

OHCC SERT Presents:

Managing Expectations Following an Earthquake

- **First Question - Are You OK?**
- **What Could Happen**
- **How to be Prepared, Home & Away**
- **Things to Consider – Your Check List**
- **Recovery**

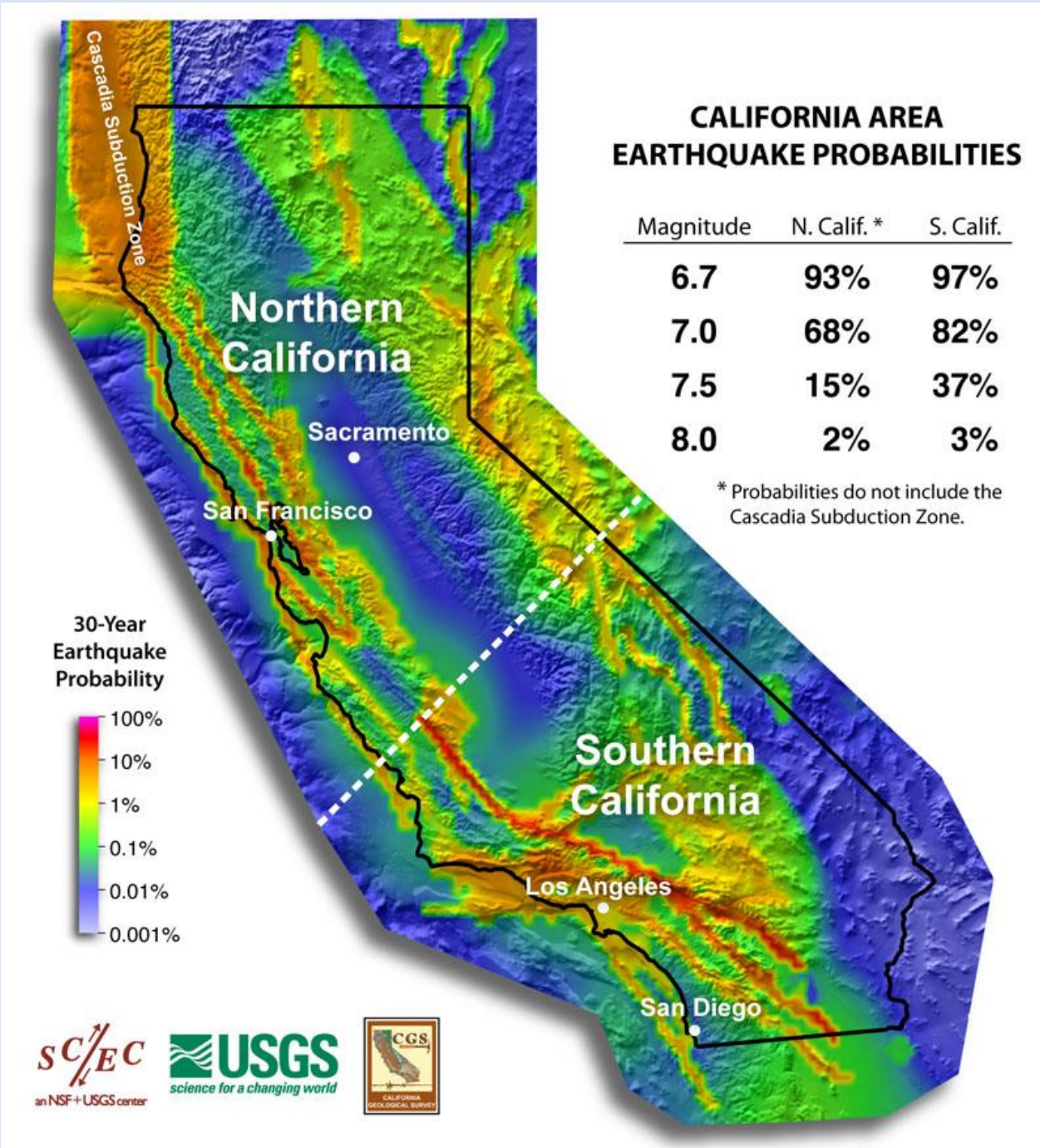
First Question: Are You OK?

- Check your physical and mental state.
- If OK, then check other family members, including pets.
- If not, can you take care of your needs? Others needs?
 - If not, how severe are injuries? If severe, call 911.
 - If communications are down, control injury as best as possible and get a neighbor's help.
- Have someone place RED HELP SIGN in an easily visible location.
- Be aware of your mental state and try not to panic.

