

## The Office of Emergency Management would like to offer the following earthquake preparedness information:



California is considered earthquake country and April has been designated as California Earthquake Preparedness Month.

Why April? Because in the early morning hours of April 18, 1906, residents of San Francisco and beyond were shaken from their beds by what has been estimated to be an 8.3 earthquake. Several aftershocks and fires followed, leaving a wake of devastation.

Recent earthquakes serve to remind us that today California is still vulnerable to the effects of a massive earthquake. Most of the population in Southern California lives within 30 miles of an active earthquake fault. No one knows when or where such an earthquake will occur, but everyone can reduce the risk of injury, property loss and even death by following the safety steps listed below.

### **Alert MoVal**

- Register for the City's Alert and Warning Notification System, AlertMoVal at [www.moval.org/alert](http://www.moval.org/alert) in order to receive updated information should any emergency, including earthquakes, occur

### **Step 1: Fix potential hazards in your home:**

- Strap water heaters correctly to the wall.
- Install latches on kitchen cabinets.
- Secure TVs, stereos, computers, etc. with Velcro straps.
- Secure top-heavy furniture and appliances to walls.
- Install flexible connectors on gas appliances.
- Store flammable or hazardous materials on lower shelves, or on the floor.

### **Step 2: Create a disaster plan:**

- Select a safe place outside of your home to meet your family or housemates after the earthquake.
- Practice "**drop, cover, and hold on.**"
- Take an American Red Cross First Aid and CPR course.
- Enroll in a CERT Class [www.moval.org/oem](http://www.moval.org/oem)
- Keep shoes and a flashlight next to each bed.
- Know how and when to shut off utilities.

- Learn how to properly use a fire extinguisher.
- Keep a fire extinguisher in an easy access area and ensure everyone know how to exit.

### **Step 3: Disaster supply kits:**

- Keep a personal disaster supply kit in your home, in your car, and at work, with at least the following:
  - Medications and important medical information, first aid kit and handbook.
  - Spare eyeglasses or contact lenses.
  - Bottled water and snack foods.
  - Whistle (to alert rescuers to your location).
  - Emergency cash, in small bills.
  - Working flashlight with extra batteries and bulbs.
  - Copies of personal identification and emergency contacts.
  - Water and food supplies for your pets.
- In addition to your personal disaster supply kits, store a household disaster supply kit with a 7-10 day supply of items needed to live without normal services (water, electricity, etc.) for each member of your family while you begin recovery.

### **Step 4: During earthquakes and aftershocks:**



- **Drop, Cover, and Hold On.**
  - During earthquakes, *drop* to the floor; take *cover* under a sturdy desk or table, and *hold on* to it firmly.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- The area near outer walls is very dangerous. Do not try to go outside during shaking.
- If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards.
- If driving, pull over to the side of the road, stop, and stay in your car until shaking stops.

## **Step 6: When safe, continue to follow your disaster plan:**

The first days after the earthquake:

- Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.
- Turn on your portable or car radio for information and safety advisories.
- Check on the condition of your neighbors.
- If power is off, plan meals to use up refrigerated and frozen foods first.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables.
- Report damage to your local building department and to your local office of emergency services.

To learn more about how to be prepared for an emergency disaster or earthquake, visit:

California Emergency Management Agency – [www.calema.org](http://www.calema.org)

Federal Emergency Management Agency – [www.fema.org](http://www.fema.org)

The Red Cross – [www.redcross.org](http://www.redcross.org)

City of Moreno Valley- [www.moval.org](http://www.moval.org)

## **The Moreno Valley Fire Department offers the following information on hiking safety:**

Many people have discovered that walking and hiking are safe and healthy ways to keep active and have fun. With the temperatures rising as the summer season approaches, the Moreno Valley Fire Department would like to share some helpful safety tips.



### **Communicate**

- Hike with friends and family. Not only is the companionship a great way to share the experience, but it provides added safety benefits.
- Inform someone not hiking with you of your intended location and intended return. Make sure to take a cell phone in case of an emergency. Be prepared to provide a latitude/longitude of your location if needed.
- Remember to make contact after your return.

## Stay Hydrated – Prevent heat-related illnesses

- Pack water/drinks, snack bars, or other easily carried foods.
- Drink fluids (non-alcoholic) often. Don't wait until you're thirsty to drink
- Don't drink liquids that contain alcohol or large amounts of sugar; these actually cause you to lose more body fluid.
- Avoid very cold drinks as they can cause stomach cramps.
- Be aware of your limitations and be cautious not to overexert yourself.



