

“If you do not take an interest in the affairs of your government,
then you are doomed to live under the rule of fools.”

CWP~ Plato



Recent Quake is A Reminder to Always Be Prepared

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BOOM! Did you feel that? Just after midnight on April 22, we got a nice 3.7 jolt that shook us out of our COVID slumber and made us realize that, oh yeah, we still live in earthquake country.

It was pretty minor and didn't last long, just a few seconds is all. It was centered near Ladera Heights, but was felt by many in the local area. Although relatively small, for those of us who felt it, it was a wake up call, literally, to where we live and one of our biggest nemesis – an earthquake.

Of course, the irony can't be lost on the fact that this took place on the 50th anniversary of Earth Day. It's as if the earth had thrown up her hands, waving them and saying “yoo-hoo” don't forget about me. And we shouldn't. In the midst of our panic-buying, toilet-paper-hoarding, mask-wearing reality of spring 2020, we need to make sure we are also mindful to be properly prepared for an earthquake or any disaster. And what better time than now? After all, we are now mindful of being prepared and acutely aware of what it could be like if a big earthquake hits and cripples our infrastructure, food supply and emergency response.

We should all be prepared and have a plan. But what does that look like? Here is a quick reference guide to help you be prepared in case a large disaster hits your area.

Have a “Two-Week Emergency Survival Kit,” which includes:

1. 1 Gallon of water per person, per day
2. Non-perishable, easy-to-prepare food items, such as canned goods
3. Flashlight with batteries
4. First aid kit
5. Sanitation and personal hygiene items
6. Multi-purpose tool
7. Medication and medical needs
8. Copies of personal documents, proof of address, passports, insurance policies, etc.
9. Extra cash
10. Blankets and clothing
11. Maps of the area

However, consider your family needs and add to the survival kit, such as; baby supplies, pet supplies, games for children, two-way radio, extra set of keys for the home and car keys, manual can opener, etc.



Then, try and stash the Survival Kit in a place that is safe but easily accessible in case something happens. It's also a good idea to have a plan. There is a strong possibility that a disaster could happen during the day when people are at work or school. Think of a central place to meet, such as the home, and then have a back-up plan.

This might seem like a lot, but if you start a kit and then add to it, before you know it, you'll be set. With all that's going on with the Coronavirus and being cautious, this is the perfect time to create a kit and have a plan in case of an earthquake or some other disaster.

There are also plenty of resources to help with earthquake preparedness such as:

ShakeAlertLA (This is an App that warns you of possible earthquakes and was created by the City of Los Angeles)

lacounty.gov/emergency/earthquake-preparedness/

www.earthquakecountry.org/step1/gassafety/

www.ready.gov/earthquakes

www.lafd.org/safety/disaster-preparedness

www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html

Be safe out there, take a few precautions and let your mind be a little more at ease knowing you are prepared.

