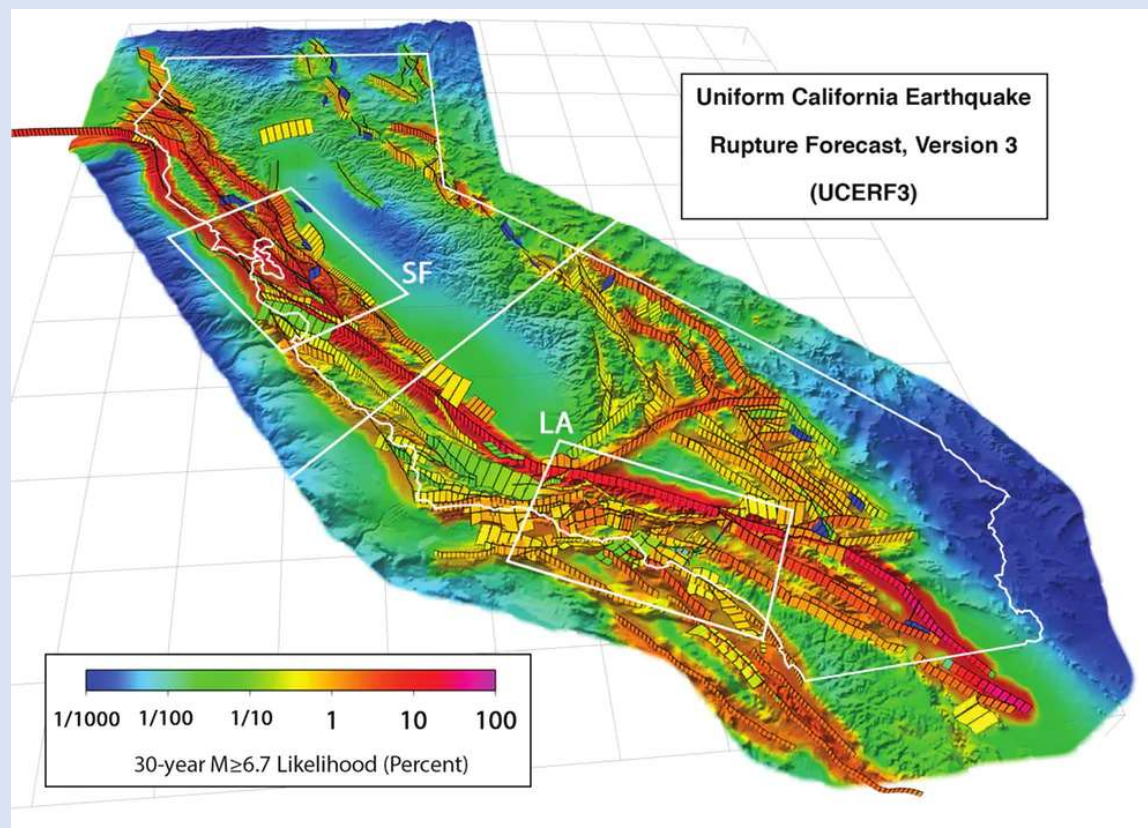
&



Blackout



California Earthquake Map



Being Prepared - Earthquake Safety

Learn what to do during an earthquake, and how to strengthen your home to prepare for an earthquake

An earthquake is a sudden, rapid shaking of the earth caused by the shifting of rock beneath the earth's surface. They strike without warning, at any time of year, day or night.



Top Tips During an Earthquake

- Practice DROP, COVER and HOLD ON with all members of your household
- During an earthquake, get under a sturdy piece of furniture and hold on
- Doorways are no stronger than any other part of a structure so do not rely on them for protection
- Stay in your car, if driving



Prepare in Advance

Be sure you are ready. That means:

- Assembling an [emergency preparedness kit](#)
- Creating a [household evacuation plan](#) that includes your pets

Click on the links above

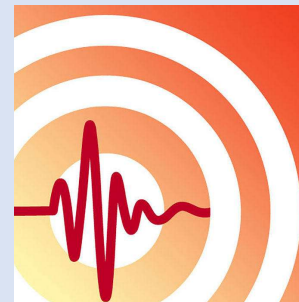
APPS to Help You Through a Natural Disaster

SD EMERGENCY: The Must-Have Preparedness App

With SD Emergency, the tools you need to plan, prepare and respond in an emergency are right at your fingertips.



