Dear Patients and Visitors of the UCLA Health System:

One of the main focuses of the UCLA Health System is the safety of our patients, visitors, and staff. To meet this mission, we frequently test our emergency systems in order to engage our staff in practicing for events such as community-wide disasters. As you may have heard in the local or national news media, the State of California has planned a large disaster exercise known as The Great California Shakeout. The Health System plans to participate in components of this exercise in the morning and evening of Thursday, October 18th, 2012. This will give our staff an opportunity to see how they would react to such an event during the course of their normal daily duties and responsibilities.

At 10:18 a.m. and 8:00 p.m. on Thursday, October 18th, 2012, an announcement will be broadcast instructing faculty and staff to “Drop, Cover, and Hold On.” This will help us exercise our “muscle memory” to ensure a similar response in a real event. We encourage your voluntary participation as well. After 60 seconds, a second message will be broadcast ending the exercise and instructing staff to resume their normal functions.

We appreciate your patience with this exercise and hope that activities like this will further prepare us to better serve your medical needs and those of our community. We have also included information on the back of this letter that provides tips on what to do in a real event.

Sincerely,

Kurt Kainsinger, MPH
Disaster Resource Center Manager
Office of Emergency Preparedness
Recommended Earthquake Safety Actions

If you are indoors:
• Duck, Cover, and Hold On
• Do NOT stand in doorways or run outside
• If you cannot get under a table or desk, stand next to an interior wall or inside corner of the building, drop and cover your neck and head with your arms. Use a doorway for shelter ONLY if it is in close proximity to you AND if you know it is a strongly supported, load bearing doorway
• If you are cooking, turn the stove off before you drop and cover
• If you are in bed, stay in bed and cover your head with your pillow

If you are outdoors:
• Stay there!
• Move away from buildings, power lines, and utility poles
• Once in the open, stay there until the shaking stops
• If you are on the coast, move to higher ground immediately

If you are driving:
• Do not stop in or under overpasses, bridges, or tunnels
• Do not stop under or near electrical power lines, light posts, trees, or signs
• Pull to the side of the road and set the emergency brake
• Stay in your car until the earthquake is over

If you are trapped under debris:
• Do NOT light a match
• Do not move around or kick up dust
• Cover your mouth with a piece of clothing or cloth
• Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust
• Stay calm

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