



# Earthquake Preparedness

L.A. County Fire's Monthly Public Education Campaign

September/Issue 9 of 12



Los Angeles County lies on top of at least three different fault lines. Due to the unpredictability of earthquakes, the Los Angeles County Fire Department urges you to always be prepared. We have come up with a few tips on how to stay safe and be prepared for the aftermath of a major earthquake.

## Earthquake Safety Tips

The Los Angeles County Fire Department is working to make sure that when the next "BIG ONE" hits, you and your family are prepared. If an earthquake hits, remember the following safety tips:

- **Drop, Cover, and Hold**– No matter where you are, DROP down and take COVER under a sturdy desk, table or other furniture. Avoid danger spots near windows, hanging objects, mirrors or tall furniture. HOLD on to that furniture and be prepared to move along with it. Conduct earthquake drills with your family every six months.
- **Keep Your Hallway Clear**– It is one of the safest places to be during an earthquake.
- **Learn How to Shut Off Utilities**– Locate and learn how to shut off valves for water, gas, and electricity.
- **Prepare to be Self Sufficient for an Extended Time**– It is very likely that in a major disaster, emergency personnel will be inundated. This means emergency aid may not be available to you for at least 72 hours or longer. Keep a supply of extra water, food, medications, and clothing on hand.
- **Keep an Earthquake Safety Kit on Hand**– Put together an earthquake supply kit with essentials, such as blankets, a first aid kit, a fire extinguisher, extra cash and change, a portable radio and other supplies for

## After the Shaking...

- Be prepared for aftershocks.
- Check for injuries and render first aid to those injured.
- Check for fires and fire hazards.
- Wear shoes if near debris.
- Check for damaged utilities:
  - Do not turn off gas unless you see or smell a leak.
  - Do not use candles or matches; they may ignite a fire
- Turn on a portable or car radio for emergency bulletins and instructions/information.
- Do not use cell phones/landlines unless it is for a medical, fire, or public safety emergency.
- Clean up spilled medicines, flammable liquids, bleaches, and chemicals.
- Check house, roof, and chimney if it is safe to do so.
- If opening closets and cupboards, do so with caution as objects probably shifted during the earthquake.
- Do not use your vehicle, except for an emergency. Keep streets clear for emergency vehicles.
- Do not touch or go near downed power lines.
- Stay out of damaged buildings until they have been cleared as safe to enter.

## Drop, Cover, and Hold

### Drop

- Drop down onto your hands and knees. This position protects you from falling but still allows you to move if necessary.

### Cover

- Cover your head and neck under a sturdy table or desk.

### Hold

- Hold on to your shelter until the shaking stops. Be prepared to move along with your shelter if shaking shifts it around.



For more helpful tips, follow us on Facebook and Twitter

 [Facebook.com/LACoFD](https://www.facebook.com/LACoFD)

 [Twitter.com/LACo\\_FD](https://twitter.com/LACo_FD)