



POLICE DEPARTMENT

CONTRA COSTA COMMUNITY COLLEGE DISTRICT

EARTHQUAKE SAFETY



Great California Shake-Out 2014

On Thursday, October 16th, 2014, millions of Californians will be participating in the Great California ShakeOut—our state's largest earthquake drill. The purpose of the drill is to practice how to protect ourselves during earthquakes, and to be better prepared for them at work, school, and home.

We would like to take advantage of this opportunity and remind you of the actions you should take to remain safe if an earthquake were to occur:

During the earthquake

- Remain calm.
- If you are indoors, Drop, Cover, and Hold On. Drop down to the floor and take cover under a table or desk. Protect your head and neck with your arms.
- Hold on to the table or desk and be prepared to move with it. Hold on until the shaking stops and you are certain it is safe to move.
- If you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck as best possible with your arms or other objects, and bend over to protect yourself if you are able.

After the Earthquake

After the shaking has stopped:

- Expect aftershocks. Each time you feel one, Drop, Cover, and Hold On.
- Exit rooms or buildings carefully (you may be struck by falling objects or debris)
- Use stairs to exit the building—***do not use elevators.***
- If you use a wheelchair or have other mobility impairments and cannot use the stairs, move to the nearest stairwell and wait for assistance. Safety personnel and first responders will check these areas and assist you.
- Once out of the building, move to a clear area away from buildings, trees, signs, or electrical wires and poles.

- Check yourself for and treat any injuries.
- Report any fires, injuries, trapped persons, or hazardous conditions to police by dialing 9-1-1 (or 9-9-1-1 from office phones). If telephones are not working and it is safe to do so, send someone to notify District police at the nearest station.

More Information

To learn more about earthquake safety and other emergency procedures, please visit the Contra Costa Community College District website at www.4cd.edu/911.