

ESP

**FAMILY STEPS
TO SURVIVAL**

Duck, Cover and Hold



WHY?

Practice promotes preparedness!

We know that major earthquakes such as the magnitude-7.3 Landers temblor in 1992 can strike at any time and cause numerous deaths and injuries.

Experience also shows us that even moderate earthquakes—in the magnitude 5 to 6.9 range—can cause a significant number of deaths and injuries. The magnitude-6.7 Northridge earthquake in 1994 caused 57 deaths, more than 10,000 injuries and an estimated \$40-42 billion in property losses.

Learn what to do during an earthquake—whether you're at home, work or school. Taking the proper actions can save lives and reduce your risk of death and injury.

Use the information on the reverse side of this Focus Sheet to help you become more prepared. Take part in earthquake safety exercises such as the annual statewide Earthquake—Duck, Cover and Hold Drill in April. Contact your local office of emergency services for more information.

These are only suggestions for preparing your family. Use discretion and common sense in your preparations.

Flyer compliments of:

COUNTY OF LOS ANGELES OFFICE OF EMERGENCY MANAGEMENT



STEP 4

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. (Protective window coating and materials for anchoring computers, televisions and other breakable items are now available.)

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**.

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 comes on.
- If you're **OUTDOORS** and can safely do so, move to a clear area, away from trees, signs, windows, 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. Try to avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle **until the shaking is over**. Do not exit your car if wires have fallen on it.
- 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. If possible, move to cover, lock your wheels and protect your head with your arms.
- If you're in the **KITCHEN**, turn off the stove and move away from it, the refrigerator and overhead 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 with your arms. If possible, try to crouch down so that your head is below the top of the chair. Don't try to leave **until the shaking is over**. Leave in a calm, orderly manner when the shaking stops and you are instructed to do so.

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

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

ESP Family Steps to Survival



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 California Governor's Office of Emergency Services (OES) 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 coordination of the campaign.