



TOGETHER, WE ARE EARTHQUAKE READY!

In Southern California, an earthquake can strike **anywhere** and **anytime**!

BEFORE

The best time to prepare for any disaster is before it happens.



Discuss earthquakes and make a disaster plan with your family. Everyone should know what to do, so practice Drop, Cover, and Hold On with your family. Ensure that everyone has each other's most up-to-date medical and contact information.



Create an emergency supply kit - Keep supplies at home, work, and in your car. Remember, **You're On Your Own for 7 Days** so be prepared with a week's worth of essentials. Include a pair of sturdy shoes and a flashlight by the bed, so you are ready at night.



Secure shelves and heavy objects with bolts and straps, and take other measures to keep your belongings in place during an earthquake. This will reduce damages and injuries.

DURING



Drop, Cover, and Hold On!

Objects may fall in and around buildings, so protect yourself from injury.

- If you are **outside**, find a clear spot and drop to the ground away from buildings, power lines, and other potential hazards. Protect your head there until the shaking stops.
- If you are in **bed**, face down, curl up, and hold on. Protect your head and neck with a pillow.
- If you are in a **vehicle**, pull over to a clear location away from buildings and stop quickly. Avoid bridges or ramps.
- If you are in a **high-rise building**, expect fire alarms and sprinklers to activate. Avoid outside walls and windows. Do not use elevators or rush for the exit.

AFTER



Check yourself for any injuries. If you are trapped, bang on pipes, walls, or send a text.



Expect aftershocks after the main shock of the earthquake. Be prepared to drop, cover, and hold again for any aftershocks.

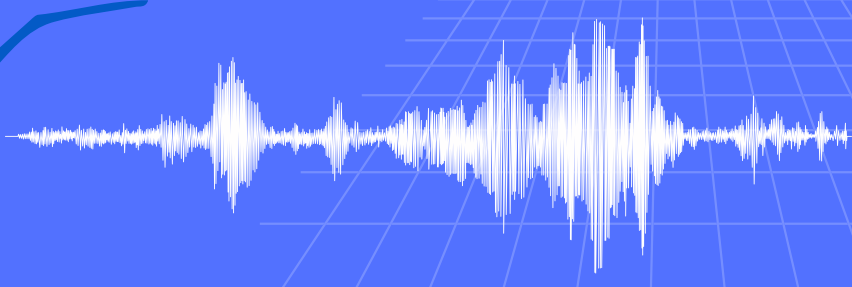


If you are in a tsunami risk area, head inland or to higher ground immediately after the shaking stops. Avoid contact with floodwaters as they can contain chemicals, sewage, and debris.



Do not enter damaged buildings. If you are in a damaged building, quickly exit and move away from the building.

WHAT IS AN EARTHQUAKE?



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. Southern California has about 10,000 earthquakes each year, although most are too small to feel. About 15-20 each year are greater than magnitude 4.0.

PROCEDURES FOR MOBILITY DEVICE USERS

- 1. Drop** down to your hands or **Lock** your wheels if you are using a wheelchair or walker with a seat.
- 2. Cover** your head and neck with your arms. Crawl underneath a nearby sturdy table if able, otherwise remain bent over to protect your vital organs.
- 3. Hold On** to a table or desk if you are underneath. If seated and unable to drop to the floor, bend forward, and hold on to your neck with both hands.

Using a Cane



Using a Walker



Using a Wheelchair



DISTRICT DISASTER READINESS RESOURCES

- lausd.org/OEM • Office of Emergency Management
- lausd.org/ISSP • Integrated Safe School Plan information
- lausd.org/YOYO7 • You're On Your Own for 7 Days preparedness campaign

OTHER DISASTER READINESS RESOURCES

- community.FEMA.gov • FEMA Preparedness Community ready.gov • Federal emergency preparedness campaign
- redcross.org/gethelp • American Red Cross information
- redcross.org/takeaclass • American Red Cross trainings
- alert.LACounty.gov • LA County mass notification system

