Prepare Now for Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

BE INFORMED

Sign up for **AlertLongBeach** to receive alert notices about emerging or imminent emergencies via cell phone, text message and email. Monitor TV, radio, print and social media for important information in your area.

MAKE A PLAN

Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well being. Practice your plan.

BUILD A KIT

It may take a while before first responders can arrive. Have an emergency kit readily available at home and work with supplies to ensure you and/or your family can be self-sustaining for at least five days.

BE PREPARED

Join the Community Emergency Response Team (CERT) or Long Beach Search and Rescue. Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to "Map your Neighborhood" to identify risks and resources within your neighborhood.

Additional Information on Disaster Preparedness

Please visit these informative websites :

longbeach.gov/disasterpreparedness

longbeach.gov/health

https://www.ready.gov/

https://www.fema.gov/

http://www.redcross.org/

Social Media Sites:

twitter.com/@LongBeachDP

Instagram/ @longbeachdprep

facebook@LongBeachDisasterPreparedness

youtube.com/user/LongBeachCityCA From

Sign Up Now for **AlertLongBeach**:

longbeach.gov/disasterpreparedness/alert-long-beach/

ALERT LONGBEACH

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Preparing for Emergencies:

Earthquake Preparedness

CITY OF LONG BEACH

Department of Disaster Preparedness and Emergency Communications

CITY OF LONG BEACH

When choosing your home or business, check if the building is earthquake resistant per local building codes.

What are Earthquakes

Earthquakes are sudden rolling or shaking events caused by movement under the earth's surface. Earthquakes happen along cracks in the earth's surface, called fault lines, and can be felt over large areas, although they usually last less than one minute.

Before an Earthquake

- Look around places where you spend time. **Identify safe places** such as under a sturdy piece of furniture or against an interior wall in your home, office or school where you can shelter in place.
- Practice how to **"Drop, Cover, and Hold On!".**

- Before an earthquake occurs, **secure items** that could fall and cause injuries (e.g., bookshelves, mirrors, light fixtures).
- **Plan how you will communicate** with family members, including multiple methods by making a family emergency communication plan.

During an Eathquake

If you are inside a building:

- **Do not run outside.**
- **Avoid doorways** as they do not provide protection from falling or flying objects.
- **Drop down** onto your hands and knees if you are able, and get under a sturdy piece of furniture.
- **Cover your head and neck** with your arms to protect yourself from falling debris.
- **Hold on** to a sturdy object or covering.
- Stay away from glass, windows, outside doors and walls, and anything that could fall.
- If you are in a wheechair or use a walker and are unable to drop to the floor, **"Lock, Cover, and Hold On"**
- **If you are in bed,** do not get out of bed. lie face down to protect vital organs, and cover your head and neck with a pillow, arms close to your sides.

If you are outside when you feel the shaking:

- **If you are outside** move away from buildings, streetlights, and utility wires.
- Move out in the open and, **"Drop, Cover, and Hold On."**
- **If in a City** you may need to duck inside the nearest building to avoid falling debris.
- **If you are in a moving vehicle,** stop as quickly and safely as possible and stay in the vehicle, until it is safe to proceed.

After an Earthquake

- **When the shaking stops,** If there is a clear path to safety, leave the building and go to an open space away from damaged areas.
- **If you are trapped,** do not move about or kick up dust.
- **If you have a cell phone, use it to call 9-1-1 for help.**
- **If you are trapped** in a building tap on a pipe or wall or make noise so that rescuers can locate you.
- Once safe, **monitor local news, social media, and local officals** for emergency information and instructions.
- Be prepared to **"Drop, Cover, and Hold On"** in the likely event of aftershocks.

Create an Emergency Kit

- **Plan to be self sufficient** for at least five days.
- **Create an emergency supply kit.** Think about the resources you use on a daily basis.
- **You will want to gather the basic supplies** needed for survival, food, water, and life sustaining items you require.
- **Remember the needs of pets** and/or service animals. Include food, water, and toys for pets in your kit.
- **Customize your kit** to fit any access, medical, dietary and cultural needs.