

EMD BULLETIN



Emergency Management Department

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HOW TO PREPARE FOR AN EARTHQUAKE

The City's Emergency Management Department encourages everyone to take the following advice:

- Prepare for possible aftershocks. **Drop, cover, and hold on.**
- 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.
- If you use a wheelchair, lock the wheels and cover your head.
- Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass.
- Do not go outside, unless you are in immediate danger. Check on those around you for injuries.
- Turn gas off, only if you smell gas.
- Remain calm and tune in to your public radio or television station for updated information. Do not call 9-1-1 unless you have a life-threatening emergency.
- Take this time to review your family emergency plan, which should include an out-of-area contact. Ensure all family members know what to do.
- Take this time to update your emergency supply kit and ensure items can sustain you and your family for a minimum of 72 hours.
- Encourage preparedness in your neighborhood, at school and work!

Other Tips:

If you are trapped in debris:

- *Move as little as possible so that you don't kick up dust. Cover your nose and mouth with a handkerchief or clothing.*

About the Emergency Management Department (EMD)

The Emergency Management Department was established by ordinance in 2000 by the City Council and Mayor. EMD is dedicated to leading the City in comprehensive emergency management including: planning, mitigation, preparation, response to and recovery from natural, manmade and accidental incidents of high consequence.

- *Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if one is available. Shout only as a last resort.*

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 shore: 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 live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

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.

*Indoors: **Drop, cover, and hold on.*** 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!

For more information, visit: <http://www.earthquakecountry.info/roots/index.php>