Earthquake Map

It is not an issue of “if” it will happen ...

It is WHEN it will happen!



What Could Happen After an Earthquake



2014 South Napa

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OHCC SERT Role

- SERT ERT members are able to:
 - Assist emergency services personnel when requested.
 - Assume some of the same functions as emergency services personnel following a disaster.
 - *Prepare families and communities prior to emergencies. Assist neighbors during an emergency when first responders are not immediately available.*

Question from a neighbor:

- Should residents be looking for a communication from the HOA, Master Board, Securitas or SERT following an earthquake?
- Do each of these groups have an earthquake response plan in place? If so, what is it and what should residents expect from each group?
- If we have a disaster and only two exits out of OHCC, what is the plan?

During an Earthquake

Staying Safe *In-Doors*



- DROP, COVER and HOLD ON!
 - Move as little as possible - most injuries during earthquakes occur because of people moving around, falling and suffering sprains, fractures and head injuries.
 - Protect your head and torso. Get under a heavy, sturdy piece of furniture.
- If you are in bed, stay there, curl up and hold on, and cover your head.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
 - If you must leave a building after the shaking stops, use stairs rather than an elevator in case of aftershocks, power outages or other damage.

During an Earthquake

Staying Safe *In-Doors* (2)



- Be aware that smoke alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.
- If you smell gas, get out of the house and move as far away as possible.
- Before you leave any building, check to make sure that there is no debris from the building that could fall on you.

During an Earthquake Staying Safe *Out-Doors*:

- Find a clear spot and drop to the ground. Stay there until the shaking stops.
- Try to get far away from buildings, power lines, trees, and streetlights.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris as well as landslides.

During an Earthquake Staying Safe *Out-Doors* (2):

- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines.
- Stay inside the vehicle with your seatbelt fastened until the shaking stops.
- After the shaking has stopped, drive on carefully, avoiding bridges and ramps for they may have been damaged.
- If a power line falls on your vehicle, **do not get out!** Wait for assistance.

Staying Safe After an Earthquake

- If away from home, return only when authorities say it is safe to do so.
- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami if you are close to the beach.
- Each time you feel an aftershock, DROP, COVER and HOLD ON. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Pay attention to how you and your loved ones are experiencing and handling stress.
- Watch animals closely and keep them under your direct control.

Inspecting your Home After an Earthquake

- Check to see if the floor is separated from walls or stairwells.
- Look for cracks in walls and between built-in fixtures such as lights or cupboards.
- Look for gaps around plumbing pipes that exit the foundation wall.
- Can you open doors and windows?
- For detailed inspection guidelines and tips, go to:
 - <https://www.news9.com/story/5e34f421e0c96e774b3641f8/how-to-check-your-house-for-damages-after-earthquake-hits>
 - <https://www.youtube.com/watch?v=7BgCU1HQ4x4> 3 min.

Prepare in Advance:

- Know what to do during an Earthquake:

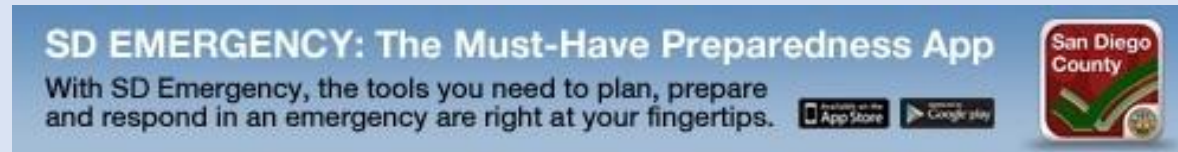
<https://certohcc.wixsite.com/sert/disaster-tips-earthquakes>

- Assemble an emergency preparedness kit.
- Create a household evacuation plan that includes your pets.
- Download the County of SD Personal Disaster Plan:

<https://tinyurl.com/y4unwj63>

Prepare in Advance:

Download the SD County Emergency App for iPhone or for Android:



[SD Emergency App \(readysandiego.org\)](http://readysandiego.org)

Earthquake Alert!
On Google Play



https://play.google.com/store/apps/details?id=com.joshclemm.android.quake&hl=en_US&gl=US

QuakeFeed Earthquake Alerts
On Apple In-Tunes



<https://apps.apple.com/us/app/quakefeed-earthquake-alerts/id403037266>

Family Disaster Plan & Personal Survival Guide:

- Your emergency supplies should be enough to sustain you, your family and pets for a minimum of 72 hours (3-days) .
- A 2-week supply of prescriptions and necessary over-the-counter medications is recommended.
- When planning, keep in mind you may have guests/family that could be with you, so having extra supplies maybe a good idea.

