



OCTOBER 2016 MONTHLY TIPS



EVERYONE, EVERYWHERE should know how to protect themselves in an earthquake. In our area, where we know we are vulnerable, it is especially important. Plan to participate in the **Great Washington ShakeOut**.



It's not a matter of IF, but WHEN an earthquake strikes.

<https://youtu.be/1sbkSfQa69Q>

Great ShakeOut earthquake drills give you the chance to plan and practice what you should do during an earthquake. Register to be counted along with over 16 million people world-wide, 760,000 people in our state, and more than 120,000 in Pierce County ready to **DROP, COVER, AND HOLD ON** Oct. 20 at 10:20 a.m.



WHY SHOULD YOU DROP COVER AND HOLD ON IMMEDIATELY WHEN THE GROUND STARTS SHAKING?

- It can help protect you from serious injury or death. In the U.S., studies indicate you are much more likely to be injured by falling or flying objects than to die in a collapsed building.
- When the shaking starts, DO NOT RUN! Shaking may become severe enough you are not even able to crawl!

THREE BIG MYTHS

1. **GET IN A DOORWAY** – This hang-on from older times with adobe-constructed homes is not accurate. In newer structures, doorways are not safer, nor do they protect you from flying objects.
2. **RUN OUTSIDE**— Trying to run increases your chance of injury by being knocked to the ground or hit by flying objects.
3. **THE SO-CALLED “TRIANGLE OF LIFE”** is an e-mail hoax telling people to take potentially life-threatening actions. It is discredited by leading U. S. experts who emphasize that in our county, it is safer to get under a sturdy table. For more detailed information see: <http://www.earthquakecountry.org/dropcoverholdon>.

4TH QUARTER ACADEMY TRAINING

Take advantage of these free classes for Citizen Corps participants, including **PCNET, CERT, MRC, shelter** teams and others. Gain knowledge and skills to be better prepared for and respond to disasters in their communities. **Click on links to register at least one week ahead (required).**

Psychological First Aid: Gain important tools to connect with and support people affected by an emergency or any other life crisis.

Thurs. Oct. 13, 6-9 p.m.

<http://piercecountrysurveyshare.com/s/AYAKV7D>

Clearly Speaking—Family Service Radios for

effective neighborhood communications: Learn how to use standard “walkie-talkies” to improve emergency response team communication capabilities.

Thurs. Nov. 10, 6-8:30 p.m.

<http://piercecountrysurveyshare.com/s/AYACWTA>

Care Team Training: Sat. Nov. 19, 9-11:30 a.m. Learn how to provide emotional and spiritual support in times of disasters and help guide people to resources they may need to help recover. **For questions and to register call 253.383.3056 ext. 117**

Community Shelter Operations: Become part of a county-wide shelter team to support sheltering efforts in a disaster. Great review for existing shelter teams, too. Sat. Nov. 19, 9 a.m.- 2 p.m.

<http://piercecountrysurveyshare.com/s/AYACGUA>

Look for more information coming about:

- Earthquake retrofit basics for your home
- Disaster first aid and CPR (no card)



FREE 2-hour trainings held throughout the day Oct. 09 @ Henry Foss HS

To register: www.CPRSunday.net

CITIZEN CORPS COUNCIL OF PIERCE COUNTY

(CCC_PC) DO YOU WANT TO KNOW HOW TO VOLUNTEER IN AN EMERGENCY? OR Are you a PCNET, CERT, MRC member or trained to work in an emergency community shelter? Think about CCC-PC. Learn about activities and trainings in which you can be involved. Meetings are held the first Thursday of every even month.

PLAN TO ATTEND THE NEXT CCC-PC MEETING: THURS OCT. 6 2:30-4:30 PM, GIG HARBOR FIRE & MEDIC ONE, 10222 BUJACICH RD NW, GIG HARBOR, 98332.

FIND OUT HOW YOU CAN GET INVOLVED IN YOUR NEIGHBORHOOD & COMMUNITY. CALL 253.798.6595