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Follow These Seven Steps for Earthquake Safety

SANTA ANA, California (March 16, 2010) – Earlier today, a magnitude-4.4 earthquake shook southern California at 4:04 a.m., according to the U.S. Geological Survey (USGS). It was centered approximately one mile from Pico Rivera, Calif., and about 11 miles from the Los Angeles Civic Center. There were no immediate reports of damage or injuries, authorities said. However, reports also stated that the quake may have caused damage to Interstate 5 in Lakewood, where two southbound lanes buckled and were closed temporarily. Although the USGS reports the temblor was centered 11 miles below the Earth's surface, the movement was enough to awaken some southern Californians. According to the USGS website, more than 1,000 people across Southern California reported feeling the earthquake.

Despite the lack of damage this morning's earthquake caused, given the recent earthquakes in Chile and Haiti, many people are concerned. Earthquakes can strike at any time without warning—preparation and knowing what to do when one occurs can help to ensure your safety.

1. **Identify potential hazards in homes, office and schools**, and then fix any problems.
 - ✓ Anchor appliances, heavy furniture, hanging objects and cabinet doors
 - ✓ Cover windows with multi-layered mylar film, or replace with safety glass
 - ✓ Brace water heaters
 - ✓ Know how to turn off your water, gas and electricity
2. **Design a disaster plan**; make lists of "What to Prepare" and "What to Learn and Practice."
3. **Create disaster plan supply kits**:
 - ✓ **Personal disaster kits**: walking shoes, medication, out-of-state emergency contact numbers, cash, vital documents and personal hygiene supplies
 - ✓ **Household disaster kits**: radio, flashlight, batteries, two-weeks supply of bottled water and canned food, whistle, cooking fuel, medical supplies, blankets, tools, pet supplies and warm clothing
4. **Fix any structural weaknesses**, such as:
 - ✓ Inadequate foundations and first stories
 - ✓ Unbraced walls
 - ✓ Compromised masonry
 - ✓ Vulnerable pipes
5. **During earthquakes and aftershocks**:
 - ✓ **Indoors**: Drop, cover and hold on
 - ✓ **Outdoors**: Move clear of buildings, power lines and trees
 - ✓ **Driving**: Pull over to a safe spot away from structures

- ✓ **Stadiums:** Stay in your seat
- 6. **After the shaking stops**, check for injuries requiring immediate attention.
- 7. **Once safe, follow your disaster plan.**

For additional security tips, please visit: <http://www.universalpro.com/SecurityUpdates.html>

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