



APRIL 2010

EARTHQUAKE AWARENESS MONTH

California is Earthquake Country!

Thousands of earthquakes occur in California each year, but most are too small to be felt. Some cause moderate damage and injuries in a small area. Others can cause regional destruction. No one knows when or where such a quake will occur, but everyone can reduce their risk of death, injury, and property loss in an earthquake by following the Seven Steps to Earthquake Safety outlined below.

Step 1: Fix potential hazards in your home

Step 2: Create a disaster plan

Step 3: Create disaster supply kits for your home, work and car.

Step 4: Fix your property's structural and non-structural weaknesses.

Step 5: During earthquakes and aftershocks: *Drop, Cover, and Hold On.*

Step 6: After the earthquake, check for injuries and damage.

Step 7: When safe, continue to follow your disaster plan.

✓ HEALTH TIP:
After an earthquake, expect services at local hospitals to be overwhelmed and seek medical treatment only as needed. Listen to your radio or television for news and instructions.

www.espfocus.org



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