Basic Supplies:

WATER 1 gallon per day, per person & pet.	Watch/Clock (Non-electric)	Portable Radio w/extra batteries—consider solar or hand cranked powered.	Fire Extinguisher rated “ABC”
Non-Perishable Food (Canned, freeze dried, powdered)	Cash (small bills as ATM’s may be without power)	<ul style="list-style-type: none"> • Prescription Rx’s, • Over-the-counter drugs, • Vitamins 	<ul style="list-style-type: none"> • Whistle, • Mirror, • Dust Mask
First Aid Kit & User Manual	Important documents Insurance policies, I.Ds. Photographs.	<ul style="list-style-type: none"> • Back-up glasses, • Dentures, • Hearing aids 	Cell Phone, spare charger, hand crank charger, phone numbers
Can Opener - Manual	Blankets/Sleeping Bags	Several flashlights with extra batteries	Playing cards/games
Duct Tape	Plastic Sheeting	Various small tools (Wrench, pry bar, etc.)	Pet Supplies (food, water, collars, Rx)

Rotate food items and water every 6-months. Remember to consider people with special needs (infants, elderly, disabled, severe allergies). Avoid salty foods as they will make you thirsty.

Water Tips:

Have at least 1-gallon of purified water, per person, per day and **this is just for drinking**. If your water is not purified, boil water for 1 minute or purchase water purification tablets/straws. Without water a person can survive only 5-7 days.



Sanitation Supplies:

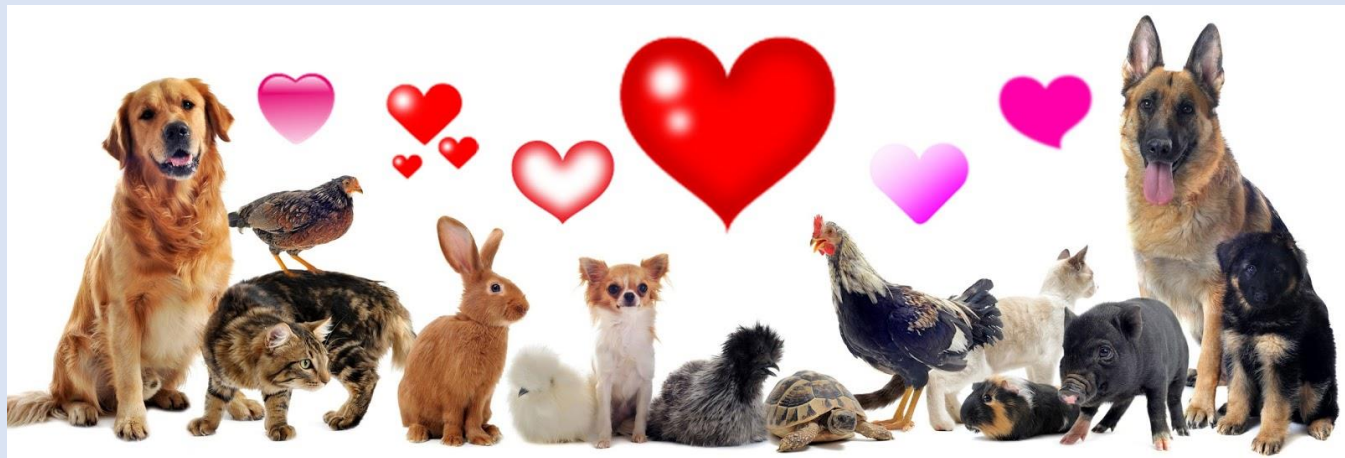
Large plastic bags for sanitation & protection	Hand and liquid soap	Toothbrush & toothpaste	Toilet Paper & Paper Towels
Pre-moistened towelettes	Shampoo	Feminine supplies	Deodorant

Cooking Supplies:

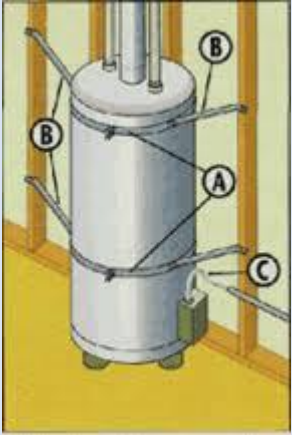
Plastic bags of various sizes	Cooking pots (at least 2)	Charcoal, lighter fluid & Sterno
Paper Plates, Cups & Utensils	Portable BBQ or gas grill and fuel	Waterproof matches/lighter

Protecting your Pets & Animals

- Prepare a pet emergency kit for your companion animals:
 - Water, food & treats for 3-5 days;
 - Leash & harness;
 - Secure sleeping crate & bedding;
 - Rx/medications for 3-5 days;
 - Poop bags;
 - Favorite toy.