## Stay on the trails

- Trails are there for your safety. Walking off-trail can increase your chances of suffering an injury or even getting lost.
- If you encounter wildlife on the trail, keep your distance and back away slowly. DO NOT run.
- Be aware of your surroundings. Remember, although the sights are beautiful, you share the mountains with other wildlife and plants.
- Be aware of the elements. Check the weather before you set out and pack clothes accordingly.

## The Moreno Valley Fire Department offers the following information on snake safety:



With the summer season approaching and temperatures rising, so do the incidences of snake sightings and injuries. The Moreno Valley Fire Department would like to share some important safety tips about snakes, particularly rattlesnakes which are common to Southern California.

### Snake Facts:

- Snakes can strike at a distance up to one-half their body length.
- A snake can still bite if its head has been separated from its body.
- A rattlesnake doesn't always provide a "warning" by rattling before striking.
- Snakes will also hide in shoes left outside, so always check shoes or boots before wearing.

## What can I do to keep snakes away from my house?

- Keep grass and vegetation in your yard cut short.
- Trim shrubs and bushes so you can see the ground under them.

- Remove piles of debris, including branches, leaves, boards and logs, as these provide hiding and nesting places for many kinds of snakes.

#### **What do I do if I see a snake?**

- Walk! Do not run away from the snake. Take two steps backward and watch where the snake goes, then calmly turn around and leave the snake alone.
- It is recommended to contact a professional to remove the snake.
- Do not kill the snake.
- If safe to do so take a picture, so that a professional can provide you with positive identification.

#### **What should I do if bitten by a snake?**

- Remain calm, and remove yourself from the area immediately.
- Call 911 and seek medical attention immediately.
- If you know or suspect the snake is venomous, remove any constricting jewelry, watches, clothing, etc.
- Keep the victim and/or injured limb still as you would a strain or break.
- Clean the bite area thoroughly (however, do not suck the venom from bite).
- Do not apply ice; do not use a tourniquet, and never cut on the fang marks.

#### **Tips to keep your pets safe:**

- Pets make great hiking companions but it is important to keep them safe as well. Ask your vet about the rattlesnake vaccine. The vaccine will help reduce/delay the effects of the venom if they are bitten by a rattlesnake.
- Keep your pet on a 6-foot leash. Keeping your dog from wandering too far can help you and your companion escape safely if needed
- Avoid rocky or dense brush. Staying on the trails and avoiding rocky or dense brush will allow you to see ahead and avoid any areas as needed.
- If you or your pet encounters a snake, walk away slowly!
- If your pet is bitten, they will need immediate veterinary care. Make sure to immobilize your pet and keep them as quiet as possible, the more your pet moves the quicker the venom will circulate through their body.

### **The Moreno Valley Fire Prevention Bureau offers the following information regarding hazard abatement:**

2019 has already had above normal precipitation and has increased fuel moistures for the near future. While at first glance this may seem like a good thing for fire season it may actually be more hazardous than a dry year. When the grasses grow and summer weather comes these fuels will rapidly dry out. These flashy fuels will accelerate vegetation fires. The need for clearing this year is extremely important to help to mitigate this growth. Limiting these risks and protecting the welfare of our residents and first responders is a priority in the City. The Moreno Valley Fire Department would like to share some important information.

The Moreno Valley Fire Prevention Bureau inspects and enforces the abatement of approximately 1,300 vacant parcels, which can pose a danger to the health, safety and welfare of residents and first responders. The primary function of the Hazard Abatement Program is to reduce the risk of fires within the community by pro-actively establishing defensible space and reducing/ removing combustibile materials on properties.

Notices have been sent to landowners detailing the requirements for abatement and informing them of the upcoming inspections that will begin on or after April 15, 2019. To reduce the risk of wildfires, it is imperative that landowners limit the amount of combustibile fuel on their parcels. Any questions regarding the Hazard Abatement Program can be addressed to the Fire Prevention Bureau at 951.413.3381.

For more information, please visit [http://www.moval.org/city\\_hall/departments/fire/fire-prevention.shtml](http://www.moval.org/city_hall/departments/fire/fire-prevention.shtml).