NEWS RELEASE

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PRACTICAL EMERGENCY SURVIVAL TIPS

Though no damage was reported in San Mateo County from the earthquake near Mt Hamilton today, it pays to get ready and get some things together for any hazards that may strike without warning. Use the rule of 5 to remember your responsibility for survival. Are you prepared to be on your own for up to five days? Here's some immediate action you can take after any emergency: Don't panic, act decisively and be helpful. DON'T WAIT FOR HELP TO ARRIVE!

Following any emergency it is human nature to protect oneself. For earthquakes, you should **"DUCK, COVER and HOLD"** when the shaking begins I.e. (In 5 seconds or less). Duck under a sturdy table to protect against falling objects and hold on. If you are on the coast or at the beach, go to high ground or inland. See if anyone is injured around you and keep moving out of harm's way. In 5 minutes a person can save many lives if they learn for instance how to stop bleeding, too recognize signs of shock, even moving someone out of a harmful situation; and especially how to perform triage. To learn these skills and more, take class on first aid or a Community Emergency Response Training class (CERT). Don't become a victim.

Plan to be on your own for 5 days and use your skills to survive until help arrives. It comes down to neighbor helping neighbor. When disaster strikes cities/agencies are limited to the number of personnel that are on duty at the time; and will be taking care of the worse incidents in the community first. DON'T WAIT FOR HELP TO ARRIVE; just do your best and act decisively.

After an earthquake you can plan on aftershocks and you can expect many of them. Do you have the necessary provisions to be self reliant? What will you do for food, water, medicine and shelter? A couple of important things you can do right away are 1) Keep a small flashlight near you at all times so you can see what's happening around you and stay safe. Keep shoes and a flashlight under your bed just in case. 2) Have a portable battery operated radio and batteries to listen and learn what's happening around you. Tune to KCBS 740AM for news and information about the event and KSJO 92.3FM for information in Spanish. Keep food, water and supplies in a sturdy container in your home, enough to last 5 days.

For more information on CERT or first aid training in your neighborhood, or to locate a class on getting ready, contact the San Mateo County Sheriff's OES by telephone: 650.363.4790 or via the Internet http://www.smcready.org/ The public can also sign up for important emergency alerts to email & PDA accounts, SMS and text messaging to cell, smart phones and pagers; by browsing https://www.smcalert.info

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