Earthquake Alert!
On Google Play



QuakeFeed Earthquake Alerts
Apple App Store

Family Disaster Plan & Personal Survival Guide

- Your emergency supplies should be enough to sustain you, your family and pets for a minimum of 72 hours (3-days)
- A two weeks supply of prescriptions and necessary over-the-counter medications is recommended
- When planning, keep in mind you may have guests/family that could be with you, so having extra supplies maybe a good idea

Basic Supplies

<i>WATER</i> 1 gallon per day, per person	Watch/Clock (Non-electric)	Portable Radio w/extra batteries	Fire Extinguisher rated "ABC"
Non-Perishable Food (Canned, freeze dried, powdered)	Cash (small bills as ATM's may be without power)	<ul style="list-style-type: none"> • Prescription RX's, • Over-the counter drugs, • Vitamins 	<ul style="list-style-type: none"> • Whistle, • Mirror, • Dust Mask
1 st Aid Kit & Use Manual	Important documents Insurance policies, I.D., Photographs	<ul style="list-style-type: none"> • Back-up glasses, • Dentures, • Hearing aids 	Cell Phone, spare charger, hand crank charger, phone numbers
Can Opener - Manual	Blankets/Sleeping Bags	Several flashlights /w extra batteries	Playing cards/games
Duct Tape	Plastic Sheeting	Various small tools (Wrench, pry bar, etc.)	Pet Supplies (food, water, collars, RX)

Rotate food items and water every 6-months. Remember to consider people with special needs (infants, elderly, disabled, severe allergies). Avoid salty foods as they will make you thirsty.

Water Tips

Have at least 1-gallon of purified water, per person, per day and this is just for drinking. If your water is not purified boil water for 1 minute or purchase water purification tablets/straws. Without water a person can survive only 5-7 days.



Sanitation Supplies

Large plastic bags for sanitation & protection	Hand and liquid soap	Toothbrush & toothpaste	Toilet Paper & Paper Towels
Pre-moistened towelettes	Shampoo	Feminine supplies	Deodorant

Cooking Supplies

Plastic bags of various sizes	Cooking pots (at least 2)	Charcoal, lighter fluid & Sterno
Paper Plates, Cups & Utensils	Portable BBQ or gas grill	Waterproof matches/lighter

Protecting your Pets & Animals

- Prepare [a pet emergency kit](#) for your companion animals.

Click on the link above.



How to Prepare for an Earthquake

Protecting Your Family

- Talk about earthquakes with your family so that everyone knows what to do in case of an earthquake. Discussing ahead of time helps reduce fear.
- Check at your workplace and your grandchildren's schools and day care centers to learn about their earthquake emergency plans.
- 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.
- Keep a flashlight and low-heeled shoes by each person's bed

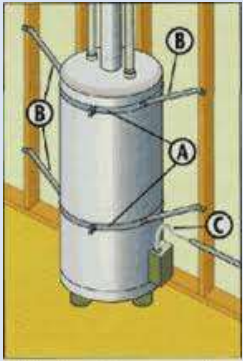
NOAA (National Oceanic and Atmospheric Administration) radio broadcasts

- Search for a NOAA radio app in the Apple Store or Google Play
- Purchase a battery-powered or hand-crank NOAA radio

Get information on the situation

- Watch for emergency broadcasts on television
- Listen to AM Radio **KOGO 600** or **KLSD 1360**

Protecting Your Home



- Bolt and brace water heaters and gas appliances to wall studs. Have a professional install flexible fittings to avoid gas or water leaks.
- Do not hang heavy items, such as pictures and mirrors, near beds, couches and anywhere people sleep or sit
- 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
- Place large and heavy objects and breakable items (bottled foods, glass or china) on lower shelves
- Anchor top-heavy, tall and freestanding furniture such as bookcases, china cabinets to wall studs to keep these from toppling over



