Know how to turn off your gas, electricity, and water.

Attach a valve wrench and label to your water line.

Secure water heater with a wide metal strap around the top attached to wall studs.

Anchor items into the wall studs.

Secure bookcases and shelves.

Place heavy or large objects on lower shelves.

Drop to your hands and knees, cover your head and neck, and hold on to your shelter until shaking stops.

Stop quickly and safely, set the parking brake, and stay in the car until the shaking stops.

Stay away from utility poles, overhead wires, and under/overpasses.

Check your chimney and roof and repair loose tiles and bricks.

Include important documents in your emergency kit.

Attach a valve wrench and label to your water line.

Secure water heater with a wide metal strap around the top attached to wall studs.

Get down low and stay there until the shaking stops.

If you are outside, stay outside and move away from buildings, utility wires, sinkholes, and fuel and gas lines.

Public Health Preparedness and Response
Office of the Director
Earthquake Preparedness Tips

You could be anywhere when an earthquake strikes: at home, at work, at school, or even on vacation. With April being proclaimed as earthquake preparedness month, this serves as a great reminder that disasters can strike at any moment and for the need to be always prepared. The key to surviving an earthquake and reducing your risk of injury lies in planning, preparing, and practicing what you and your loved ones will do when it happens.

The RPV Emergency Preparedness Committee offers the following preparedness tips on how to keep yourself, your family, and loved ones safe in the event of a catastrophic earthquake:

- **HAVE A PLAN:** Create a family emergency communications plan that has an out-of-state contact. Establish a family meeting place that is familiar and easy to find.

- **KEEP SUPPLIES:** Gather supplies that will last for several days after a disaster for everyone living in your home.

  At a minimum, your emergency supplies should include these ten essential items:
  - Water for 3-10 days (1 gallon per person per day)
  - Food for 3-10 days (including pet food)
  - First Aid Kit and Instructions
  - Flashlights (and spare batteries)
  - Radio (and extra batteries)
  - Medications
  - Cash and important documents
  - Clothing and sturdy shoes
  - Tools (wrench, duct tape, fire extinguisher, sturdy gloves, whistle)
  - Sanitation and hygiene supplies

- **PRACTICE DROP, COVER, AND HOLD ON:** Get prepared for Earthquakes before it happens by practicing DROP, COVER, and HOLD ON.

  - **DROP** where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

  - **COVER** Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees or bent over to protect vital organs.

  - **HOLD ON** If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

- **BE INFORMED:** Sign up now for Alert SouthBay emergency alerts by texting “alertsB” to 888-777. Stay connected and get updates from the City by following RPV on Nextdoor, Facebook, Twitter and Instagram.

For additional information and resources, please contact Jesse Villalpando, Emergency Services Coordinator at JVillalpando@rpvca.gov or (310) 544-5209.
Be Ready for Earthquakes

Follow these simple steps to help keep you and your family safe

- Check your chimney and roof and repair loose tiles and bricks.
- Anchor heavy items into the wall studs including TVs.
- Secure bookcases and shelves.
- Place heavy or large objects on lower shelves.
- When the shaking starts, DROP to your hands and knees, COVER your head and neck, and HOLD ON to your shelter until shaking stops.
- Know how to turn off your gas, electricity, and water.
- Include important documents in your emergency kit.
- Attach a valve wrench and label to your gas meter.
- Secure water heater with a wide metal straps attached to wall studs.
- If in a car, stop quickly and safely, set the parking brake, and stay in the car until the shaking stops.
- Stay away from utility poles, overhead wires, and under/overpasses.
- Get down low and stay there until the shaking stops.
- If you are outside, stay outside and move away from buildings, utility wires, sinkholes, and fuel and gas lines.

Your Home will have either a Ball Valve or Gate Valve

ELECTRIC

GAS

WATER