

# Prepare San Marino

Taking steps to be the Most Prepared City in Los Angeles County

## Earthquake Safety for All of Us



Southern California is such a beautiful place to live, it is sometimes difficult to think about the day a disaster impacts our City and the skies turn gray. Do you know what to do to stay safe during an earthquake?

The largest earthquake in two decades rattled Southern California on Thursday morning, causing shaking in communities from Las Vegas to Long Beach, ending a quiet period in the state's seismic history and providing a gentle reminder that we all live and work in earthquake country.

The July 4<sup>th</sup> earthquake struck at 10:33 a.m., the magnitude 6.4 trembler was centered about 125 miles northeast of Los Angeles in the remote area near where Inyo, San Bernardino and Kern counties meet. A 7.1 magnitude earthquake shook Southern California again on Friday evening. Fortunately there have been no immediate reports of deaths, serious injuries or major infrastructure damage in our local area.

Now is an opportune time to remind all residents of San Marino how they should prepare themselves and their families to remain safe in the event of an earthquake.

### Prepare **NOW**

- Secure items, such as televisions, and objects that hang on walls. Store heavy, breakable objects on low shelves.
- **Practice Drop, Cover, then Hold On** with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.
- Consider obtaining an earthquake insurance policy. Standard homeowner's insurance does not cover earthquake damage.

### Survive **DURING**

- **Drop, Cover, then Hold On** like you practiced. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover without going through an area with more debris.

- If in bed, stay there and cover your head and neck with a pillow.
- If inside, stay there until the shaking stops. **DO NOT** run outside.
- If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.
- If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.
- If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

### **Be Safe AFTER**

- Expect aftershocks to follow the largest shock of an earthquake.
- Check yourself for injury and provide assistance to others if you have training.
- If in a damaged building, go outside and quickly move away from the building.
- Do not enter damaged buildings.
- If you are trapped, cover your mouth. Send a text, bang on a pipe or wall, or use a whistle instead of shouting so that rescuers can locate you.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Save phone calls for emergencies.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
- Use extreme caution during post-disaster clean-up of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during clean-up.

Lastly, remember that disaster can strike at anytime. You can help prepare your family and home using the above tips, as well as resources available on the City of San Marino website at [www.cityofsanmarino.org/1105/Emergency-Preparedness](http://www.cityofsanmarino.org/1105/Emergency-Preparedness).



南加州是一个美丽的居住地，你很难想到哪一天会乌云当空，灾难来袭，影响到我们的城市。你知道如何在地震中保持安全吗？

二十年以来最大的地震在一个周四的早上撼动了南加州，引发了从拉斯维加斯到长滩各社区的震动，结束了加州地震史上的一段安静时期，并温和地提醒大家，我们都工作生活在地震区内。

7月4日的地震发生在早上7点33分，6.4级震中位于洛杉矶东北125英里处，在Inyo, San Bernardino和Kern县交界的偏远地区。一个7.1级地震在第二天周五的晚上再次摇动南加州，所幸的是，我们当地没有立即死亡，严重受伤或是重要基础设施受损的报告。

借此时机，我们要提醒所有圣马力诺的居民需妥善预备自己和家人，如何在地震发生时保持安全。

## 即时预备

- 确保物品安全，如电视机和挂在墙上的物品。在较低的架子上存放沉重和易碎的物品。
- 与家人和同事一起做迅速下趴，保护头颈和倚靠的练习，双手和双膝迅速落地趴下，用胳膊护住头和颈部，从下落物体旁尽可能远地爬到有遮盖处，倚靠在坚固的家具旁直到晃动停止。
- 做一个家庭应急联系计划，要有外州联系方式。计划一旦被分散开，在哪里会合。
- 准备一个供给箱，其中应有至少三天的水和食物，一个手电筒，一个灭火器和一个哨子。要考虑到家庭每个人的特殊需要，包括药物。也别忘了宠物的需要。预备额外的电池，手机充电器和其他必须的物品。
- 考虑增加一个房屋地震险，标准的房屋险不包赔地震损坏。

## 地震期间

- 下趴，护头和倚靠，如上所述，迅速下趴，双手和双膝着地；用胳膊护住头和颈部；倚靠住坚固的家具直到晃动停止；只有确保有更好的遮盖物时才爬行，要避免经过有碎片的区域。
- 如果在床上，待住不动，用枕头护住头和颈部。
- 如果在室内，待在原地直到震动停止，不要跑到室外。
- 如果在车内，停在远离建筑，树木，立交桥，地下通道或者公用线路的地方。
- 如果你在高层建筑内，火警和洒水装置会启动，不要使用电梯。
- 如果靠近山坡，悬崖或者大山，请注意落石和山体滑坡。

## 震后安全

- 预备好在大震之后的系列余震。
- 如果你经过培训，要检查自己是否受伤，并给他人提供帮助。



- 如果是在一个受损的建筑内，需要迅速离开，走到户外。
- 不要进入受损的建筑。
- 如果你被困住了，要罩住嘴。不要呼叫，而是敲击管道，墙壁或者吹哨子来发出信息，让搜救人员来找到你。
- 如果你处在可能发生海啸的地区，在震后要马上转移到内陆或者是高地。
- 保存电话以应对紧急情况。
- 安全后，通过装好电池的收音机，电视，社交媒体和手机短信提醒来获取紧急信息和说明。
- 在灾后清理建筑物和周围残骸时要格外小心，不要自己去搬移重物。在清理过程中穿上防护服，包括长袖衣，长裤，工作手套和硬实的厚底靴。

最后，请记住灾难随时会发生，请使用以上提示以及圣马力诺市网站上提供的资源帮助您和家人做好准备。

