



# Public Service Announcement

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## *Tremor Is A Good Reminder to be Disaster Prepared*

Just as many residents of Southern California were getting ready to leave work, an earthquake struck near Borrego Springs in San Diego County just before 5 p.m. The rolling movement and accompanying sharp noise caused the same thought to run through many minds: Is this The Big One? It wasn't this time, but don't let yourself be caught unprepared when The Big One does occur.

Earthquakes can strike at any time and it is always wise to have an Emergency Supplies Kit, a Family Disaster Plan, and keep a supply of food and water for at least three days and ideally two weeks or more. More information on building these preparedness items can be found at [www.sbcfire.org/oes](http://www.sbcfire.org/oes) and clicking on the Disaster Preparedness link. To learn even more about preparedness, join millions of other Californians in participating in The Great California ShakeOut. This year's ShakeOut occurs at 10:21 a.m. on Oct. 21. Register yourself, your family, and your business at [www.shakeout.org](http://www.shakeout.org).

## *Earthquake Tips*

- Drop, Cover and HOLD ON!
- When in a HIGH-RISE BUILDING, move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use the elevators.
- When OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- When on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
- When DRIVING, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a CROWDED STORE OR OTHER PUBLIC PLACE, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a STADIUM OR THEATER, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.



*Danny R. Wurl  
Fire Chief*