



PREPAREDNESS MATTERS

Be a partner in preparedness...be ready!



Issue 3, Volume 3

August 2008

Contra Costa Community College District • 500 Court Street • Martinez, CA 94553 • (925)229-1000 • <http://www.4cd.net>

Get Involved!

As we plan and prepare to deal with whatever future emergencies or disasters may come our way, it's important to remember that participation is key. The more involved we become now, the better and easier things will be for us later! *Getting involved is easy.* In fact, if you were inspired enough to be reading this publication, you've already made a great start!

One of the most important things you should do next is to consider your role in an emergency. We all have different roles and these are largely dependent upon where we are. If you're a parent or the oldest person at home, you will likely have responsibility for other members of your family. If you're a younger member of your family, you may be responsible for *helping* your parents or others. In the workplace, there isn't much difference. There are leaders and there are helpers—although the lines between them often become blurred. If you are a trained first responder (police department employee, Community Emergency Response Team (CERT) member, or person with first aid training, you are likely to be someone who will provide direction and leadership. Other leaders include college administrators, managers, faculty, and staff members with key emergency management roles.

But what if those first responders, administrators, or other trained personnel aren't available?

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When an emergency occurs, they might be absent, busy with other duties, or injured themselves. *What then?* Under circumstances such as these, *you* might be the one who must step forward and lead!

Since we never know when or where we might be when an emergency strikes, it is important for *everyone* to know what to do. You should begin preparing yourself by reviewing emergency procedures for your workplace—these same basic principles apply whether you are at work or at home. Take advantage of opportunities for training, whether they may be community safety presentations or First Aid/CPR classes.

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The newest members of the District Community Emergency Response Team (CERT) stand ready to serve at Contra Costa College.

Photo Credit: Teddy Terstegge, CCCCD Police



Be sure to visit the Emergency Preparedness section of the District website to learn more about the ways you can stay safe during an emergency!

www.4cd.net/911

Earthquake Safety

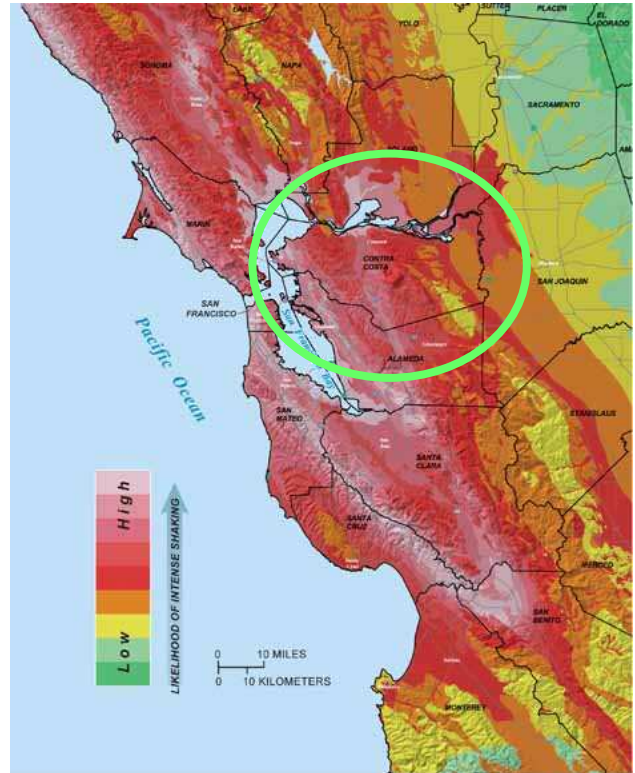
Everyone knows that California is prone to earthquakes. Our state is part of the infamous “Ring of Fire”, a large, horseshoe-shaped area that surrounds the Pacific Ocean. This area is both volcanically and seismically active. The end result is that the San Francisco Bay area is home to a number of earthquake faults—places where giant subterranean plates of rock meet. Pressure from deep within the earth’s mantle pushes these plates together. As the plates slip and grind beneath our cities and homes, earthquakes occur.