Protecting Your Home



- Bolt and brace water heaters and gas appliances to wall studs. Have a professional install flexible fittings to avoid gas or water leaks.
- Do not hang heavy items, such as pictures and mirrors, near beds, couches and anywhere people sleep or sit.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Place large and heavy objects and breakable items (bottled foods, glass or china) on lower shelves.
- Anchor top-heavy, tall and freestanding furniture such as bookcases, china cabinets to wall studs to keep these from toppling over.



Gas Leaks: Know the Signs and Steps to Take

Question from a neighbor: How do I turn off the gas?

[Gas Leaks: Know the Signs and What to Do](#)

SDG&E, 2 minutes, 31 seconds

Do you know how to recognize signs of a gas leak from an appliance, pipeline or meter? Leaking natural gas that goes undetected can result in serious injury or property damage. Learn how to recognize a gas leak, as well as, what to do if you suspect one in your home or area.

How to Videos

[Fire Extinguisher use](#)

FEMA, 3/10/2009 - 2 minutes

[Opening an electric garage door in an emergency](#)

PG&E, 7/10/2019 - 1 minute

[Turning off/on your main water valve](#)

Mr. Rooter, 12/2/2013 - 3 minutes

[Turning off/on your electricity](#)

Repair.com, 2/13/2013 - 2 minutes

[Eliminating trip hazards](#)

Nurse NY, 4/9/2010 - 6 minutes

Being Prepared - Power Outage

Learn how to prepare your home for a power outage and what to do when one occurs

Sudden power outages can be frustrating and troublesome:

- If a power outage is 2 hours or less, do not be concerned about losing your perishable foods.
- For prolonged power outages, though, there are steps you can take to minimize loss and keep all members of your household as comfortable as possible.



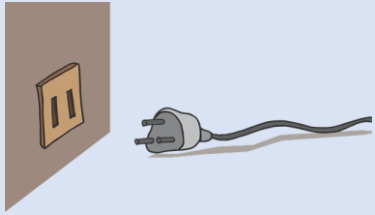


Power Outrage: Protecting Your Family

- To keep your food from spoiling during a power outage, keep on hand:
 - One or more coolers—inexpensive styrofoam coolers work well.
 - Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period during a prolonged blackout.
 - Digital quick-response thermometer— Perishables should have an internal temperature of 40 degrees. *When in doubt, throw it out!*

- Have at least a half tank of gas in your vehicle.





During a Power Outage: Electrical Equipment



- Use flashlights in the dark, not candles.
- Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- Turn off or disconnect any appliances (like refrigerators/freezer), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- Leave one light turned on so you will know when the power comes back on.

Question from a neighbor: “Is there a demo or suggestions on how to keep your electronic communication devices charged for a few days if there is no power to our homes? Should we all have a surge protector AND battery backup unit attached to our computers?”

Power Outrage: Protecting Your Home



- Consider purchasing a generator, or solar panel, to power critical equipment during a blackout. Make sure it is rated for the power you think you will need and that you know how to operate it safely.
- If you have a generator, operate it outdoors to eliminate accumulating carbon monoxide.

Additional Resources:

NOAA (National Oceanic and Atmospheric Administration) radio broadcasts:

- Search for a NOAA radio app in the Apple Store or Google Play.
- Purchase a solar/battery-powered or hand-crank NOAA radio.
- Watch for **emergency broadcasts** on television.
- Listen to **AM Radio** (KOGO 600 or KLSD 1360).
- Go to the **SERT Website** and view this link:

<https://certohcc.wixsite.com/sert/disaster-tips-earthquakes>

Question from a neighbor: “What are some of the recommended resources, such as websites, news sites or apps, to find current information and updates after an earthquake has occurred?”

Copies of this presentation are available on the
OHCC SERT Webpage:
tinyurl.com/ohccsert
under the “Training” tab, then “Safety Committee Presentations”



Thank You