

# San Mateo Union High School District

## Online Safety Resource for Parents and Students

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### ➤ EMERGENCY PREPAREDNESS

All San Mateo residents should prepare for all types of emergencies or hazards; including: earthquakes, winter storms, pandemics/flu, etc. A little preparation can make a big difference in an emergency situation. Find out more and get checklists to help you get ready at home, at work, and in your community. Get ready today!



- **SMC ALERT** (<https://www.smcalert.info/index.php?CCheck=1>)  
Register your information to receive important alerts from San Mateo County's Community Alert System



- **Ready.gov** (<http://www.ready.gov/>)  
Learn how to Prepare, Plan, and Stay Informed from the US Dept. of Homeland Security



- **SF72.org** (<http://www.sf72.org>)  
You'll find information about what to do in an emergency; simple steps to get connected, and useful guides to help you get prepared.



- **American Red Cross** (<http://www.redcross.org/>)



- **National Weather Service Storm Prediction Center**  
(<http://www.spc.noaa.gov/>)



- **CDC- CDC Emergency Preparedness & Response Site** (<http://www.bt.cdc.gov/>)  
The CDC Emergency Preparedness and Response website is CDC's primary source of information and resources for preparing for and responding to public health emergencies.  
Phone: (800) CDC-INFO  
TTY: (888) 232-6348  
Facebook: <http://www.facebook.com/CDC>  
Twitter: @CDCgov



- **San Mateo County Office of Emergency Services** (<http://www.smcready.org>)  
A little preparation can make a big difference in an emergency situation. Find out more and get checklists to help you get ready at home, at work, and in your community.  
Phone: (650)363-4790

## ● SEVEN STEPS TO EARTHQUAKE SAFETY

When it comes to disaster, there are simple things you can do to make yourself safer. The information on this page is designed as a step-by-step guide to give you details on what to do before, during, and after an earthquake. Start with the simple tips within each step so that you can build on your accomplishments.

An example of this in Step 1 is moving heavy, unsecured objects from top shelves onto lower ones. This will only take minutes to complete and you are safer from that hazard!

The information in the steps linked below will help you learn how to better prepare to survive and recover, wherever you live, work, or travel.

### PREPARE

*Before the next big earthquake we recommend these four steps that will make you, your family, or your workplace better prepared to survive and recover quickly:*

#### Step 1:

Secure your space by identifying hazards and securing moveable items.



#### Step 2:

Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.



#### Step 3:

Organize disaster supplies in convenient locations.



#### Step 4:

Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.



### SURVIVE AND RECOVER

*During the next big earthquake, and immediately after, is when your level of preparedness will make a difference in how you and others survive and can respond to emergencies:*

#### Step 5:

Drop, Cover, and Hold On when the earth shakes.



#### Step 6:

Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.



*After the immediate threat of the earthquake has passed, your level of preparedness will determine your quality of life in the weeks and months that follow:*

#### Step 7:

Reconnect and Restore  
Restore daily life by reconnecting with others, repairing damage, and rebuilding community.