Earthquake Survival Items:

Be sure to keep the following items in your disaster kit. These could prove to be very helpful after an earthquake:

- Flashlight and extra batteries
- First Aid Kit
- Battery-powered radio and extra batteries
- Extra clothing and sturdy shoes
- Blankets
- Water (at least one quart per person)
- Food/snack items (non-perishable)
- Personal medications
- Spare eyeglasses
- Bleach (for water purification and sanitation)
- Plastic bags for disposal of waste
- Heavy-duty plastic tarp (with grommets, for shelter)
- Rope or nylon cord
- Whistle
- Entertainment items (playing cards, books, or games)
- Cash (since ATMs may be unavailable)

Hundreds of tiny earthquakes occur beneath our feet every day, but it is only the larger ones that catch our attention. To make matters worse, parts of the San Francisco Bay Area are particularly vulnerable to liquefaction—where soil loses its stability and ability to support structures.



Nearly all of our district facilities and campuses are susceptible to high levels of shaking during an earthquake.

Image Credit: Association of Bay Area Governments

The last significant earthquake to affect the Bay Area was the Loma Prieta Earthquake. It occurred on October 17, 1989. Although it was only a strong quake (6.9 on the Moment Magnitude Scale), it caused an estimated \$6 billion in property damage, killed 67 people, injured 3,757 more, and left some 12,000 Bay Area residents homeless.

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Tip of the Month: Don't forget your pets!

Be sure to include pets in your emergency preparedness plans. They need food, care, and shelter too. Leashes, bowls, and extra water are critical for their well-being after an emergency or disaster. For more information, please visit:

<http://www.cccpep.org/>

*Earthquake Safety (from Page 2)***Earthquakes Happen!**

The Great 1906 San Francisco Earthquake was significantly stronger than the Loma Prieta Quake. It released roughly sixteen times more energy as it shook. The number of deaths from the Great S.F. Quake is still debated, but military records from the time documented at least 664 dead. Estimates are that **half** of San Francisco's 400,000 residents were rendered homeless in its wake.

For years, experts have warned us about the likelihood of a similar quake occurring in our area. Just recently, calculations show that the odds of this happening in the next 30 years *have jumped from approximately 60% to 99.7%--a virtual certainty.*



Earthquake losses add up in both lives and property damage.

Image credit: California State University, Los Angeles

Quite understandably, many feel helpless when faced with the threat of an earthquake. After all, they argue, nothing can be done to stop these inevitable forces of nature. What they may fail to understand however, is that there are many things we can *all* do to increase our

chances for survival and lessen their affects on our homes and communities. Some of these include:

- Strapping water heaters, large furnishings, and heavy appliances to wall studs
- Securing homes to their foundations
- Storing hazardous chemicals and other dangerous materials separately and in appropriate containers
- Removing heavy or hard objects from locations where they may fall (particularly above desks, chairs, or beds)
- Securing cabinets, cupboards, shelves, and their contents
- Becoming familiar with self-protective measures such as *Duck, Cover, and Hold*

Prepare Now!

While lessening our risk is important, it is just as important to prepare for an earthquake's effects. Emergency providers such as fire, police, and emergency medical personnel are likely to be overwhelmed in the aftermath of a large earthquake. Infrastructure and other utilities such as telephones, water, electricity, and sanitation services may be interrupted, delayed or destroyed all together. Roads may be damaged, structures may be rendered unsafe, and financial institutions may be unavailable for some time.

Unfortunately, we live in a "just-in-time" society. We have all grown accustomed to driving down to the local store when we run out of necessities such as food, prescription medicines, or gasoline. Following a major

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Earthquake Safety (from Page 3)

earthquake (or any other regional disaster), these items will be in short supply. Basic necessities may not be available for hours, days, or even weeks after the ground stops shaking.

