



# BE READY RPV

## Be Earthquake Ready

**Earthquakes don't wait. Be ready. Stay safe.**

With Southern California deeply seated in "earthquake country", the Emergency Preparedness Committee urges you and your family to always be prepared. Tectonic plates are constantly shifting beneath us. When they get stuck, stress builds up—and when it releases, we get earthquakes. Just because it's been quiet doesn't mean we're safe. It means pressure is still building.

1. **When shaking starts, DROP, COVER, and HOLD ON.** The goal is to avoid anything that will fall on or under you and to protect your neck and head.



**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 can be dangerous. You can easily fall or be injured by falling debris, glass, building materials, and trees.



**DO NOT take elevators.** Take the stairs when you evacuate a building for an earthquake or any other emergency

2. **Review your family plan.** Planning in advance will ensure that you and your family will know what to do when the emergency occurs. You should plan for how you will communicate with loved ones, where you will go if you cannot stay home, how you will get there, and what supplies you will need.

3. **Prepare emergency supplies.**

- ✓ Consider what you would need if you couldn't return to your house and include those items in a Go Bag, stored near the entrance of your home and/or in your car.
- ✓ Consider supplies you may need to survive if you must stay home while stores are closed and power is off and ensure your house is stocked with them. Items will be specific to your household's needs, but will likely include medicines, food, water, hygiene supplies, and important documents.
- ✓ Having trouble getting started on your emergency supply kit? Read below, the EPC provides a suggestion to add to your emergency supplies each month to help you take the first steps to get prepared.

4. **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.





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- ✓ Consider earthquake insurance, as standard homeowner's insurance policies do not cover earthquake damage

5. **Download the MyShake App.** The MyShake App is a free earthquake warning tool available in the Apple App store and Google Play that can send a warning to smartphone users in the area as soon as seismic waves are detected. Link: <https://myshake.berkeley.edu/>

Learn more about earthquake readiness: <https://www.ready.gov/earthquakes>

## Stay Informed and Get the ALERTS



**Sign up for RPV Emergency Alerts** with Alert SouthBay: Text AlertSB to 888777, online at [alertsouthbay.com](http://alertsouthbay.com), download the free Everbridge app on Google Play or the App Store



**Know Your Zone.** Visit [PVPReady.gov](http://PVPReady.gov) find your emergency zone and view a live map of current zone statuses. This information will also be provided in emergency alerts from Alert SouthBay.



Connect with the City from your phone or tablet!  
**DOWNLOAD MyRPV**  
Available in the App Store and Google Play

**Download the MyRPV App** on your device to stay connected to what is happening in the city.




## Mark your calendar

**Prepared Peninsula Expo – October 26<sup>th</sup> 10am to 1pm**

Palos Verdes Peninsula High School, 27118 Silver Spur Rd, in Rolling Hills Estates

Join this year's expo to learn how to mitigate, prepare, respond, and recover should a disaster strike. This free event will teach you how to protect yourselves, your family, and your pets in a disaster.



**BUILDING YOUR EMERGENCY SUPPLY KIT**  
  
This month's item: Flashlights with batteries. Keep a flashlight in all emergency bags and next to your bed. Store batteries separately.

To have this monthly message from the Emergency Preparedness Committee (EPC) sent to your inbox, sign up here:

<https://www.rpvca.gov/list.aspx>

For additional information and resources, please contact the EPC at [EPC@rpvca.gov](mailto:EPC@rpvca.gov) or (310) 544-5209 .

# Key Facts for the Seven Steps to Earthquake Safety



## PREPARE

### 1 Secure Your Space

Studies of the '89 Loma Prieta and '94 Northridge earthquakes show that **most injuries** are caused by objects that fall or fly during shaking.



### 2 Plan to be Safe

Surprisingly, **only 40% of Californians** have made emergency plans with their families.



### 3 Organize Emergency Supplies

**1 in 2 California homes** lack some of the essential supplies in their kits such as water, food, first-aid, flashlights, and radios.



### 4 Minimize Financial Hardship

**Only 1 in 3 Californians** are aware of ways they can strengthen their home against earthquakes, and even fewer have earthquake insurance.



## SURVIVE

### 5 Drop/Lock, Cover, and Hold On!

**55% of serious injuries** related to the '94 Northridge earthquake resulted from falling, tripping, and/or stepping on objects during the shaking.



### 6 Improve Safety

For the 2014 Napa earthquake, **48% of surveyed households** experienced injuries after the shaking stopped.



## RECOVER

### 7 Reconnect and Restore

**More than half** of people interviewed after the 2014 Napa earthquake also experienced anxiety from not being able to reconnect with loved ones.



[EarthquakeCountry.org/sevensteps](http://EarthquakeCountry.org/sevensteps)

# Earthquakes Can Trigger Tsunamis

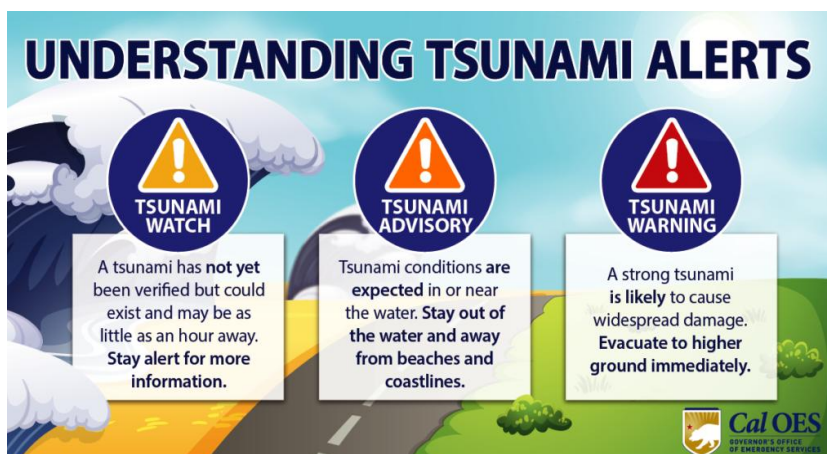
All of California coastline faces some tsunami risk, including the beaches and low lying areas in Los Angeles County and RPV. Here is what you need to know to stay safe:

## Tsunami 101

- A tsunami can strike any ocean coast at any time
- A tsunami is a series of powerful waves accompanied by strong currents
- The first wave may not be the largest or most damaging
- Volcano eruptions occurring in the ocean, landslides, meteors and earthquakes can all trigger tsunamis.
- Tsunami waves can impact you even when an event occurs across the ocean, thousands of miles away.
- Tsunamis are a serious threat to life and property on the coast
- Even small tsunamis can be dangerous especially to swimmers, surfers and boats
- Tsunamis cannot be prevented

## Tsunami Warnings

When time allows, you may receive notifications about Tsunami watches, advisories, or warnings. Always follow official instructions.



**Tsunami Watch:** A tsunami may occur, be alert

**Tsunami Advisory:** A tsunami is expected, get out of the water and stay away from beaches and coastline

**Tsunami Warning:** A tsunami is likely to cause widespread damage, evacuate the coastline immediately, moving inland and/or to higher ground.

You may not receive a notification for all Tsunamis, especially localized ones.

Pay attention to natural tsunami warnings such as feeling a strong or long earthquake, seeing a sudden rise or fall of the ocean, or hearing a loud roar from the ocean.

**If you suspect a tsunami, even if you have not received a warning, move quickly to higher ground and further inland and do not return to the coastline until officials say it is safe.**

