

ESP FOCUS



TIME TO PRACTICE



WHY

Knowing what to do can save your life!

Damaging earthquakes such as the magnitude 6.7 Northridge temblor are part of California's environment. They can occur at any time and cause numerous deaths and injuries.

Fifty-seven people died and more than 9,000 suffered injuries as a result of the January 17, 1994 quake. Experience shows that taking the proper action during and after an earthquake can reduce deaths and injuries.

During April, become involved in the California Earthquake Preparedness Month campaign by participating in the statewide "Earthquake—Duck, Cover, and Hold Drill" at 10:30 a.m. on Tuesday, April 4, and in drills and events sponsored by government agencies, schools and businesses during each of the campaign's four theme weeks.

Theme weeks	April
Gov't & Emergency Services Week	1-8
Business & Industry Week	9-15
Schools Week	16-22
Family Week	23-30

To know what to do when the ground starts shaking, review the safety tips outlined on the reverse side of this Focus Sheet.

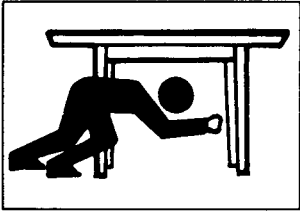
Flyer compliments of:

**COUNTY OF LOS ANGELES
OFFICE OF EMERGENCY MANAGEMENT**

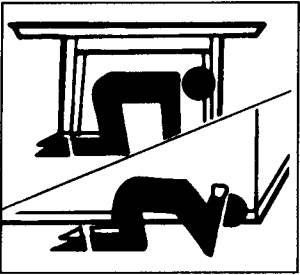
A P R I L

HOW

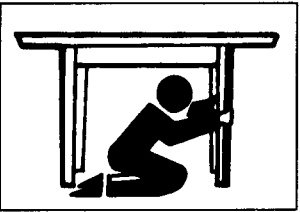
If an earthquake strikes while you're **INDOORS**, follow the steps below:



DUCK or drop down to the floor. Avoid windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster or ceiling tiles. (Heavy-duty gripper is now available for anchoring computers, televisions and other breakable items.)



Take **COVER** under a sturdy desk, table or other piece of furniture **until the shaking stops**. If that's not possible, seek cover against an interior wall and protect your head and neck by covering them with your arms. Avoid danger spots near windows, hanging objects, mirrors and tall furniture.



HOLD ON to the leg of a sturdy desk, table or other piece of furniture if you take cover under it. Be ready to move with it. **HOLD** the position **until the ground stops shaking and it's safe to move**.

If you're in **BED** and can safely do so, roll onto the floor and cover your head and neck with your hands.* **DO NOT** get under the bed.

**If you can't do so safely, then stay in bed and cover your head with a pillow.*

OTHER LOCATIONS

Earthquakes don't always occur when you and your family are at home, work or school.

- If you are in a **PUBLIC PLACE**, remain calm and **do not** rush for exits. Take the time in any location to identify alternate exits. Here are some additional safety tips if you're at specific locations when the shaking starts:
- If you're in an **OFFICE BUILDING**, don't use the elevators. Don't be surprised if the fire alarm, burglar alarm or sprinkler system activates.
- If you're **OUTDOORS** and can safely do so, move to a clear area, away from trees, signs, buildings, electrical wires and poles.

- If you're on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster and debris.
- If you're **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 you're in a **CROWDED STORE OR OTHER PUBLIC PLACE**, don't rush for exits. Move away from display shelves containing objects that could fall.
- If you're in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels and protect your head and neck with your arms.
- If you're in the **KITCHEN**, turn off the stove and move away from it, the refrigerator and over-head cupboards. [Anchor appliances and install safety latches on cupboard doors **NOW**.]
- If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head and neck with your arms. Don't try to leave **until the shaking is over**. Then leave in a calm, orderly manner.
- If you're in a **MALL**, get out of the main area and into a store along the side. Take cover against the back wall.

Be prepared for aftershocks. Plan where you will take cover when they occur.

Adapted from materials developed by the Governor's Office of Emergency Services



This action sheet is produced as part of the Earthquake Survival Program (ESP). ESP is an awareness campaign designed to increase individual and home earthquake preparedness. ESP was developed by the County of Los Angeles. The Governor's Office of Emergency Services and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara and Ventura counties assist in the development of campaign materials and in coordination of the campaign.

Steps to Survive in *1995*

