

The Great Riverside County Shake Out

October 19TH @ 10:19AM



Loma Prieta, CA 10/17/1989

6.9



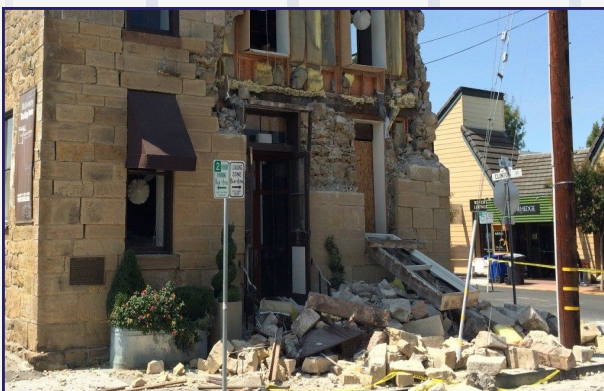
Landers, CA 06/28/1992

7.3



Northridge, CA 01/17/1994

6.7



South Napa, CA 08/24/2014

6.0



Ridgecrest, CA 07/04-05/2019

6.4 & 7.1

ARE YOU PREPARED FOR THE NEXT BIG ONE?



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES



Staying Safe Where the Earth Shakes
Inland Southern California Edition

For the counties of Imperial, Riverside and San Bernardino



Developed by:
Earthquake Country Alliance
California Earthquake Authority
California Governor's Office of Emergency Services

Staying Safe Where the Earth Shakes— Inland Southern California Edition is an informational booklet developed by California Governor's Office of Emergency Services, California Earthquake Authority and the Earthquake Country Alliance.

Did you know that most of us in Inland Southern California live less than 10 miles from a fault that can have a damaging earthquake, and a large part of our population lives along the most potentially damaging fault of all — the infamous San Andreas? It slices through our region and can cause a devastating earthquake. Many other faults, such as the San Jacinto fault, create smaller, yet more frequent earthquakes.

These earthquakes will disrupt services like electricity, water and sewer, and may limit access in and out of the region. Fire and police departments will be dealing with the most serious situations and may be unable to respond quickly to issues in your community. Government assistance may not be available or may not be enough to replace your damaged belongings or repair your home.

Good news: Taking steps now will give you confidence that you and your family are prepared to stay safe where the earth shakes.

WHAT SHOULD I DO BEFORE, DURING AND AFTER AN EARTHQUAKE?

Trying to figure out what to do after an earthquake strikes is too late. Have you ever thought, "How will I get home?" "What about my family?" or just "Now What?" Having a plan in place before an earthquake strikes could be the difference between life and death. These Seven Steps to Earthquake Safety can prepare you either at home or in the office, when the next big earthquake hits.

WHAT WAS THE LARGEST EARTHQUAKE IN CALIFORNIA HISTORY?

1857 Fort Tejon Earthquake on Jan. 9, 1857 Magnitude: 7.9

The most powerful California earthquake in recorded history occurred in 1857, about 45 miles northeast of San Luis Obispo near Parkfield, California. Estimates for the quake's magnitude range from 7.9 to 8.3. The power of this quake, which happened along the infamous San Andreas Fault, was enough to horizontally displace land on the Carrizo Plain by 9 meters. Strong shaking lasted for one to three minutes. Property damage was heavy at Fort Tejon, but despite this, only two deaths were attributed to the earthquake.

Prepare Step 1: Secure your space

Earthquake shaking can move almost anything, even large or heavy items. Imagine your office or home being picked up and shaken sideways – what would be thrown around? How can you prevent it? Secure your space by identifying hazards and securing moveable items. Try doing one item from the list below every weekend until you get everything done. Start with what you can do for free. Don't be afraid to ask others for help.

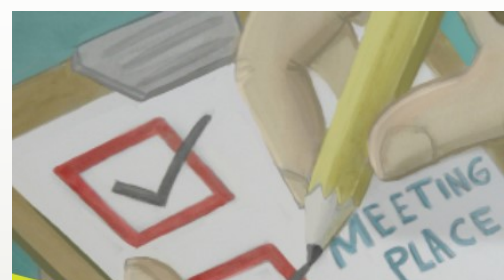


No cost:

- Move heavy or large items, such as potted plants or large speakers to the floor or low shelves.
- Move things that can fall on you away from anywhere you spend a lot of time (bed, couch, desk, etc).
- Move heavy unstable objects away from doors and escape routes.
- Secure water heater to the wall studs with two metal straps. (Average cost \$20)
- Hang mirrors and pictures on closed hooks. (Average cost \$2 per hook)
- Secure top-heavy furniture and appliances to wall studs. (Average cost \$12)
- Install latches on kitchen cabinets. (Average cost \$8)

Prepare Step 2: Plan to be safe

Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency. Before the next earthquake, get together with your team/ colleagues, department, family or housemates to plan now what each person should do before, during and after an earthquake.



