

EARTHQUAKE SAFETY TIPS

Fire Chief Sam DiGiovanna - Verdugo Fire Academy

Southern California experiences about 30 earthquakes every day. While most of them are too small to be felt, the U.S. Geological Survey estimates Los Angeles has a 31% chance of being struck with a magnitude 7.5 earthquake in the next couple of decades.

An Earthquake Kit Should Include

- Water: one gallon per person, per day (three-day supply for evacuation, two-week supply for home)
- Food: non-perishable, easy-to-prepare items (three-day supply for evacuation, two-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (seven-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket

Before Quake

- Prepare 72 hours of food and water
- Learn how to control utilities such as gas, water and electricity
- Practice emergency drills with family and neighbors
- Place a flashlight next to your bed
- Prepare sturdy shoes in your car and under your bed
- Have an earthquake preparedness kit in your car

If Quake Hits While You Are in Bed

- Curl up into a ball and put a pillow over your head
- Wait until shaking stops
- Put on sturdy shoes to protect your feet

If Quake Hits While At Work Or School

- Duck, cover and hold!
- Hide under a desk or table
- Put one arm over the head while holding onto the cover with the other hand
- Wait until shaking stops

If Quake Hits While You Are Driving

- Pull over to the side of the road
- Stay inside
- Watch out for falling objects, including power lines
- Use quake preparedness kits and put on sturdy shoes

After Shaking Stops

- Stay calm
- Be prepared for aftershocks
- Make sure to shut off power, gas and electricity especially if you smell something
- Check yourself and others for injuries
- Cell phones will be out

What To Do After An Earthquake

- Check yourself and others for injuries and provide first aid if needed.
- Check water, gas and electric lines for damage (including the smell of natural gas). If any are damaged, shut off the valves. Do not touch any downed lines, and don't use matches, candles, or any flame until you're sure it's safe. Broken gas lines and fire don't mix!
- Turn on the radio. Don't use the phone, including your cell phone, unless it's an emergency.
- Stay out of damaged buildings and away from damaged areas.
- Be careful around broken glass and debris. Wear boots or sturdy shoes to keep from cutting your feet.
- Expect aftershocks.