



## **Frequently Asked Questions: Southern California Earthquakes**

**July 8, 2019** – The American Red Cross shelter at the Kerr McGee Community Center in Ridgecrest, CA, continues to remain open to provide a safe place to stay for those affected by the earthquakes and over 3,000 aftershocks.

### **Shelter**

Shelter is located at:

Kerr McGee Community Center  
100 W California Ave  
Ridgecrest, CA 93555

As of 11:59 pm 7/7 the shelter count at Kerr McGee = 91

### **Q: Can anyone stay at the shelter?**

A: Yes! Everyone is welcome at the Red Cross shelter. All American Red Cross services are free and available to all regardless of race, religious beliefs, nationality, or citizenship status. The shelter is ADA compliant and small animals are welcome.

### **Q: How do I report damage to my home?**

A: To report structural damage in Ridgecrest and surrounding areas residents can make a report by calling [760-499-5083](tel:760-499-5083) or emailing [quakedamage@ridgecrest-ca.gov](mailto:quakedamage@ridgecrest-ca.gov) City and Kern County inspectors are onsite.

### **Q: I need food, water, or supplies – how can I get them?**

A: Red Cross emergency response vehicles are in Trona and Ridgecrest delivering drinking water and meals in the community for those affected by the earthquakes. These vehicles will also be distributing clean up kits that include a bucket, mop, broom and cleaning liquids. Distribution is expected to continue throughout the week as is needed. These are also available at the Kerr McGee shelter.

### **Q: I'm feeling sad, upset or scared and want to talk to a medical professional.**

A: Disaster Health Services, Mental Health and Disaster Spiritual Care are available in the shelter to provide services. We are providing for the psychological, spiritual and physical needs of the community affected. Behavioral Health Crisis Hotline at 800-991-5272 or the local Crisis support unit at 760-463-2880.

### **Q: I live in Trona and want to get to the shelter but I do not have resources to get me there. Can you help?**

A: For Trona residents who need transportation to the Ridgecrest Shelter: a daily shuttle begins at 10 a.m. Monday and will depart from Trona High School (83600 Trona Rd.) and return from the American Red Cross Shelter in Ridgecrest at 12:00 p.m. (noon). If you live in Trona and need additional resources please contact San Bernardino County Emergency Operations Center at 909-356-3998 from 8:00 a.m. to 5:00 p.m. Monday through Friday.

## Fundraising & How to Help

### Q: I want to help. What can I do?

A: The best way is to make a donation to American Red Cross Disaster Relief to help communities prepare for, respond to and recover from disasters big and small. This includes providing food, shelter, relief supplies, emotional support, recovery planning and other assistance, as well as supporting the vehicles, warehouses and people that make this help possible.

1-800-REDCROSS

RedCross.org

Text "REDCROSS" to 90999 to make a \$10 donation

### Q: I want to bring supplies. What do you need?

A: At this time, we have the supplies we need. If you're interested in supporting disaster relief you can make a donation to Red Cross Disaster Relief. Or to donate your time, we would love to have you as a volunteer. You can sign up online at [redcross.org/volunteer](http://redcross.org/volunteer)

For large donations (individual, corporate, foundation etc) please direct all inquiries from Kern County to Robert Schumann at (559) 396-9798 or [robert.schumann@redcross.org](mailto:robert.schumann@redcross.org)

## Earthquake Preparedness

**Earthquake Safety** An earthquake is a sudden, rapid shaking of the earth caused by the shifting of rock beneath the earth's surface. They strike without warning, at any time of year, day or night. Forty-five U.S. states and territories are at moderate to very high risk of earthquakes.

Here are a few tips on how you can prepare:

- Talk about earthquakes with your family so that everyone knows what to do in case of an earthquake.
- Check at your workplace and your children's schools and day care centers to learn about their earthquake emergency plans.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice **DROP, COVER and HOLD ON** with all members of your household.
- Make sure you have access to NOAA radio broadcasts.
- Bolt and brace water heaters and gas appliances to wall studs. Have a professional install flexible fittings to avoid gas or water leaks.
- Do not hang heavy items, such as pictures and mirrors, near beds, couches and anywhere people sleep or sit.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.

### For more information:

Download the [Red Cross Emergency App](#) for real time weather alerts, open shelters and expert advice on earthquakes or visit [www.redcross.org/earthquake](http://www.redcross.org/earthquake).

All Red Cross mobile apps are free and available for most smart phones and tablets. Red Cross apps can be found in the app store for your mobile device by searching for 'American Red Cross' or by going to [redcross.org/apps](http://redcross.org/apps). In addition to the "I'm Safe" button, the Red Cross Emergency App puts help right into the hands of people before, during and after common disasters such as tornadoes, wildfires, hurricanes and earthquakes.

