



The Great California ShakeOut

Annual Statewide Earthquake Drill

Senior Facilities and Communities

Register today at ShakeOut.org/california

At 10:20 a.m. on October 20, 2022, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the state’s largest earthquake drill ever! All senior facilities/communities are encouraged to participate in the drill (or plan a more extensive exercise).

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.

HOW TO PARTICIPATE

Here are a few suggestions for what senior facilities/communities can do to participate in the ShakeOut. Learn more at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/california/register to be counted in the ShakeOut, 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 10:20 a.m. on October 20. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Create (or update) and practice an overall disaster plan.
- Distribute “Ok/Help” status signs for residents to use.
- Secure furnishings & other contents in offices and living spaces with appropriate seismic restraints.
- Encourage both staff and residents to prepare at home.
- Organize a support network for those who need to be evacuated.
- Keep at least a 7 day supply of essential medications.

Share the ShakeOut:

- Encourage everyone to urge others to register, and ask neighborhood businesses to post flyers.
- Encourage other similar organizations to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/california/resources.
- Share photos and stories of your drill at Shakeout.org/california/share.



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

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Prepare Now, Before the Next Damaging Earthquake

- ❑ Learn what your local Police and Fire use for emergency notification and sign up. You may also register for the County's Telephone Emergency Notification System (TENS) at www.sbcfire.org and click "Sign Up Here for Emergency Alerts."
- ❑ Electricity, water, gas and telephones may not be working after an earthquake. 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); an adjustable or pipe wrench to turn off gas or water, if necessary; medication; 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

- ❑ If you are indoors, stay there. DROP to the ground immediately. COVER your head and neck. If you can, get under – and HOLD ON to a sturdy desk or table. Stay clear of exterior walls, glass, heavy furniture, fireplaces and appliances.
- ❑ If you are outside, drop to the ground immediately. Stay clear of buildings, power lines or anything else that could fall on you.
- ❑ If you are driving, safely move the car out of traffic and stop. Avoid stopping under or on bridges and overpasses. Try to get clear of trees, light posts, signs and power lines. When you resume driving, watch out for road hazards.

For life-threatening events, always call 911

- ❑ If you are in a mountainous area, beware of the potential for landslides. If you're visiting the ocean, be aware that tsunamis are associated with large earthquakes. Get to high ground.
- ❑ If you are 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.

Once the Shaking Stops

- ❑ 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.
- ❑ Remember that aftershocks, sometimes large enough to cause damage in their own right, generally follow large quakes.



COUNTY EMERGENCY INFORMATION

For Information During Disasters:

- Visit: www.sbcounty.gov and www.sbcfire.org
- Follow San Bernardino County Fire on:
 - facebook.com/SanBernardinoCountyFire
 - @SBCountyFire

For County ShakeOut Information:

- Visit: www.sbcfire.org/ShakeOut

Ready SB County Preparedness App

READY SB COUNTY
PREPAREDNESS APP

Your Family Emergency Plan
Creating a personalized plan has never been easier

Emergency Services and Shelters
Find out about the nearest emergency shelters and special services in your area

Evacuation Maps and Routes
Get instant access to evacuation maps and know which routes are safe

Download on the App Store | GET IT ON Google Play

Find peace of mind | Download your free app today | Help keep your loved ones safe

Download Your Ready SB County Community Preparedness App

1. From your mobile device internet browser, go to: <http://readydl.com/san-bernardino-county>
2. Select "App Store" if you're using an iPhone or "Google Play" if you're using an Android smartphone
3. Click on
4. Launch the app