



THE GREAT SHAKEOUT

October 21, 2010 at 10:21

START YOUR PREPARATION NOW!

We all must get better prepared for major earthquakes, and also practice how to protect ourselves when they happen. The purpose of the ShakeOut is to help people and organizations do both. In 2009 over 6.9 million Californians participated in the ShakeOut.

While the potential earthquake hazards you will experience depend upon your location (see below), everywhere in California is considered at high risk compared to the rest of the country. We all have reasons that we have, or have not, prepared for earthquakes.

Why is it important to do a Drop, Cover, and Hold On drill? As with anything, to react quickly you must practice often. You may only have seconds to protect yourself in an earthquake, before strong shaking knocks you down--or drops something on you.

Taken from The Great ShakeOut Website

You should participate on October 21st if:

- You know that life-saving actions that must be done instantly, such as *drop, cover, and hold on*, must be practiced often.
- You want to use the ShakeOut as a reason for getting prepared now.
- You are excited that so many people are working together to prepare California!

How can you participate on or before October 21st:

- Participate in trainings and/or drills which will help you be more prepared.
- Make a compact with your co-workers and students that you will all Drop, Cover and Hold-On during an earthquake.
- Discuss your evacuation plan after the earthquake.

- Identify items in your office or workspace that need to be secured or moved (large items that are not secured to the wall or heavy items that could fall during shaking).
- Take CERT (Community Emergency Response Team) training—which will help you be more prepared to serve your family, neighborhood, your workplace and community during a disaster.
- Get emergency kits together for your home, car and workplace.
- Develop an emergency plan for your family including evacuation routes, meeting locations, phone numbers and responsibilities.

For more information on how to accomplish the above, visit the Riverside Community College District Emergency Preparedness Website, Resources Page.

EMERGENCY KIT FOR YOUR CAR!

Consider that your car is usually with you at work, at the store, at the soccer game...wherever you go during the day. If an earthquake strikes when you are away from home, there is a good chance your car will be with you. Do you have supplies in your car that can help you survive for a day or two? The following items are recommended to place in your car for such circumstances:

- Water (you can purchase water in boxes or pouches through emergency supply stores)
- Food — non-perishable
- Water Purifying Tablets
- Flashlight with extra batteries
- First aid kit
- Multi-purpose tool
- Personal hygiene items
- Emergency blankets
- Map(s) of the area
- Emergency reference material such as a first aid book.
- Comfortable walking shoes
- Change of clothing (a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.)
- Fire Extinguisher
- Leather Gloves
- Jumper Cables
- Wet Naps Hand Cleaners
- Whistle
- Paper and pencil
- Plastic Bags