- Learn and practice "Drop, Cover, and Hold On" (see Step 5).
- Identify safe spots in every room you can easily reach in just a few steps, such as under sturdy desks or tables.
- Keep flashlights and extra batteries in several places.
- Store a fire extinguisher where you can easily get to it or attach it to a wall. Everyone in your family should know how to use one.
- Place a sturdy pair of shoes and a flashlight in a bag and tie it to one of your bed legs. This makes it easy to find shoes so you don't cut your feet on broken glass, one of the most common earthquake injuries.
- Take a first aid and CPR training course and download a first aid app to your smart phone.
- If you are a person with a disability or need extra help, work with your personal support network to make them part of your plan. Visit EarthquakeCountry.org/disability

STEPS TO EARTHQUAKE SAFETY

Survive Step 4:

Drop, Cover, and Hold On



When the earth shakes: **DROP**, **COVER**, and **HOLD ON**! The farther you move while the ground is shaking, the more likely you are to be hurt. In most situations:

DROP down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling but allows you to still move if necessary.

COVER your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.

HOLD ON to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

- If you are **IN BED**, stay in bed, and cover your head with a pillow. People get injured when they get up and move around.
- If you are **OUTSIDE**, first drop then crawl towards open space if you can – stay away from building exteriors, overhead power lines and trees.
- If you are **unable to DROP**, brace yourself and protect your head and neck. In a wheelchair, set the brake and protect your head.



Survive Step 5:

Improve safety



Right after an earthquake, you can improve safety by evacuating if necessary, helping the injured and preventing further damage.

When should I evacuate?

- Evacuate your home or office only if there is damage to the building. You will be safest at home, even if the power is out.
- If you need to evacuate to a shelter, take your "grab and-go" bag (Step 3). Shelters have limited space.

Help the injured:

- If a person is bleeding, put direct pressure on the wound.
- Do not move any seriously injured person unless they are in danger of further injury.
- Keep them warm to prevent shock.
- If you can, call 9-1-1.

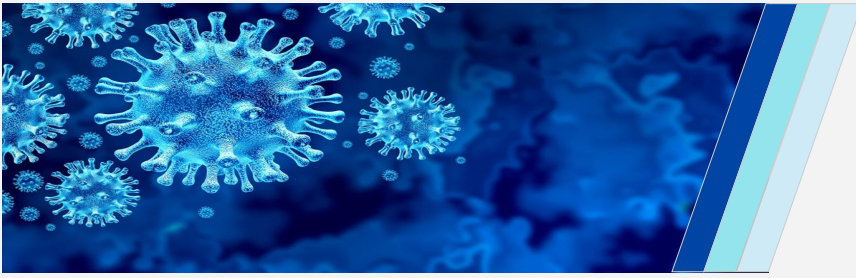
Prevent further damage:

- Be prepared for aftershocks. Stay away from anything that looks like it may fall.
- Large fires are a sign to evacuate. If you have a fire extinguisher handy, put out small fires.
- Unplug appliances and electronics. When the power comes back, damaged appliances and electronics could start a fire.
- Shut off the gas if you smell or hear a gas leak, or see the meter spinning quickly. Only the gas company can turn the gas back on, so shut it off only if necessary.
- Do not use candles or matches. You could start a fire and there may also be gas leaks. Use your flashlights.

Recap checklist

- Update your Emergency Action Plan**
- Make sure you have a section covering disabled staff**
- Identify those who will need assistance before an emergency takes place**
- Document their needs and find (if possible) staff members who will act as escorts**
- Find a safe location to act as a refuge if disabled staff are unable to exit the building**
- Make a special roster identifying staff with special needs, escorts and the refuge location**
- Inform First Responders of their location after you exit the building**
- If possible, assist them with exiting or have an escort take them to the designated area of refuge**





COVID-19 Over the Counter Testing (OTC)

Beginning September 25, 2023, employees who would like to receive four testing kits at no additional cost can place an order to have them delivered directly to their home by clicking [here](#).

- Limit of one order per residential address
- One order includes #4 individual rapid antigen COVID-19 tests (COVIDTests.gov has more details about at-home tests, including extended shelf life and updated expiration dates)
- Orders will ship free starting the week of October 2, 2023.

1. Contact Information

Contact information for the person placing the order.

*First Name *Last Name

Email (if you wish to receive shipping notifications)

2. Shipping Address

First/Last Name and Email same as above.

*First Name *Last Name

*Street Address / PO Box Apt / Suite / Other

123 Main Street or PO Box 100 Apt A / Ste 5 / # 23

*City *State or Province *ZIP Code™

Select a State

Order Summary

Free At-Home COVID-19 Tests
Order of 4 tests

Subtotal	\$0.00
Shipping & Handling	\$0.00
Total	\$0.00

[Check Out Now](#)

Employees who have tests that may be expired, please check to see if your COVID-19 tests' expiration dates have been extended by clicking [here](#).

If employees are in need of a test due to an exposure or outbreak in the workplace, then they can make their need known to their Departmental HR Representative, who can help secure a COVID-19 test at no charge to the employee.