



The Great California ShakeOut

Annual Statewide Earthquake Drill

Individuals and Families

Get Ready to ShakeOut!

At 10:17 a.m. on October 17, 2013, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the state’s largest earthquake drill ever! Everyone is encouraged to participate in the drill wherever you are at 10:17 a.m. on 10/17!

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great California ShakeOut is held on the third Thursday of October each year.

Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever!
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate

Register today at Shakeout.org/california

HOW TO PARTICIPATE

Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/california/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/california/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:17 a.m. on October 17. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at www.earthquakecountry.org.

Share the ShakeOut:

- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share photos and stories of your drill at Shakeout.org/california/share.



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San Bernardino County Emergency Contacts

For Information During Disasters:

- Call (909) 355-8800 for recorded information
- Questions? Call 2-1-1 for a live operator
- Visit www.sbcounty.gov and click on Disaster Information

For life-threatening events, always call 911

How to be Prepared

- ❑ Electricity, water, gas and telephones may not be working after an earthquake. The police and fire departments are likely to be overwhelmed with emergency response. You should be prepared to fend for yourself for at least three days, preferably for two weeks.
- ❑ You will need food and water (a gallon a day per person); a first aid kit; a fire extinguisher suitable for all types of fires; flashlights; a portable radio; extra batteries, blankets, clothes, shoes and money (ATMs may not work); medication; an adjustable or pipe wrench to turn off gas or water, if necessary; baby and pet food; and an alternate cooking source (barbecue or camp stove). This list can also be applied to other disasters, such as floods or wildfires.
- ❑ It is also a good idea to decide beforehand how and where your family will reunite if separated during a quake and to conduct in-home practice drills. You might choose an out-of-the-area friend or relative that family members can call to check on you.
- ❑ Securing water heaters, major appliances and tall, heavy furniture to prevent them from toppling are prudent steps. So, too, are storing hazardous or flammable liquids, heavy objects and breakables on low shelves or in secure cabinets.

Always keep a battery, or crank-powered, radio on hand. In disasters, turn to your **Emergency Alert System Radio Stations:**

95.1 KFRG Inland Empire/SB Mountains

98.1 KRXV Mojave Desert

102.3 KZXY Victor Valley

98.5 KDES Morongo Basin

During an Earthquake – Drop, Cover and Hold On!!

- ❑ If you're indoors, stay there. Get under – and hold onto -- a desk or table, or stand against an interior wall. Stay clear of exterior walls, glass, heavy furniture, fireplaces and appliances.
- ❑ If you're outside, get into the open. Stay clear of buildings, power lines or anything else that could fall on you.
- ❑ If you're driving, safely move the car out of traffic and stop. Avoid stopping under or on bridges or overpasses. Try to get clear of trees, light posts, signs and power lines. When you resume driving, watch out for road hazards.
- ❑ If you're in a mountainous area, beware of the potential for landslides. If you're near the ocean, be aware that tsunamis are associated with large earthquakes. Get to high ground.
- ❑ If you're in a crowded public place, avoid panicking and do not rush for the exit. Stay low and cover your head and neck with your hands and arms.

After the Earthquake

- ❑ Check for fire or fire hazards. If you smell gas, shut off the main gas valve. If there's evidence of damage to electrical wiring, shut off the power at the control box.
- ❑ If the phone is working, only use it in case of emergency. Likewise, avoid driving if possible to keep the streets clear for emergency vehicles.
- ❑ Be aware that items may fall out of cupboards or closets when the door is opened, and also that chimneys can be weakened and fall with a touch. Check for cracks and damage to the roof and foundation of your home.
- ❑ Remember that aftershocks, sometimes large enough to cause damage in their own right, generally follow large quakes.

