



A message from

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Today is **Great ShakeOut Day** – 10/20/16 at 10:20 a.m. - where many companies, schools and organizations across the U.S. practice earthquake drills. While we don't have an earthquake drill scheduled for our beautiful city of Imperial Beach, I did want to take the opportunity to share with you some tips about how to be prepared for a major earthquake.

Emergency management experts agree that “**Drop, Cover and Hold On**” is the most appropriate action to take during an earthquake. **Drop** onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if available. **Cover** your head and neck with one arm and hand. Crawl to shelter (such as under a desk) if available, or next to an interior wall (away from windows). Stay on your knees, bent over to protect vital organs. **Hold on** to something solid until the shaking stops, or if there is no shelter, use both arms to cover head and neck.



You and your family can be better prepared for an earthquake by following these steps.

1. **Identify hazards and secure movable items**, such as water heaters, propane tanks, bookshelves and other heavy objects. Bookcases should be moved away from beds and sofas. Hang pictures and mirrors on closed hooks.
2. **Create a disaster plan** and how you will communicate in an emergency. Your emergency plan should include an evacuation route, emergency supplies, and a location to reunite with loved ones. You should appoint an out-of-state point of contact. Keep tennis shoes and a flashlight next to each bed. Get a fire extinguisher for your home. Take a CPR and first aid class. Make sure you know how to turn off the gas, water and electricity to your home. Keep essential documents, such as financial records and insurance policies, in a secure, waterproof container.
3. **Keep emergency supplies on hand**, including food, water, flashlights, medications, portable radios, batteries, first-aid kit, cash, a whistle and a fire extinguisher.

For more information, see <http://www.earthquakecountry.org/sevensteps/>