

ESP

FOCUS

Drop! Cover! Hold On!



Protect Yourself During Earthquake Shaking!

Learn what to do during an earthquake, whether you're at home, work or school. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death and injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops.

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural

details are often the first parts of the building to collapse. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.

Use the information on the reverse side of this Focus Sheet to help you become more prepared. Take part in earthquake safety exercises.

Check these websites

- <http://dropcoverholdon.org/> (dropcoverholdon.org/espanol)
- www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)
- www.espfocus.org (Emergency Survival Program)
- www.redcross.org (American Red Cross)
- www.shakeout.org/scenario



AUGUST

www.espfocus.org

DO NOT Head for the Doorway



An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True—if you live in an old, unreinforced adobe house. In modern houses, doorways are no stronger than any other part of the house. **You are safer taking cover under a sturdy table or desk.**

If you are...

Indoors: Drop, cover, and hold on. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!



In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.



In a high-rise: Drop, cover, and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.



Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.



Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.



In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.



Near the beach: Drop, cover, and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.



Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you are downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

Triangle of Life? You may have received an email that seems to make sense, but unfortunately it actually has dangerous instructions and is promoted by someone whose credibility has been broadly questioned. Learn more at www.earthquakecountry.org/dropcoverholdon.

Adapted from *Putting Down Roots in Earthquake Country*, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org.

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This information sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Emergency Management Agency (Cal EMA) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.



Emergency Survival Program (ESP)

YOU CAN'T PREDICT. YOU CAN PREPARE!

Use the Emergency Survival Program's new list of actions as your guide for personal and community emergency preparedness.

January

Then and Now

In large regional earthquakes, such as the 1906 San Francisco earthquake, or the terrorism acts of September 11, 2001, emergency response agencies might be overwhelmed. You, your neighbors, co-workers and classmates may be forced to take actions on your own. Take time now to learn about what happened then and how it can prepare you for the safety actions to take now.

February

Make a Plan

Planning for an earthquake, terrorist attack, or other emergency is easier than you think. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

March

Make Disaster Kits

Everyone should have disaster supplies kits stored in accessible locations at home, at work and in your vehicle. Having emergency supplies readily available can reduce the impact of an earthquake, a terrorist incident or other emergency on you and your family. Your disaster supplies kits should include food, water, flashlights, portable radios, batteries, a first aid kit, cash, extra medications, a whistle, fire extinguisher, etc.

April

Floods

Storms can cause flash floods, create power outages and damage homes. Assemble emergency supplies to include sand bags; identify safe routes; and teach children to avoid areas of potential flooding. When flooding occurs, listen to the radio or watch television for information and instructions.

May

Terrorism

Fear is a major tactic used by terrorists to achieve political and social objectives. But the terrorists are not in charge. You can fight back by taking many of the same actions you would to prepare for earthquakes, fires, and other emergencies. Start by having a family emergency plan. Also assemble emergency supply kits at home, at work, and in your car.

June

Public Health Emergencies

Public Health Emergencies may be related to outbreaks of infectious diseases, food and waterborne illnesses, and other threats to the public's health and safety. Pandemic flu is of concern and health experts recommend the following to prevent the spread of flu: wash your hands with soap and water frequently; cover your cough and sneeze; stay home if you are sick. Stay away from others so they will not become sick. In autumn, get the flu shot!

July

Heat Wave

Although sun is necessary, exposure to ultraviolet radiation is potentially dangerous and can damage skin. Heat injuries that can occur include sunburn, heat cramps, heat exhaustion and heatstroke. If your home is not air-conditioned, spend time in public facilities like public libraries, malls, and community centers that are air-conditioned. Never leave children or pets unattended in hot vehicles.

August

Drop, Cover, and Hold On!

Learn what to do during an earthquake, whether you're at home, at work, at school or just out and about. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death or injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are at the beach, move to higher ground.

September

Back to School

Schools should have emergency plans to meet the threat of terrorism, earthquakes and other emergencies. They should be updated and exercised regularly. Emergency supplies, such as water, food and other basic items, are also an important part of school preparedness. If you are a parent or guardian, know your child's school emergency plan and make sure they have your updated emergency contact information.

October

Earthquakes

No one knows when the next earthquake will happen, but we can reduce its impact by being prepared. Identify hazards and remove or reduce them. Store emergency supplies and replenish them annually. Educate your family where to drop, cover, and hold on and take a first aid course. Conduct practice drills on a regular basis.

November

Fire and Ice

Preparedness is the key to surviving wildland fires and lethal winter storms. Timely preparation, including structural and non-structural measures to avoid the impacts of wildland fires and severe winter weather, can help reduce heavy repair expenditures following an event. Also remember to keep your car and other vehicles fueled and in good repair in case you are asked to evacuate. Have your emergency survival kit ready to go with you, just in case.

December

Landslides and Mudslides

Significant property damage can be caused by landslides and mudslides. Prepare an evacuation kit to include important documents and irreplaceable items such as photographs. When it rains, monitor the amount of rainfall and look for warning signs of landslides and mudslides such as new springs, tilted trees or new holes in hillsides.

Additional campaign materials are available through your local County Office of Emergency Management.

www.espfocus.org

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