



PRESS RELEASE

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FOR IMMEDIATE RELEASE

ANNUAL “GREAT CALIFORNIA SHAKEOUT” SET FOR OCTOBER 17, 2024

Seal Beach, CA – The City of Seal Beach Police Department is proud to announce its participation in the annual Great California ShakeOut earthquake drill, scheduled for Thursday, October 17, 2024.

Following the Federal Emergency Management Agency’s (FEMA) “National Preparedness Month” in September, Seal Beach residents, businesses, and communities are encouraged to join millions across the state in this critical earthquake preparedness activity. The Great California ShakeOut is an international event held every year on the third Thursday of October. This year, participants will practice the key earthquake safety steps: “**Drop, Cover, and Hold On**” during the self-led drill.

Emergency officials and first responders endorse this method as the safest response to an earthquake:

If Possible

DROP where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.

COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter
- If no shelter is nearby, crawl next to an interior wall
- Stay on your knees; bend over to protect vital organs

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

Or Adapt to Your Situation:

If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

- If you are in a recliner or bed: Cover your head and neck with your arms or a pillow until the shaking stops.
- If you use a cane: **Drop, Cover, and Hold On** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.

The Great California ShakeOut serves as a reminder that large earthquakes can strike with little to no warning. While Seal Beach may experience fewer earthquakes than other regions, it is essential for everyone to know how to protect themselves. Seal Beach Police Chief Mike Henderson emphasizes, “While damaging earthquakes here may be fewer in number when compared to other areas, they can occur at any time wherever we work, live, or travel within the region and beyond. Everyone, everywhere should know how to protect themselves from an earthquake.”

Participation in the ShakeOut is free and open to the public. The event draws participants from individuals, schools, businesses, government agencies, and other organizations. To register for the drill and receive planning resources, visit www.ShakeOut.org. As of today, over 2.4 million Californians are registered, and more than 45 million participants are expected to join globally.

In addition to practicing earthquake safety, many participants take extra steps to improve their preparedness for earthquakes and other disasters.

The Great California ShakeOut is coordinated by the City of Seal Beach, the County of Orange, the California Office of Emergency Services, FEMA, the U.S. Geological Survey, and several other partners. Globally, ShakeOut is organized by the Southern California Earthquake Center at the University of Southern California.

For more information on earthquake preparedness or to register for the ShakeOut, visit www.ShakeOut.org.