

EARTHQUAKE PREPAREDNESS



With Southern California deeply seated in "earthquake country," the Los Angeles County Fire Department urges you and your family to always be prepared.

Here are a few tips on how to stay safe and prepared for the aftermath of a major earthquake.

If an Earthquake Hits...

Drop, Cover and Hold. No matter where you are, take cover under a sturdy desk, table or other furniture, and hold on to it until the shaking stops. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture. Conduct earthquake drills every six months with your family.

Keep Your Hallway Clear. It is one of the safest places to be during an earthquake.

Learn How to Shut Off Utilities. Locate and learn how to shut off valves for water, gas, and electricity.

Prepare to Be Self-Sufficient. In a major disaster, emergency personnel will be inundated and may not be available to you for at least 72 hours or longer. Keep a supply of water, food, medications, and clothing on hand.

Keep an Earthquake Supply Kit. Put together an earthquake supply kit with essentials, such as blankets, first aid kit, fire extinguisher, extra cash and change, portable radio, and other supplies for cooking, sanitation and comfort.



Drop, Cover and Hold



Drop down onto your hands and knees. This position protects you from falling but still allows you to move, if necessary.



Cover your head and neck under a sturdy desk or table.



Hold on to your shelter until the shaking stops. Be prepared to move along with your shelter, if the shaking shifts it around.

After the Shaking...

- Be prepared for aftershocks.
- Check for injuries and give first aid to those who are injured.
- Check for fires and hazards.
- Wear closed-toe shoes, if near debris.
- Check for damaged utilities.
 - » Do not turn off gas unless you see or smell a leak.
 - » Do not use candles or matches as they may ignite a fire.
- Turn on a portable or car radio for emergency bulletins and instructions/information.
- Do not use cell phones or landlines unless it is for a medical, fire or public safety emergency.
- Clean up spilled medicine, flammable liquids, bleaches, and chemicals.
- Check house, roof, and chimney, if it is safe to do so.
- Carefully open closets and cupboards as objects have probably shifted.
- Do not use your vehicle, except for an emergency. Keep streets clear for emergency vehicles.
- Do not touch or go near downed power lines.
- Stay out of damaged buildings until they have been deemed safe.



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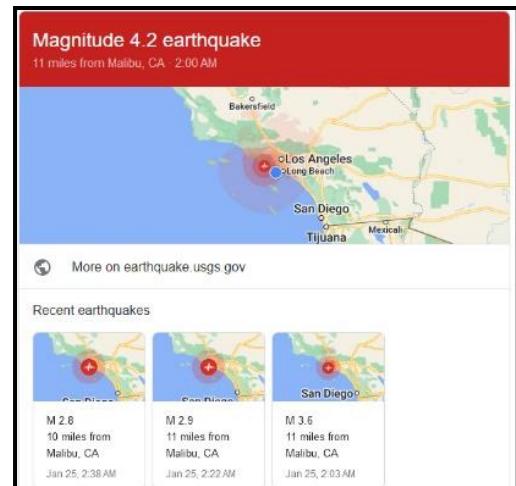


A Shaking Reminder

Be Earthquake Ready

Did you feel it? The 4.2 magnitude earthquake that struck Malibu early yesterday morning serves as a reminder to always be prepared.

While this magnitude 4.2 Earthquake is minor in comparison to the shaking caused by a larger quake. Still, it was felt across a third of the State.



With Southern California deeply seated in “earthquake country,” the City’s Emergency Preparedness Committee urges you and your family to always be prepared. Here are a few tips on how to stay safe and prepared for the aftermath of a major earthquake:

- ✓ **REVIEW YOUR FAMILY PLAN:** With a simple plan, you and your family will know what to do when the emergency occurs.
 - Planning includes communications, emergency kits, evacuation routes, and much more.
 - Follow the FEMA tips on [Creating Your Family Emergency Plan](#).
- ✓ **HAVE AN EMERGENCY KIT / GO BAG:** A Go Bag is filled with necessary emergency supplies, ready to leave your home at a moment’s notice.
 - These include basic food, water, medicines, documents and records, personal supplies, and much more. Items you may need if you have to leave your home.
 - Basic Go Bags and Kits can be purchased or you can [create and customize your own](#).
- ✓ **DROP, COVER, and HOLD ON:** In most situations, if you feel shaking or get an earthquake alert, immediately:



DON'T DO THIS:



DO NOT get in a doorway! In modern houses and buildings, doorways are not the safest spot and they do not protect you from flying or falling objects. Get under a sturdy table instead!



DO NOT run outside! During a quake, the ground is moving. Trying to run in a quake is dangerous. You can easily fall or be injured by falling debris, glass, building materials, and trees. You are safer to stay inside and get under a table.



DO NOT believe the so-called "triangle of life"! The so called protection from taking shelter under a leaning surface has been long discredited by leading experts and does not apply to modern building construction methods.

ADDITIONAL SAFETY TIPS



PROTECT YOUR HOME: Secure heavy items in your home like bookcases, refrigerators, televisions and objects that hang on walls.

- Store heavy and breakable objects on low shelves.
- Consider making improvements to your home or building to fix structural issues that could cause your building to collapse during an earthquake.



CONSIDER EARTHQUAKE INSURANCE POLICIES. Standard homeowner's insurance does not cover earthquake damage. Consider a retrofit of your building if it has structural issues that make it vulnerable to collapse during an earthquake.



DOWNLOAD THE MY SHAKE EARTHQUAKE EARLY WARNING APP: The [MyShake App](#) is a free earthquake warning tool available in the [Apple App store](#) and [Google Play](#) to provide individuals a few precious seconds to take life-saving actions such as to drop, cover, and hold on before shaking is felt. **MyShake** sends a warning to smartphone users in the area as soon as seismic waves are detected.



CONNECT TO OFFICIAL ALERTS: Connect today to the official emergency alerts from the City of Rancho Palos Verdes.

- Subscribe to Alert South Bay (text AlertSB to 888-777).
- Download the MyRPV app to all your devices.
- Download the official MyShake app from your device's app store.

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For additional information, contact Jesse Villalpando, RPV Emergency Services Coordinator at JVillalpando@rpvca.gov or (310) 544-5209.



Assemble Your Emergency Supply Kit



Put together your emergency supply kit long before a disaster occurs and keep it easily accessible. Backpacks work great for storing these items and are easy to grab.

Essential Supplies

- Three-day supply of non-perishable food and one gallon of water per person, per day (Don't forget food for babies and kids!)
- Prescriptions or special medications
- Change of clothing and closed-toe shoes
- Extra eyeglasses or contact lenses
- An extra set of car keys, credit cards and cash
- First aid kit
- Flashlight with extra batteries
- Battery-powered radio and extra batteries
- Sanitation supplies
- Copies of important documents (e.g., birth certificates, passports, etc.)
- Pet food and water

