



EMPLOYEES, LET'S BE EARTHQUAKE READY!

In Southern California, an earthquake can strike **anywhere** and **anytime**!

BEFORE



Make a family disaster plan. Discuss the disaster plan and earthquakes with your family. Everyone should know what to do.



Update contact numbers and medical information regularly for your family and yourself.



Create an emergency supply kit - Keep supplies at home, work, and in your car. Remember, [You're On Your Own for 7 Days](#) so be prepared with a week's worth of essentials. Include a pair of sturdy shoes and a flashlight by the bed, so you are ready at night.



Secure heavy objects with bolts and straps, and take other measures to keep your belongings in place during an earthquake. This will reduce damages and injuries.



Check to see if your house is bolted to its foundation. Homes bolted to their foundations are less likely to be severely damaged during earthquakes.

DURING



Drop, Cover, and Hold On!

Objects may fall in and around buildings, so protect yourself from injury.

- If you are outside, find a clear spot and drop to the ground away from buildings, power lines, and other potential hazards. Protect your head there until the shaking stops.
- If you are in bed, stay there, curl up, and hold on. Protect your head with a pillow.
- If you are in a vehicle, pull over to a clear location and stop.
- Avoid bridges, overpasses, and power lines if possible.
- If you use a wheelchair, try to get into an inside corner of the room away from windows, lock the wheels, and cover your head with your arms.

AFTER

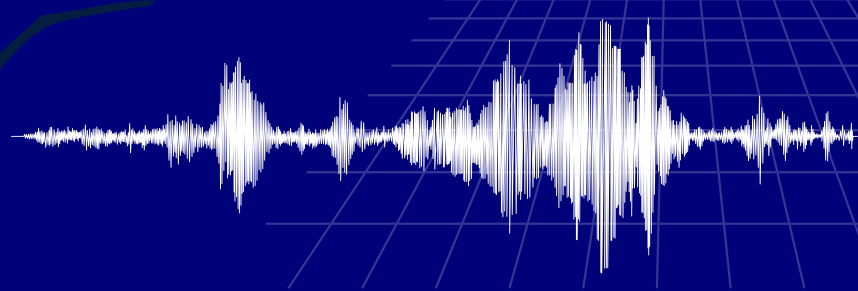


Help out and reach out - First responders may be delayed. Check on neighbors, put your skills to use, and connect with loved ones.



All District employees are Disaster Service Workers by California law, so be prepared to stay at work or to respond to work following an earthquake.

WHAT IS AN EARTHQUAKE?



An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the Earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day, or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

EARTHQUAKE FACTS

- Southern California has about 10,000 earthquakes each year, although most are too small to feel. About 15-20 each year are greater than magnitude 4.0.
- Large earthquakes create an aftershock sequence that can produce many additional earthquakes of all magnitudes for many months.
- Earthquakes can occur in any type of weather. There is no such thing as "earthquake weather."
- The San Andreas Fault is not a single, continuous fault, but rather a fault zone consisting of many different segments. Its fault system is more than 800 miles long.
- Most earthquakes occur at depths of less than 50 miles below the Earth's surface.
- Alaska is the most earthquake-prone state, with a magnitude 7 quake or greater occurring nearly every year.

TSUNAMIS AND EARTHQUAKES

- Drop, cover, and hold on until the shaking stops.
- Go to high ground or inland, and stay there - tsunami waves may arrive for hours, and the first one is often not the largest wave.

LAUSD DISASTER READINESS RESOURCES

[lausd.org/OEM](https://www.lausd.org/OEM) • Office of Emergency Management

[ISSP.lausd.net](https://www.lausd.net/ISSP) • Integrated Safe School Plan for every District school

[lausd.org/STEPS](https://www.lausd.org/STEPS) • Emergency response training programs for employees

[lausd.org/YOYO7](https://www.lausd.org/YOYO7) • You're On Your Own for 7 Days preparedness campaign

[lausd.org/PEI](https://www.lausd.org/PEI) • Parent Emergency Information - How LAUSD prepares for emergencies

[ESS.lausd.net](https://www.ESS.lausd.net) • Update employee contact information

OTHER DISASTER READINESS RESOURCES

[ready.gov](https://www.ready.gov) • Federal emergency preparedness campaign

[redcross.org/gethelp](https://www.redcross.org/gethelp) • American Red Cross

[earthquakecountry.org](https://www.earthquakecountry.org) • Earthquake Country Alliance

[shakeout.org](https://www.shakeout.org) • Worldwide ShakeOut organization

