

2025 Prepare in a Year Campaign



Earthquakes – Ready or Not?

The **Great CA ShakeOut** Day is **October 16th**. It is our opportunity to **practice at 10:16am** on how to protect ourselves during an earthquake. Keep in mind that prevention is always an important first step in staying safe. We can start reducing risk by following the **7-Steps to Earthquake Safety** on The Earthquake Country Alliance website: [Earthquake Country Alliance: Welcome to Earthquake Country!](https://www.earthquakecountry.org/)

Start with simple risk reduction measures: (No cost and low-cost ideas)

- Move heavy items, such as pictures, mirrors, and tall dressers, away from beds and sitting areas
 - Store heavy or breakable items on the bottom shelf & use closed hooks to hang items on the walls
 - Anchor all large kitchen and laundry appliances including hot water heaters to the floor, or wall
- **Note:** Screws must penetrate the wooden studs inside the wall to safely secure items**

In MOST situations, you will reduce your chance of injury if you:



DROP where you are, onto your hand and knees

- * This position protects you from being knocked down and allows you to stay low and crawl to shelter if nearby
- * Wheelchair users: lock your wheels



COVER your head and neck with one arm and hand (or a book or pillow)

- * If a sturdy table or desk is nearby, crawl underneath it for shelter
- * If no shelter is nearby, crawl next to an interior wall (away from windows)
- * Stay on your knees; bend over to protect vital organs
- * Close your eyes and mouth to protect against dust and debris



HOLD ON until shaking stops

- * Under shelter: hold on to it with one hand: be ready to move with your shelter if it shifts
- * No shelter: hold on to your head and neck with both arms and hands
- * Wheelchair users: bend over and use one hand to hold onto the chair



* **Recommended earthquake safety actions:** [ShakeOut Recommended Earthquake Safety Actions - English](https://www.earthquakecountry.org/7-steps-to-earthquake-safety/)

* **Key earthquake safety accessibility tips:** [ShakeOut Earthquake Safety Accessibility Tips - English](https://www.earthquakecountry.org/7-steps-to-earthquake-safety/)

Ideas to Consider:

- * **Add:** A change of clothes to your 72-hour Go-bag (at least an extra shirt or two and extra undergarments)
- * County's Staying Safe Where the Earth Shakes: [StayingSafeWhereTheEarthShakes_SanDiegoEdition.pdf](https://www.sandiego.gov/sites/default/files/2021-08/StayingSafeWhereTheEarthShakes_SanDiegoEdition.pdf)



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