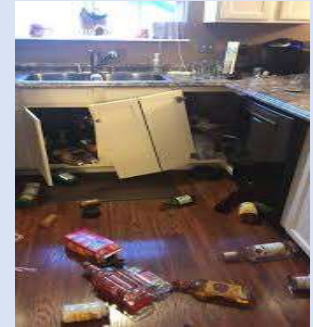
Gas Leaks: Know the Signs and Steps to Take

Click
to
start
video





During an Earthquake Staying Safe *In-Doors*



- DROP, COVER and HOLD ON!
 - Move as little as possible - most injuries during earthquakes occur because of people moving around, falling and suffering sprains, fractures and head injuries
 - Protect your head and torso
- If you are in bed, stay there, curl up and hold on, and cover your head
- Stay indoors until the shaking stops and you are sure it is safe to exit
 - If you must leave a building after the shaking stops, use stairs rather than an elevator in case of aftershocks, power outages or other damage
- Be aware that smoke alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire
- If you smell gas, get out of the house and move as far away as possible (least 100 Ft.)
- Before you leave any building check to make sure that there is no debris from the building that could fall on you



During an Earthquake Staying Safe *Out-Doors*

- Find a clear spot and drop to the ground. Stay there until the shaking stops
- Try to get far away from buildings, power lines, trees, and streetlights as possible
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines
- Stay inside vehicle with your seatbelt fastened until the shaking stops
- After the shaking has stopped, drive on 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 as well as landslides

Staying Safe After an Earthquake

If you do nothing else:

- If away from home, return only when authorities say it is safe to do so
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons
- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami if you live on a coast
- Each time you feel an aftershock, DROP, COVER and HOLD ON. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake

After an Earthquake

Caring for Yourself & Loved Ones

- Pay attention to how you and your loved ones are experiencing and handling stress. Promote [emotional recovery](#) by following these tips.
- Watch animals closely and keep them under your direct control
- Be careful when driving after an earthquake and anticipate traffic light outages

First Aid

Prepare *NOW* for First Aid emergencies

- Vial of Life - [Vial of Life | sert](#)
- SMART911 - [SMART911 | sert](#)

American Red Cross Adult First Aid/CPR/AED - [Red Cross Courses | sert](#)

Stop the Bleed - [Stop The Bleed | sert](#)



Being Prepared - Power Outage

Learn how to prepare your home for a power outage
and what to do when one occurs

Sudden power outages can be frustrating and troublesome

- If a power outage is 2 hours or less, do not be concerned about losing your perishable foods
- For prolonged power outages, though, there are steps you can take to minimize loss and keep all members of your household as comfortable as possible





Power Outage Protecting Your Family

- To keep your food from spoiling during a power outage, keep on hand:
 - One or more coolers—inexpensive styrofoam coolers work well
 - Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged blackout
 - Digital quick-response thermometer— Perishables should have an internal temperature of 40 degrees. *When in doubt, throw it out!*
- Have at least a half tank of gas in your car



During a Power Outage Staying Safe *In-doors*

- Use flashlights in the dark, not candles
- Eliminate unnecessary travel, especially by car. Traffic lights will be out, and roads maybe congested
- If you are using a generator, be sure you understand the risks of carbon monoxide poisoning and how to [use generators safely](#) (Link)



Power Outrage Protecting Your Home

- Consider purchasing a generator to power critical equipment during a blackout. Make sure it is rated for the power you think you will need and that you know [how to operate it safely](#) (Link)





During a Power Outage Electrical Equipment

- Turn off and unplug all unnecessary electrical equipment, including sensitive electronics
- Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment
- Leave one light turned on so you will know when the power comes back on



**Copies of this presentation are available on the
OHCC SERT Webpage:
<http://www.ohccsert.com>**



Thank You