## Earthquake Features

- After an earthquake, the Emergency App shows the epicenter, magnitude and local geographical impact data provided by the USGS.
- The “Shock Zone Impact Map” provides users personalized information on the status of their community.
- The app also includes preparedness information for events that may happen after earthquakes, such as fires or tsunamis.

**Prepare for Emergencies** Getting prepared is easier than it sounds. There are three basic steps:

- **GET A KIT.** Pack the following items in an easy-to-carry container – a gallon of water per person, per day; non-perishable food; flashlight and hand-crank or battery-powered radio; extra batteries; sanitation and personal hygiene items; copies of important papers; extra cash and any medical or baby supplies family members may need.
- **MAKE A PLAN.** Have all members of your household help create your emergency plan. Consider what emergencies could happen where you live; what to do if you are separated and how will you let loved ones know you are safe.
- **BE INFORMED.** Learn what disasters are common to your area. Find out how local authorities will let you know an emergency is happening. Make sure at least one household member is trained in first aid and CPR in case help is delayed during a disaster. You can also download the Red Cross First Aid App at [redcross.org/apps](http://redcross.org/apps) to have instant access on how to handle common first aid emergencies.

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

### Are you at increased risk from earthquakes?

- Contact your local emergency management office, local American Red Cross chapter, state geological survey or department of natural resources.
- Mobile homes and homes not attached to their foundations are at particular risk during an earthquake.
- Buildings with foundations resting on landfill and other unstable soils are at increased risk of damage.

### Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

### How can I prepare?



- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.

### What should I do during an earthquake?



#### If you are inside when the shaking starts ...

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

#### If you are outside when the shaking starts ...

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

### What do I do after an earthquake?



- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.

### Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



# Prepárate con la Cruz Roja

## Seguridad contra los terremotos

Un terremoto es un temblor repentino y rápido del suelo causado por la ruptura y el desplazamiento de las rocas que se encuentran debajo de la superficie terrestre. Los terremotos ocurren de repente, sin aviso, y pueden azotar en cualquier momento del año, durante el día o la noche. En los Estados Unidos, 45 estados y territorios de todas las regiones del país, corren riesgo entre moderado y muy elevado de sufrir terremotos.

### ¿Corres mayor riesgo en caso de terremotos?

- Comunícate con la oficina local de gestión de emergencias, la Cruz Roja local, los servicios geológicos del estado o el departamento de recursos naturales de tu localidad.
- Las casas móviles y las viviendas que no están ancladas a sus cimientos se encuentran en especial situación de riesgo durante un terremoto.
- Los edificios cuyos cimientos se encuentran en un terreno de descarga u otros suelos inestables corren mayor riesgo de sufrir daños.

### ¿Sabías que...?

El dintel de las puertas no es una estructura más sólida que otras partes de la edificación. Durante un terremoto, resguárdate debajo de un mueble sólido y agárrate. Esto ofrecerá cierta protección contra los objetos que podrían caerse y lastimarte durante el temblor.

### ¿Cómo me preparo?



- ❑ Infórmate sobre los planes de desalojo en caso de incendio y de terremoto de los edificios en los que te encuentras habitualmente.
- ❑ Identifica “lugares seguros” en cada habitación de tu vivienda, trabajo y/o escuela. Un lugar seguro podría ser debajo de un mueble o contra una pared interior alejada de ventanas, estanterías o muebles altos que puedan caer sobre ti.
- ❑ Practica la técnica de agacharse, cubrirse y agarrarse en cada lugar seguro. Si no tienes un mueble sólido para agarrarte, siéntate en el piso cerca de una pared interior y cúbrete la cabeza y la nuca con los brazos.
- ❑ Coloca una linterna y zapatos resistentes junto a la cama de cada persona.
- ❑ Asegúrate de que la casa esté bien anclada a los cimientos.
- ❑ Fija y sujeta los calentadores de agua y aparatos que funcionen con gas al entramado de la pared.
- ❑ Fija las bibliotecas, los armarios de la vajilla y otros muebles altos al entramado de la pared.
- ❑ Cuelga los objetos pesados, como cuadros y espejos, lejos de las camas, sofás y lugares para sentarse o dormir.
- ❑ Fija los artefactos de luz del techo.
- ❑ Coloca cerrojos de seguridad en los armarios. Los objetos grandes o pesados deben estar lo más cerca posible del piso.
- ❑ Aprende a cerrar las llaves de paso del gas de tu vivienda y ten a mano una llave inglesa para hacerlo.
- ❑ Infórmate sobre las disposiciones relacionadas con la seguridad sísmica y el uso de suelos antes de comenzar una nueva construcción.
- ❑ Guarda un equipo de suministros de emergencia en un lugar de fácil acceso y manténlo actualizado.

