

IVIA District 11, Sabal Trail L.S. Great Shakeout

Plan to be Safe The Seven Steps

Prepare

1. Step 1: Secure your space
2. Step 2: Plan to be safe
3. Step 3: Organize Disaster Supplies
4. Step 4: Minimize Financial Hardship

Survive

5. Step 5: Drop, Cover, and Hold
6. Step 6: Improve Safety

Recover

7. Step 7: Reconnect and Restore

Great Shakeout

Let's practice our survival
kills on October 15, 2020 at
10:15 a.m.

**DROP, COVER, and
HOLD**



Staff are working hard to distribute learning packets.

Plan to be safe

Before, during, and after an earthquake

(Information adapted from Earthquake Country Alliance <https://www.earthquakecountry.org/step2/>)



Picture from <https://www.cdc.gov/disasters/earthquakes/during.html>

Create and communicate your plans

Plan for disasters so everyone in your household will do the right thing during the violent shaking of a major earthquake. Before the next earthquake, get together with your family to plan now what each person will do before, during, and after. Once the earthquake is over, there is a risk of aftershocks, fire, potential lack of utilities and basic services. Make sure that your emergency plan includes evacuation and reunion plans; your off-island contact person's name and number; the location of your emergency supplies, and other pertinent information. Practice implementing your earthquake disaster plan by holding "earthquake drills". Share your plan with other people who take care of your children, pets, and home.

Plan NOW to be safe DURING an earthquake

- *Practice "DROP, COVER, and HOLD"
- * Identify safe spots in every room, such as under sturdy desks and tables.
- *Learn how to protect yourself no matter where you are when an earthquake strikes.

Plan NOW to respond AFTER an earthquake

- *Keep shoes and a flashlight in a closed "under-bed bag" tied to each bed.
- *Get a fire extinguisher for your home. Your local fire department can train you and your family how to use it properly.
- *Teach everyone in your household to use emergency whistles and/or to knock three (3) times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.
- *Know the location of utility shutoffs and keep needed tools nearby. Make sure you know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- *Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a "chirping" sound which is a low battery signal.
- *Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course if you can. Learn who else in the neighborhood is trained in first aid and CPR.
- *Check your community to see if there is a Community Emergency Response Team (CERT) in your area. If not, ask how to start one.
- *Work with your neighbors to identify who has skills and resources that will be useful in an emergency, and who may need special attention (children, elderly, disabled, etc.).
- *Learn about neighborhood preparedness programs.
- *Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.

Plan NOW to communicate and recover AFTER an earthquake

- *Sign up for a city/village/island alert system to receive information via text or download apps that provide similar information.
- *Choose a safe place outside your home to meet your family after the shaking stops.
- *Provide all family members with a list of important contact phone numbers.
- *Designate an off-island contact person who can be called by everyone in the household to relay information.
- *Learn about the earthquake plan developed by your children's school or day care. Keep your children's school emergency card current.
- *Consider where you might live if your home cannot be occupied after an earthquake or other disaster.
- *Keep copies of essential documents, such as identification, insurance policies, and financial records, in a secure, waterproof container, and keep with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Special Note about children

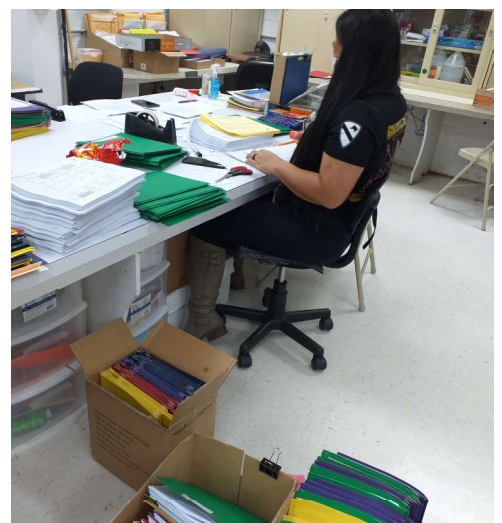
If earthquakes scare us because we feel out of control, think how much more true this is for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, prepare disaster supplies kits, and practice "drop, cover, and hold on."

After the earthquake, remember that children will be under great stress. They may be frightened, their routine may be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave children in order to deal the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.

Parent Teacher Conference
is scheduled for October 23, 2020 and can
occur over several days. Please look out for
information from your child's teacher for
your scheduled date and time.



scenes to prepare
learning packet



Parent Teacher Organization General Meeting October 15, 2020 6:00 p.m. via Zoom

Marcial Sablan Elementary School is inviting you to a scheduled Zoom meeting.

Topic: Parent Teacher Organization Meeting
Time: Oct 15, 2020 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting
<https://gdoe.zoom.us/j/95126970244>

Meeting ID: 951 2697 0244

Passcode: 431308

One tap mobile

+13126266799,,95126970244#,,,,,0#,,431308# US (Chicago)

+13462487799,,95126970244#,,,,,0#,,431308# US (Houston)

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Meeting ID: 951 2697 0244

Passcode: 431308

Find your local number: <https://gdoe.zoom.us/j/95126970244>