



# Neighborhood Watch Newsletter

October 2, 2019

MAPLE VALLEY POLICE DEPARTMENT

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## School is in Session



Please consider the following safety tips courtesy of [Safekids](#) for you as a driver and our children going to school this year;

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EARTHQUAKE SAFETY  
ACTIONS

- Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars. Headphones and phones can distract pedestrians from seeing oncoming traffic and can result in injury.
- Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Wear a helmet - When biking to school make sure kids always wear a properly fitted helmet. Helmets are the best way to prevent head injuries and death when riding a bike. If you are not sure how to properly fit a helmet you look at the [Helmet Fit Test](#) from Safekids Worldwide.
- Use hand signals- When biking to school make sure kids know the ways of the road and the proper [Hand Signals](#) they should use while biking. It is very important to follow the rules of the road while biking to stay safe. Safekids also provides a biking hand signal guide if you need help learning them.
- Bus Safety - If your child is going to take the bus to school, it's important to talk to them about basic [School Bus Safety](#) to prevent injuries. Teach kids to wait for the bus to come to a complete stop before entering the bus and to keep three giant steps away from the bus until it comes to a complete stop.



## Earthquake Safety Actions

Federal, State, and local emergency management experts and other official preparedness organizations all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes. Great ShakeOut Earthquake Drills ([www.ShakeOut.org](http://www.ShakeOut.org)) are opportunities to practice how to protect ourselves during earthquakes.

You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

In MOST situations, you will reduce your chance of injury if you:

**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

**COVER** your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- 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.

If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms.

Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be start of the big one...and that's why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. Please visit the link below to learn how to protect yourself in other situations and locations;

[www.earthquakecountry.org/step5](http://www.earthquakecountry.org/step5)



# Great ShakeOut

Earthquake Drills

## Individuals and Families

**At 10:17 a.m. on October 17, 2019**, millions of people will “Drop, Cover, and Hold On” in The Great ShakeOut, the world’s largest earthquake drill ever! All individuals and families are encouraged to participate, either on their own or as part of a larger group.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great ShakeOut is held on the third Thursday of October each year.

**Everyone can participate!** Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

Register today at [ShakeOut.org](http://ShakeOut.org)

### HOW TO PARTICIPATE

Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at [ShakeOut.org/howtoparticipate](http://ShakeOut.org/howtoparticipate).

#### Plan Your Drill:

- Register at [ShakeOut.org/register](http://ShakeOut.org/register) to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from [ShakeOut.org/drill/broadcast](http://ShakeOut.org/drill/broadcast).
- Have a “Drop, Cover, and Hold On” drill at 10:17 a.m. on October 17. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

#### Get Prepared for Earthquakes:

- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at [www.earthquakecountry.org](http://www.earthquakecountry.org).

#### Share the ShakeOut:

- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share photos and stories of your drill at [Shakeout.org/share](http://Shakeout.org/share).



### As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Receive ShakeOut news and other earthquake information
- Be counted in the largest earthquake drill ever
- Set an example that motivates others to participate

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