Emergency Supplies

We must all face the possibility that we will be on our own for a time. It is up to us to prepare our workplaces, homes, and families for this eventuality—but it can be done. If you have not already done so, begin stocking up on a few emergency supplies *today* (see inset, page 2). Gather sufficient stocks of non-perishable food, water, blankets and first aid supplies. Keep these items readily available in your home or car. Be sure to include prescription medications, sanitary supplies, or dietary items for family members with special needs (elderly, children, or infants) and pets.

Putting together a sufficient emergency kit does take a bit of effort, but it is a worthwhile and necessary investment. Doing so will not only help ensure your survival, but it will also go a long way toward keeping you and your family comfortable during a highly stressful time.

Out-of-Area Contacts

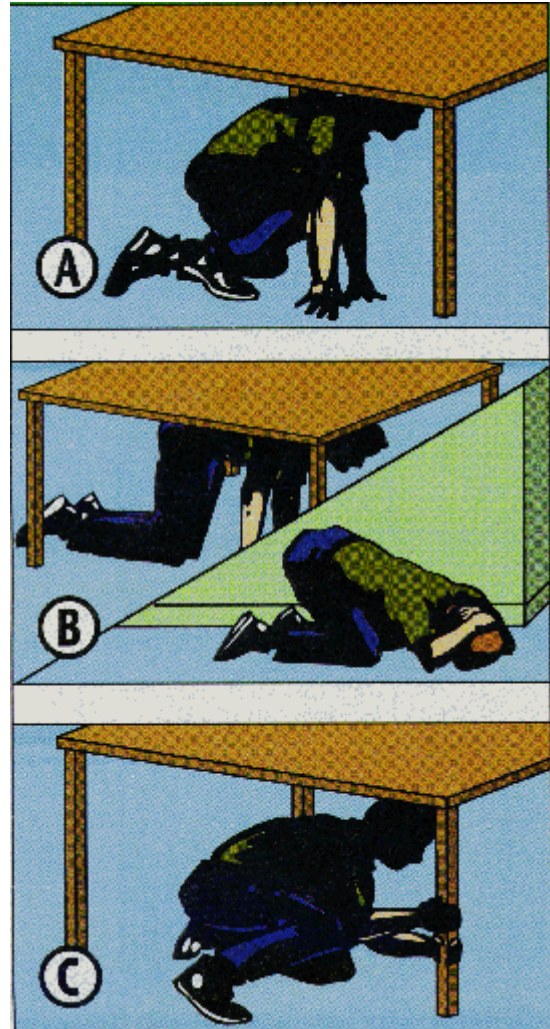
While it is likely that local telephone services may be interrupted following an earthquake or other regional disaster, it may still be possible to make long-distance calls from the affected area. Be sure to designate an out-of-area (preferably out-of-state) contact for your friends or family. Even if you cannot make a local call, you may be able to communicate with your family by relaying messages through this out-of-area contact.

To learn more ways you can prepare for an earthquake—or any other emergency, please visit the Federal Emergency Management Agency (FEMA) website at:

www.ready.gov

Earthquake Procedures

If an earthquake occurs, you must take immediate action to help ensure your safety. If you are indoors, **Duck, Cover, and Hold!** Duck down low, cover your neck and head with your arms, and hold on. If you can position yourself under a sturdy piece of furniture, this may help protect you from falling debris or if the building around you suffers damage or collapses.



Duck, Cover, and Hold!

Image credit: United States Geological Survey (USGS)

Do not run to reach a doorway or other perceived place of safety, as you are more likely to be injured in the attempt.

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Earthquake Safety (from Page 4)

If you are outside when an earthquake occurs:

- Move away from trees, power lines, and buildings
- Duck, cover, and hold until the shaking stops

If you are driving when an earthquake occurs:

- Slow down
- Move to the side of the road as quickly and carefully as possible
- Stay away from overpasses, trees, power lines, and buildings
- Remain in your car until the shaking stops



Earthquake damage affects roads, telephone systems, water systems, and other critical services. This image shows damage from the Nisqually Earthquake in Washington, 2001).