### ¿Qué hago durante un terremoto?



#### Si estás adentro cuando comienzan los temblores:

- ❑ ¡Agáchate, cúbrete y agárrate! Trata de no moverte.
- ❑ Si estás en la cama, quédate allí, acurrúcate, agárrate y protégete la cabeza con una almohada.
- ❑ Aléjate de las ventanas para evitar que los vidrios rotos te lastimen.
- ❑ Quédate adentro hasta que los temblores hayan cesado y estés seguro de que puedes salir sin peligro. Si debes salir una vez que el terremoto ha pasado, usa las escaleras en lugar del elevador en caso de que haya temblores secundarios, apagones u otros daños.
- ❑ Ten en cuenta que las alarmas de incendios y los rociadores suelen activarse en los edificios durante un terremoto, aunque no haya un incendio.

#### Si estás afuera cuando comienzan los temblores:

- ❑ Busca un lugar despejado y tírate en el suelo. Quédate allí, lejos de edificios, cables de electricidad, árboles, luces de la calle, etc., hasta que cesen los temblores.
- ❑ Si estás en un vehículo, conduce hasta un lugar despejado y detente. En lo posible, aléjate de los puentes, pasos elevados que cruzan las carreteras y cables de electricidad. Quédate en el vehículo con el cinturón de seguridad abrochado hasta que pasen los temblores. Luego, conduce con cuidado, y evita rampas y puentes que tal vez estén dañados.
- ❑ Si un cable de electricidad cae sobre el vehículo, no salgas. Espera a que llegue ayuda.
- ❑ Si te encuentras en una zona montañosa o cercana a laderas inestables o acantilados, debes estar alerta a la caída de rocas y otros escombros. Los terremotos a menudo provocan deslaves.

### ¿Qué hago después de un terremoto?



- ❑ Después de un terremoto, es posible que el desastre aún continúe. Debes prever y prepararte para posibles temblores secundarios, deslaves e incluso un tsunami. Los terremotos suelen provocar tsunamis.
- ❑ Cada vez que sientas un temblor secundario, recuerda: ¡agacharse, cubrirse y agarrarse! Los temblores secundarios a menudo ocurren a los pocos minutos, días, semanas e incluso meses del terremoto.
- ❑ Fíjate si estás lesionado y, si es necesario, recibe primeros auxilios antes de ayudar a las personas lesionadas o atrapadas.
- ❑ Usa pantalones largos, camisa de mangas largas, zapatos resistentes y guantes de trabajo para protegerte de lesiones causadas por los objetos rotos.
- ❑ Revisa rápidamente si hubo daños en tu casa y sus alrededores. Si existe algún peligro, haz que todos salgan de la vivienda.
- ❑ Usa una radio portátil, que funcione con pilas o a manivela, para recibir información de emergencia e instrucciones.
- ❑ Verifica si los teléfonos de tu casa o trabajo tienen tono. Haz llamadas breves para informar sobre emergencias que pongan en peligro la vida de las personas.
- ❑ Inspecciona para ver si hay incendios pequeños y extínguelos. Los incendios son el peligro más común después de un terremoto.
- ❑ Limpia los derrames de medicamentos, cloro líquido, gasolina u otros líquidos inflamables de inmediato.
- ❑ Abre con cuidado las puertas de los armarios y alacenas. Tal vez se hayan movido los objetos en su interior.
- ❑ Fíjate si alguien necesita ayuda especial, en particular bebés, personas de edad avanzada o personas con discapacidad.
- ❑ Ten cuidado con los cables caídos o tuberías de gas rotas y aléjate de la zona afectada.
- ❑ Mantén a todos tus animales bajo tu control directo.
- ❑ Aléjate de los edificios dañados.
- ❑ Si no estabas en tu casa, regresa sólo cuando las autoridades indiquen que ya no hay peligro. Ten muchísimo cuidado y examina los daños a las paredes, pisos, puertas, escaleras y ventanas.
- ❑ Conduce con mucho cuidado después de un terremoto. Es posible que los semáforos no funcionen.

### Avisa a tus familiares que estás a salvo

Si ocurre un terremoto o cualquier otra catástrofe en tu comunidad, anótate en el sitio web “Sano y salvo” de la Cruz Roja Americana en [cruzrojaamericana.org](http://cruzrojaamericana.org) para avisar a tus familiares y amigos sobre tu situación. Si no tienes acceso a Internet, llama al **1-866-438-4636** para anotarte y anotar a tus familiares.