

# CITY OF LOS ANGELES EMERGENCY MANAGEMENT DEPARTMENT

Earthquakes may happen at any time here in California. At 10:20 am on 10/20, you can join millions of people across the world in practicing earthquake safety. Great ShakeOut Earthquake Drills are our chance to practice together to drop, cover, and hold on. The City of LA is already registered... so set a reminder and join along!

Worldwide, over 44,125,181 participants are registered in 2022 Great ShakeOut Earthquake Drills.

## WHAT TO DO BEFORE AN EARTHQUAKE

- Have your emergency kits ready -- for your pets, elderly family members, commute, work, and home.
- Have a communication plan for your family.
- Sign up for the great California ShakeOut and PRACTICE!
- Go to ReadyLA.org and download our resources.
- Gather your neighbors and create a Ready Your LA Neighborhood (RYLAN) plan.



## PROTECT YOURSELF DURING AN EARTHQUAKE!



### DROP

**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects.



### COVER

**COVER** your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter.
- If no shelter is nearby, crawl next to an interior wall.
- Stay on your knees; bend over to protect vital organs.



### HOLD ON

**HOLD ON** until the shaking stops.

- Under a Table or Desk: hold on to it with one hand; be ready to move if it shifts.
- No Table or Desk: hold on to your head and neck with both arms and hands.

## WHAT TO DO AFTER AN EARTHQUAKE

### Check Yourself

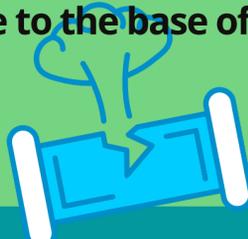
- Check yourself for injuries.
- When shaking **stops**, put on sturdy shoes and head protection before assisting others.
- If necessary, apply first aid to yourself or others once moved to a hazard-free location.
- If injuries are severe or you can't get to safety, signal for help by posting signage or making noise to alert rescuers.

### Check Your Space

- If indoors, check all water, gas, and electric lines. If damage is suspected, shut off any connecting valves.
- If a gas leak is detected, open windows and doors and evacuate immediately until you can find help.
- If there is running water, fill a bathtub as a water reserve. If water is not available, reserve toilet and water heater tanks may be used as potable water sources.
- Avoid any hazards (broken glass, fallen debris), and evacuate if there is structural damage to the base of the home.

### Check Your Plan

- Follow your **emergency plan** to ensure the safety of you and your loved ones.
- Check in with neighbors and offer assistance when possible.
- If you are at work or school, follow the emergency protocols provided by the venue.
- If cell towers are overloaded, text messaging when feasible may be a more reliable form of communication.



[Emergency.lacity.org](https://www.emergency.lacity.org)

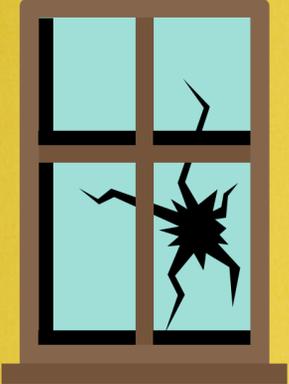
# HOW TO CONDUCT A HAZARD HUNT IN YOUR HOME

Most injuries and fatalities during an earthquake result from falling objects. Maximize the safety of your home by storing heavy objects as low as possible and securing high shelving, cabinets, and furniture. Look for items that may fall on you or break during an earthquake. You can find inexpensive braces, straps, cabinet latches and other earthquake safety supplies online or at your local home improvement store. See below for some tips.



**1**

Look out for broken glass on the floor or other furniture



**3**

Have a pair of shoes by your bed so you don't step on broken glass



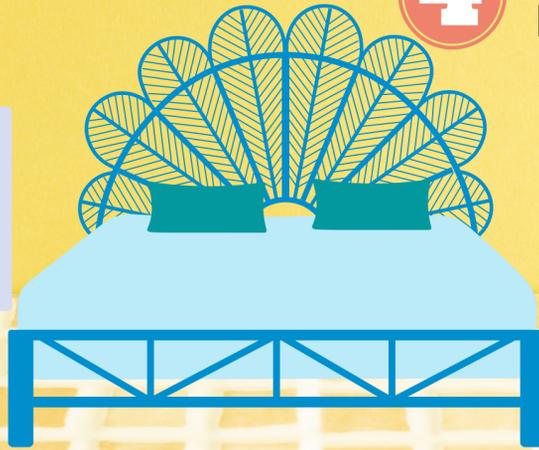
**2**

Avoid hanging anything above your head as it can fall and cause injuries



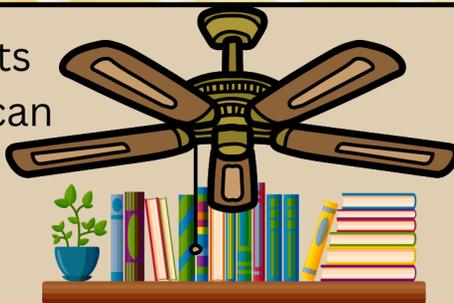
**4**

Ensure your TV is properly mounted and secured into the wall



**5**

Avoid putting heavy objects on the top shelves as they can fall and cause injuries



**6**

Watch out for ceiling fans or hanging lights as they will swing back and forth and may fall or break

**7**

Properly secure all pictures to the wall



**8**

Be cautious of items on the floor that can be a tripping hazard



**9**

Do not place heavy bookshelves by your doors, they can fall and block your exit

