

October 16, 2013

To: All Residents and Staff

From: Norma Brambilla

Re: The Great California Shake Out

It's that time of year again and on Thursday, October 17 at 10:17 AM we will participate in the largest earthquake disaster drill in US history. We will join 1000's of other participants in Monterey County alone.

At precisely 10:17 AM we ask you to "**Drop, Cover and Hold On**" as you would in an actual earthquake. Protect yourself for a minimum of 30 seconds. Think about how you are prepared for a natural disaster.

Please take time between now and then to review resident emergency procedures. If the fire alarms ring in your building you should evacuate to the auditorium and place a pillow outside your door to indicate your apartment is empty. I'd like to remind you please not to call the Operator or the Nursing Unit while there is an actual emergency unless you require medical assistance. The Operator and Medical Staff are busy responding to the emergency; directing staff and residents; and making calls to outside assistance in order to properly respond to the emergency at hand.

Take this opportunity to:

- Check your flashlights for fresh batteries, consider buying an LED headlamp to keep your hands free
- Replace personal bottled drinking water and non perishable food supply
- Replenish your sanitary wipes and hand sanitizer
- Update your list of medications for reference in an emergency
- If you need a pet sticker for your door, please contact Deanna in Administration.

Thank you in advance for reviewing procedures and participation in this important drill.