Image credit: United States Geological Survey

While the thought of a looming earthquake may be quite frightening, experience tells us that the odds for survival and a timely recovery become significantly higher as people and communities prepare. Learning what to do in an emergency, setting aside basic supplies, and preparing your home and work environments against a not-so-unexpected shaking are all things that may be easily accomplished by anyone. *So start getting ready today...tomorrow may be too late!*

Get Involved! (from Page 1)

Finally, there are any number of organizations that will help you become more involved in your community's efforts to become better prepared...your local police and fire departments, the American Red Cross, and the State of California Office of Emergency Services, just to name a few.

Make a commitment to learn more about these organizations and how you can help...volunteer *today!*

Just For Fun

Who says earthquakes are all bad and can't be any fun? Find the following earthquake-related hidden words (look backwards, forward, and diagonally):

EARTHQUAKE, EPICENTER, AFTERSHOCK, FAULT, TEMBLOR, LIQUIFACTION, SEISMOGRAPH, SHAKER, COLLAPSE, RETROFIT, NORTHRIDGE, AMPLITUDE, MAGNITUDE, STRESS, RICHTER, SUBDUCTION, TECTONIC, TSUNAMI, WAVELENGTH, INTENSITY, SWARM, SEISMOLOGY

T V E P W Y G O L O M S I E S J
 A R S H A K E R R S L N K F T V
 N E P I C E N T E R M A M A N G
 C E A R A M P L I T U D E M Q R
 R O L B M E T E O Q O S A E M I
 I D L M Y K C O H S R E T F A E
 C R O Y N O I T C U D B U S G G
 H E C H P A R G O M S I E S N D
 T S P K T A Y T I S N E T N I I
 E W A V E L E N G T H O C N T R
 R A E K T Z P C J V M N M M U H
 Z R B I N J F J W E A O Y A D T
 I M I M A N U S T I F O R T E R
 I P S S E R T S O O M E R E E O
 C Q U A L I Q U I F A C T I O N
 I O E E C I N O T C E T L U A F

Workplace Safety

Earthquake safety is important not only at home, but for the workplace as well. The following tips may be helpful in keeping you better prepared at work:

- Check your work area frequently for potential earthquake hazards such as heavy, unsecured overhead objects or furnishings.
- Make certain that emergency exits and equipment are kept clear of obstructions and that they are always ready for use.
- If you wear dress shoes to work, keep a spare pair of sturdy shoes (with thick, non-slip soles) handy in case an evacuation becomes necessary.
- Keep a small personal emergency kit under at your desk. Your kit should contain:
 - ✓ Bottled water
 - ✓ Snack items (non-perishable)
 - ✓ Flashlight (with batteries)
 - ✓ Compact Emergency Blanket
 - ✓ Whistle
 - ✓ Pocket First Aid Kit
 - ✓ AM/FM Radio (with batteries)
 - ✓ Notepad/Pen or pencil



Upcoming Preparedness Events:

October 23, 2008: Operational Area Exercise: "Silver Sentinel" (10am-2pm)

December 2008: Community Emergency Response Team (CERT) training at Los Medanos College (tentative)

Next Issue:

Would you know how to react if a fire broke out in your home or office? Our next issue will be dedicated to Fire Safety.

Other Features:

*Holiday Safety
Fire Extinguishers and How To Use Them*

Did you know...

Did you know that, even though voice cellular telephone calls may not go through in an emergency, you may still be able to send text messages to authorities, a family member, or friend?

During a local or regional emergency, it is entirely possible that cellular telephone communications will be interrupted as large volumes of calls are made within the affected area. It may still be possible to communicate with your cell phone however, if your phone has a text-messaging feature.

Voice communications take a great deal of system resources to go through—but Short Message System (SMS) or "text" messages take a great deal less. If you can't make your call the usual way, try sending a text message...it just might work!



Comments or Questions? Suggestions for future issues? Please contact the Emergency Services Coordinator:

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