

Imagine that you have no electricity, no gas, no water, and no telephone service. Image that all of the streets and shops are closed and you are without any kind of help or emergency services.

What Will You Do?





In Case of Catastrophe

Imagine that you have no electricity, no gas, no water and no telephone service. Imagine that all of the streets and shops are closed and you are without any kind of help or emergency services. What will you do until help arrives?

Are you **READY?**

Be prepared to be on your own for at least one week. We as individuals must be prepared in advance for ourselves, our homes, our workplaces and our neighborhoods. Keep on mind that under eight feet of water or other circumstances neither the Internet nor phones work. During major disasters, 9-1-1 may be flooded with calls. Be prepared to wait. The following are some steps you can take to be prepared for any event – large or small.

1. Duplicate your important documents and keep an extra copy offsite either in a safety deposit box or with someone you trust. Examples of these documents are: passport, driver's license, social security card, will, deeds, financial statements, prescriptions, personal items, etc. Include an inventory of your valuables, in writing and with photographs or video.

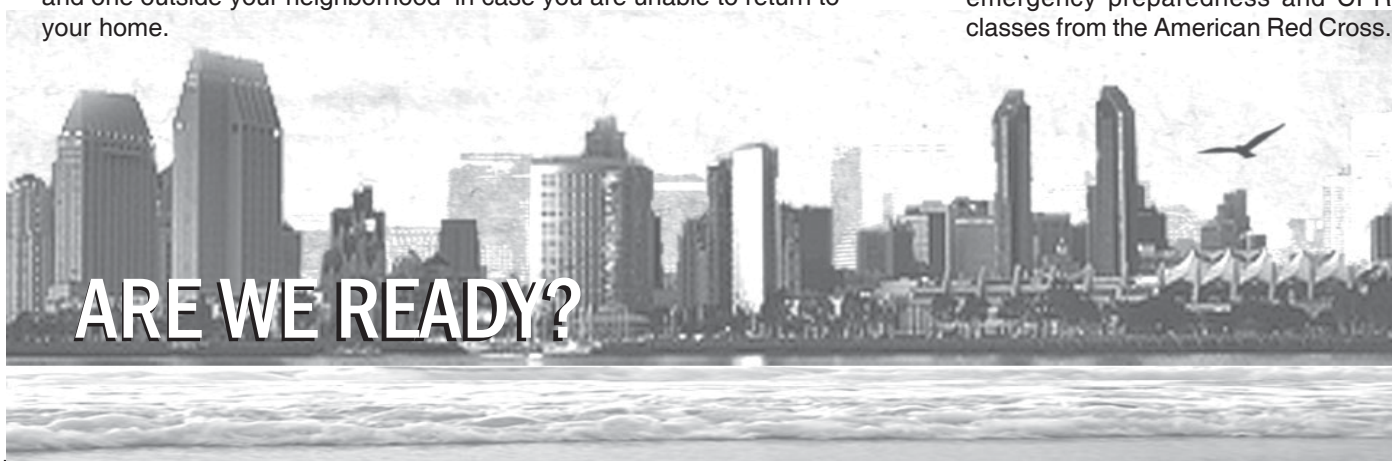
2. Put together your emergency kits. Your main kit should include: water, food, a manual can opener, first aid, personal medications, AM radio, flashlight, batteries, sanitary items, shoes, clothing, tools, supplies and any other items that you might require. Remember to include cash in small denominations as ATM machines may not be working and banks could be closed. Remember: Be prepared to be on your own for at least one week. Also, prepare a "Go Bag" for your home, workplace and vehicle to use in the event of an evacuation.

3. Develop your emergency plan. Involve all household members in planning. Including babysitters.

- Discuss all possible exit routes from each room, building and the neighborhood.
- Decide where you will reunite after a disaster. Pick two places to meet: one right outside your home in case of sudden emergency such as fire and one outside your neighborhood in case you are unable to return to your home.

