

# Earthquake ... Are You Ready?

Presented by OHCC SERT Emergency Response Team

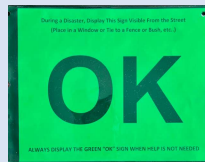


**Earthquake**

&

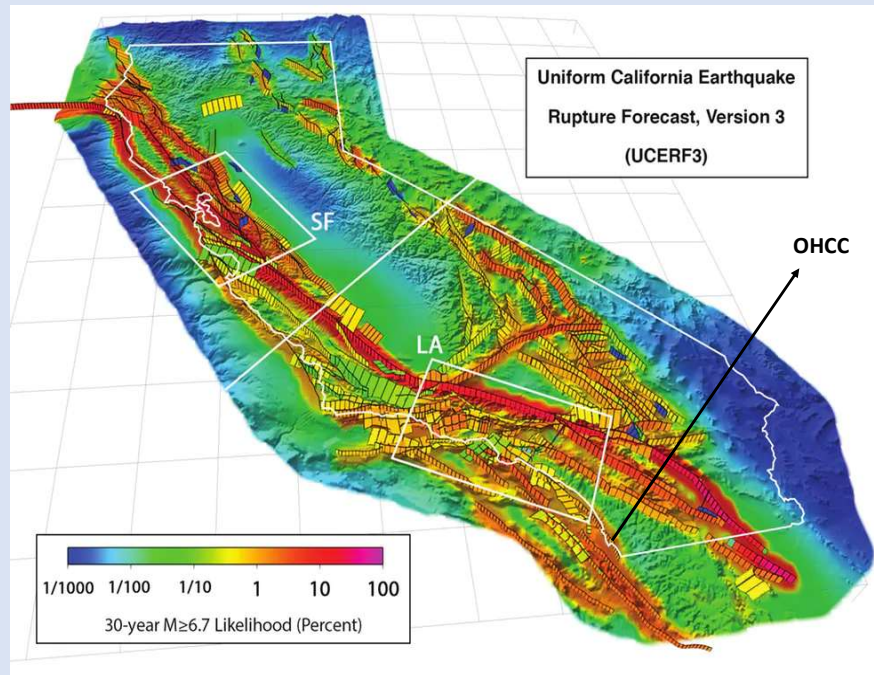


**Blackout**



Presentation is posted on the OHCCSERT.com website. Links to various web pages are in **BLUE TEXT**

## California Earthquake Map



OHCC has several fault lines that run off the shoreline. The San Andreas Fault runs through the Palm Springs area.

## 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.



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## 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



Note sturdy piece of furniture to NOT made of GLASS!

## Prepare in Advance

Be sure you are ready. That means:

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

***Click on the links above from the American Red Cross***

***Refer to the “Be Red Cross Ready Brochure” on the back table***

***(take one for you and more for all of your loved ones!! Provided by SERT!)***

Assembling an [emergency preparedness kit](#) is link to American Red Cross list of items

Creating a [household evacuation plan](#) that includes your pets, also link to American Red Cross. Also within link is planning for Seniors.

## APPS to Help You Through a Natural Disaster

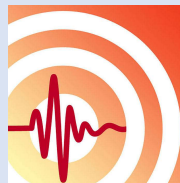


**ALERT**  
SAN DIEGO

[Alert San Diego App - App Store](#)



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 is a good idea

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## Basic Supplies

|                                                      |                                                           |                                                                                                                               |                                                                                                      |
|------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>WATER</b> 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"> <li>• Prescription RX's,</li> <li>• Over-the counter drugs,</li> <li>• Vitamins</li> </ul> | <ul style="list-style-type: none"> <li>• Whistle,</li> <li>• Mirror,</li> <li>• Dust Mask</li> </ul> |
| 1 <sup>st</sup> Aid Kit & Use Manual                 | Important documents Insurance policies, I.D., Photographs | <ul style="list-style-type: none"> <li>• Back-up glasses,</li> <li>• Dentures,</li> <li>• Hearing aids</li> </ul>             | 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.



Note if you have a conventional water heater you maybe able to use that water in an emergency.

## 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       |

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## Protecting your Pets & Animals

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

Click on the link above from the American Red Cross



Click on the link to see more.

## 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**

Read the slide.

## **NOAA (National Oceanic and Atmospheric Administration) Radio Broadcasts**

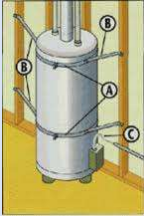
- Search for a NOAA radio app in the Apple Store or Google Play
- Purchase a battery-powered or hand-crank NOAA radio

Get information on the situation

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

Note this is AM radio only!

## 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



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## Gas Leaks: Know the Signs and Steps to Take

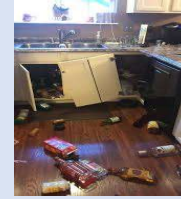
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## During an Earthquake Staying Safe *In-Doors*



- 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 (at 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

Read the slide.



## 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](#)

Read the slide. There is a video link to 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

Read the slide.

## 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 this link for tips from the American Red Cross
- **Watch animals closely** and keep them under your direct control
- Be careful when driving after an earthquake and **anticipate traffic light outages**

Read the slide.

# First Aid

Prepare *NOW* for First Aid emergencies

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

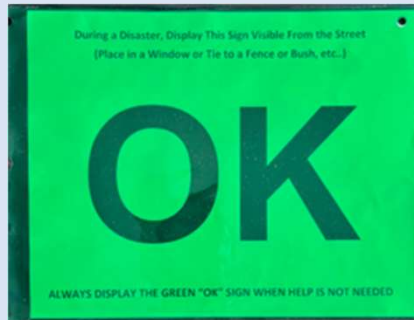
**American Red Cross Adult First Aid/CPR/AED** - [Red Cross Courses | sert](#)

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

You can link on these links and they will take you to the SERT Website.

## OHCC Earthquake Drill is Wednesday, October 21

Please display your OK/Help sign between 7 am to 3 pm  
Please hang it by your street address



Read the slide.



## 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



Read the slide.



## 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



Read the slide.

## 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)



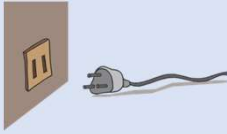
View the link on how to use generators safely.

## Power Outage 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 to American Red Cross)



Read the slide.



## 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



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**Copies of this presentation are available on the  
OHCC SERT Webpage:**

**<http://www.ohccsert.com>**



**Thank You**