



INFORMATION

BULLETIN

September 12, 2018

Earthquake Safety - Update #2

In honor of National Preparedness Month, UCSF/UC Hastings Public Safety Month and in anticipation of the Great ShakeOut earthquake drill in October, UCSF Police Department is sending out seven weekly Information Bulletins sharing Earthquake Country Alliance's "Seven Steps of Earthquake Preparedness!"

Step 2: Plan to Be Safe

Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.

Will everyone in your household do the right thing during the violent shaking of a major earthquake? Before the next earthquake, get together with your family or housemates to plan now what each person will do before, during and after.

Once the earthquake is over, we will have to live with the risk of fire, the potential lack of utilities and basic services, and the certainty of aftershocks. By planning now, you will be ready. This plan will also be useful for other emergencies.

Planning for an earthquake, terrorist attack, or other emergency is not much different from planning for a party or vacation. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

Plan NOW to be safe during an earthquake:

- Practice "drop, cover, and hold on." (See [Step 5](#))
- Identify safe spots in every room, such as under sturdy desks and tables.
- Learn how to protect yourself no matter where you are when an earthquake strikes.

Plan NOW to respond after an earthquake:

- Keep shoes and a working flashlight next to each bed.
- Get a fire extinguisher for your home. Your local fire department can train you and your family to use it properly.
- Teach everyone in your household to use emergency whistles and/or to knock three times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.

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***Mike Denson
Chief of Police***

This alert is a public service to the University community and in compliance with the Jeanne Clery Act of 1998

- Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- Take a first aid and cardiopulmonary resuscitation (CPR) training course. Learn who else in your neighborhood is trained in first aid and CPR.
- Know the location of utility shutoffs and keep needed tools nearby. Make sure you know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a “chirping” sound (low-battery signal).
- Work with your neighbors to identify who has skills and resources that will be useful in an emergency, and who may need special attention (children, elderly, disabled, etc).
- Check with your city or county to see if there is a Community Emergency Response Team (CERT) in your area. If not, ask how to start one. Consider joining UCSF CERT!

Plan NOW to communicate and recover after an earthquake:

- Select a safe place outside of your home to meet your family or housemates after the shaking stops.
- Designate an out-of-area contact person who can be called by everyone in the household to relay information.
- Provide all family members with a list of important contact phone numbers.
- Determine where you might live if your home cannot be occupied after an earthquake or other disaster.
- Know about the earthquake plan developed by your children’s school or day care. Keep your children’s school emergency release card current. The same is true for dependent adults.
- Keep copies of essential documents, such as identification, insurance policies, and financial records, in a secure, waterproof container, and keep with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional earthquake “drills” to practice your plan. Share your plan with people who take care of your children, pets, or home.

To learn more about earthquake preparedness from the University Office of the President, please take a few minutes to view this [earthquake safety video](#).

Any concerns or questions regarding this event should be directed to the UCSF Police Department at (415) 476-1414.

Help fight crime by reporting suspicious persons and/or suspicious activity to UCSF PD immediately—race, gender, and religious affiliation are NOT considered suspicious. For emergency or in-progress events, dial 9-911 when using on-campus land lines and 415.476-6911 when using cell phones. For non-emergency calls, please dial 415.476-1414. 18-09-02 CP



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The Great California ShakeOut

Annual Statewide Earthquake Drill

Colleges and Universities

At 10:18 a.m. on October 18, 2018, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the state’s largest earthquake drill ever! All colleges and universities are encouraged to participate in the drill. UCSF encourages departments to practice in their areas!

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great California ShakeOut is held on the third Thursday of October each year.

Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations. UCSF and UC Hastings are registered to participate!

UCSF and UC Hastings are registered to participate - "Drop, Cover, and Hold On"

HOW TO PARTICIPATE

Here are a few suggestions for what colleges can do to participate in the ShakeOut. Learn more at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/california/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/california/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:18 a.m. on October 18. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Ask departments to inspect facilities for items that might fall and cause injury and secure them.
- Learn about CISM software at www.cism.org
- Encourage staff and students to prepare at home.
- Provide CERT training for staff and students.

Share the ShakeOut:

- Encourage students and staff to ask their friends, families and neighbors to register.
- Ask colleagues at other schools to participate.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/california/resources.
- Share photos and stories of your drill at Shakeout.org/california/share.

Plan to practice: "Drop, Cover, Hold On!"



DROP!



COVER!



HOLD ON!

As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate

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