- Find safe places in your home for each type of disaster.
- Put emergency numbers beside each telephone.
- Clear hallways and exits for easy evacuation.
- Locate the main water, electricity and gas shut-off valves. Know how and when to switch them off. Only PG&E can turn your gas back on.
- Keep your vehicle in good working order and be sure the gas tank is always at least half full.
- Practice. Conduct emergency drills. Walk through your plan with all household members, check your smoke detectors and be sure to practice "DROP, COVER and HOLD" and other exercises at least every six months.
- Schedule time on the days that the clocks change to check and rotate your supplies as well as to review and practice your emergency drills.
 - Designate an out-of-state contact person. Provide this person with the names and contact information of people you would like to keep informed of your situation. This way, after a disaster, you only need to make one call and your contact person can do the rest.

4 Know your community resources. Be informed about your local community Emergency Response Team, and take emergency preparedness and CPR classes from the American Red Cross.



Remember

Account for everybody's needs especially seniors, people with disabilities, children and non-English speakers. They will need to take additional precautionary measures to further reduce their exposure to risk during an emergency.

Include your children in preparing for an emergency. Teach them how to get help and what to do wherever they are. Practice often.

Make an information sheet of life support needs, medical conditions, medications and dosages, allergies, special equipment, medical insurance and Medicare cards, as well as personal and medical contact details. Keep this documentation with you at all times. Give a copy to each buddy. Keep a copy inside your emergency kit and update it regularly.

Water Tip

In a disaster, water supplies may be cut off or contaminated. Be sure to have one gallon of drinking water per person, per day to last at least one week. Rotate water supplies every six months.

You should treat all water of uncertain purity before using it for drinking, food preparation, or hygiene. The easiest ways to treat water are to bring it to a rolling boil 5-10 minutes or to disinfect it with regular (unscented) household bleach. Use 8 drops per gallon if the water is clear and 16 drops if it's cloudy. Stir and leave standing for 30 minutes before use. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

For more information

Red Cross: www.redcross.org
Federal Emergency Management Agency, FEMA: www.fema.gov (click on planning & preparing)
U.S. Dept. of Homeland Security: www.ready.gov
California Governor's Office of Emergency Services: www.oes.ca.gov
County of San Diego Emergency Services: www.ReadySanDiego.Org

What will happen if California is...

Hit by a Big Earthquake?

A simulation shows the moment of magnitude 7.8 earthquake hits California

New 3-D animations of an earthquake scenario show, from the perspective of a several different Southern California locations, how intensely the ground would shake and shift during a very strong 7.8 earthquake with an epicenter on the southern end of the San Andreas Fault.

The science-based earthquake scenario, developed by USGS scientists and partners, is used for both the Great Southern California ShakeOut drill on November 13 and the statewide Golden Guardian 2008 emergency response exercise from November 13 - 18.

The ShakeOut earthquake scenario animations provide a graphic tool for first responders, engineers, decision makers, Southern California residents and other members of the public to understand, visualize and prepare for the devastating effects, even far from the epicenter, of a large, damaging earthquake. The San Andreas Fault has produced earthquakes of this magnitude in the past and could again in the future.

The USGS is also making available new broadcast-quality background interviews and footage of the San Andreas Fault-crossing Cajon Pass, a narrow corridor through the San Gabriel Mountains known as an important "lifeline corridor" where roads, railroads, water and energy pipelines, and electrical and communications infrastructure provide service to millions of residences, businesses, commuters and communities in Southern California. In the ShakeOut earthquake scenario, this narrow corridor would be greatly affected, as the 3-D animations also show.

"The Great Southern California ShakeOut: An Earthquake Scenario Based On Science," is a USGS video production that shows how science is used by government agencies, emergency responders, policymakers, and the public to help build safer communities. It includes interviews with the USGS, the Office of Homeland Security, the City of Los Angeles, the County of Riverside, the California Governor's Office, the East Valley Water District, the Art Center College of Design, the County of San Bernardino, and a professor emeritus from the University of Colorado State.

A major earthquake may happen anytime in California. You may only have seconds to protect yourself. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. Now is the best time to register. At 10:21 a.m. on October 21, 2010, millions of Californians will "Drop, Cover, and Hold On" in The Great California ShakeOut, the largest earthquake drill ever! Visit today the ShakeOut web page on www.ShakeOut.org.

Information excerpted in part from data from the US Geological Survey. The Animations are available at www.earthquake.usgs.gov