

EARTHQUAKE PREPAREDNESS

Recently, California has had two very large quakes in the span of a couple of days and hundreds of aftershocks following. Please utilize this time now to make sure you are prepared if an earthquake happens closer to where you live. Please see the following tips from www.ready.gov to ensure you are prepared before, during, and after a major quake:

Before an earthquake occurs be sure to:

- “ Secure heavy items such as cabinets, tvs, shelving units and items that hang on walls. Move heavy items on shelves to lower levels.
- “ Practice STOP, COVER, and HOLD ON—Stop where you are, get down on hands and knees, cover your neck and head with your hands and crawl to somewhere safe (if possible) and hold on to sturdy furniture.
- “ Have a family communication plan and make sure you have a supply kit stocked with non-perishable food, water, flashlights and more.

During an earthquake:

- “ DROP, COVER, and HOLD ON—just like you have practiced.
- “ If you are inside, stay inside until the shaking stops and then proceed outside to an area where no objects such as your home, trees, power lines etc. can fall on top of you.
- “ If you are in bed, stay in bed and cover your head and neck with a pillow.
- “ If you are in a vehicle—pull over to a safe place, away from any objects that could fall on top of you. Do not stop under overpasses.

After an earthquake:

- “ Expect aftershocks—if your home is unstable, do not stay there, move away from any possible falling debris.
- “ Do not enter damaged buildings.
- “ If you are trapped cover your mouth and nose from dust and debris and try to get a text out if you have a phone with you. Bang on pipes or walls, save your voice until you hear rescuers approaching.
- “ If you are in an area where tsunamis are possible—move to higher ground immediately.
- “ Once you are safe, monitor radio, social media or television for alerts.

Regards,

Sherwin