



## THE GREAT SHAKEOUT October 21, 2010 at 10:21 A.M.

### GET READY TO PREPARE....

#### September is National Preparedness Month

So how prepared are you? In the current economy many staff and faculty do not have the funds to prepare as thoroughly as experts would like.

The State of Colorado developed a

#### “Top 10 List for Preparedness on a Budget”

The suggestions are practical and can be life (& money) saving.

**1 Plan** for the types of disasters that can happen in the area where you live. (Did you know that California has been experiencing more tornadoes in recent years? One went right through Moreno Valley College annex sites).

**2 Create** your own personalized list. You may not need everything included in “ready made” kits and there may be additional items you need based on your personal situation. For example, if you have pets, you may need special items. Don’t forget to have supplies in your car and at work.

**3 Budget** emergency preparedness items as a “normal” expense. Even \$20.00 a month can go a long way to helping you be ready. Buy one preparedness item each time you go to the grocery store.

**4 Save** by shopping sales. Make use of coupons and shop at stores with used goods. Don’t replace your ready kit items annually, just replace and cycle through those items that have a shelf life (e.g., batteries, food). You may want to test the radio and flashlight every September to make sure they are in good working order.

**5 Store** water in safe containers. You don’t have to buy more expensive bottled water, but make sure any containers you use for water storage are safe and disinfected.

Courtesy of “ReadyColorado”

**6 Request** preparedness items as gifts. We all receive gifts we don’t need or use. What if your friends and family members gave you gifts that could save your life? Don’t forget to protect them by sending preparedness gifts their way, too.

**7 Think** ahead. You are more likely to save money if you can take your time with focused and strategic shopping. It’s when everyone is at the store right before a storm hits that prices are going to be higher. Use a list to avoid duplicating items when you are stressed or panicked.

**8 Review** your insurance policy annually and make necessary changes. When a disaster strikes, you want to know that your coverage will help you get back on your feet. Renters need policies too, in order to cover personal property.

**9 Update** contact records. Have an accurate phone list of emergency contact numbers. If you are prepared, you may be able to help friends and neighbors who need assistance. By sharing preparedness supplies, you can help each other.

**10 Trade** one night out to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80-\$100. Just one night of sacrifice could fund a 72-hour ready kit.

**Recommended Water**  
3 gallons per day, per person

### DROP, COVER AND...

### LOOK RIDICULOUS?

A word from your

Emergency Planning and Preparedness Coordinator—Sherry Colgan Stone

What do adults do during an earthquake if there are other adults around? My experience tells me that in this situation, adults will usually look around to see what everyone else is doing. Not so if they are with children. If adults are with children, they will usually do the right thing and that is “drop, cover and hold-on” (aka look ridiculous). Of course, they usually instruct the children to “drop, cover and hold-on” as well (children don’t look quite so ridiculous, as their bodies usually fit under that inordinately small piece of furniture). During an earthquake, when adults are looking around, they are usually thinking/doing one of the following:

- 1) **Thinking**.... “There is NO WAY I am going to embarrass myself by diving under this table. I will wait to see what everyone else does.”
- 2) **Thinking**.... “I will just wait to see if this is the ‘big one;’ No one else seems to be concerned.”
- 3) **Doing**.... Carrying on a conversation with the other adults about the proper thing to do. “Should we get under the doorway?” “Well they are saying that doorways aren’t that sturdy.” “Do you think this table is sturdy enough?”
- 4) **Doing**.... Running out of the room (especially if they are newcomers to the land of Rock & Roll or just terrified of earthquakes)

Chances are we want to do the right thing, which is get to a secure location for our own safety. It is unfortunate that our egos sometimes get the better of us and we fail to act.

#### Here are some things to consider the next time you are in an earthquake.

- 1) In an 8.0 earthquake, you and everything in the room that is not bolted or strapped to a wall or the floor will move about six (6) feet. It is critical to be under something, and holding onto it, so you will move with it and not against it. The object overhead will help protect you from, what I like to call, missiles (flying LCD projectors, books, DVD players, lights, etc).
- 2) If it is the “big one,” it might start out with slight movement, but then the violent shaking will start. If you do not get to safety in those first crucial seconds of mild shaking, you will not be able to get to safety. Once the violent shaking starts, you will become a human pinball. One of my students who was in the Loma Prieta earthquake, which had a surface-wave magnitude of 7.1, shared her experience. She was in bed when the earthquake occurred. She said that had she gotten out of bed in those first crucial seconds, she would have been able to get to safety. When the violent shaking started, she reported that she couldn’t even turn over in bed, let alone get out of it. Drop, Cover and Hold-On IMMEDIATELY!
- 3) Our egos can heal faster than our bodies do. When an earthquake strikes, be the first person to drop, cover and hold-on. If you do this, you will be giving permission for everyone else in the room to do the right thing. Let’s say that it doesn’t end up being the “big one” - the very LEAST you have done is exercised and trained yourself and those around you. And please, please, never make fun of someone who does the right thing during an earthquake or other disaster!

**So, shall we all look ridiculous together?**