

## Earthquake Awareness Month

While earthquakes are not considered a major hazard in Ohio, they do occur. In 2014, Ohio experienced 3 minor earthquakes. In 1986, a 5.0 magnitude earthquake shook Ohio, making it the third largest earthquake in our state.



Although earthquakes are not very common in Northeast Ohio, it is still important to be prepared and take precautions before disaster occurs.

### Before an Earthquake

- Make sure your emergency kit is ready.
- Fasten shelves securely to walls.
- Store breakable items in low, closed cabinets with latches.
- Secure mirrors, picture frames, and other hanging items with closed hooks. **DO NOT** hang heavy objects over beds or sofas.
- Locate safe spots in each room under a sturdy table or against an inside wall.
- Hold earthquake drills with your family.

### During an earthquake

#### Drop, Cover, and Hold on!!

- Drop to your hands and knees.
- Cover your head and neck with your arms.
- Hold on to any sturdy shelter until the shaking stops.

### After an earthquake

- If you are trapped, do not move about or kick up dust.
- If you have a cell phone, call for help. If you do not have a cell phone, tap on a wall or pipe or use a whistle to signal for help.

[Click here to learn more about earthquakes and earthquake preparedness](#)

### Developing a Communication Plan

Disaster can strike anytime and when it does, you may not be with your family or loved ones. Having a plan in place to communicate with one another is essential to emergency planning.

Be sure to meet with members of your family and discuss which disasters are likely to occur in your area, what you would do in those situations, and where members of your family will meet in the event of an evacuation.



## Here are some tips to help you build your communication plan:

- Complete a contact card for each adult family member. Children should keep one in their backpacks and adults should keep one in their purse or briefcase.
- Choose an out-of-state contact for household members to notify they are safe, since it may be easier to make long-distance calls during an emergency.
- Keep your emergency contact or "ICE" (in case of emergency) person up to date. Make sure this number is programmed into a cell phone or kept in a wallet.
- Encourage all family members to use text messaging, since texts can often get around network disruptions.

Ready to make your plan?

[Family Communication Plan for Kids](#)

[Family Communication Plan Adults](#)

## NACHHO Challenge Award!

We are pleased to announce that the Portage County MRC has been awarded a \$15,000 NACHHO Challenge Award! In conjunction with the Portage County Health Department, local law enforcement, and the Drug Task Force Agency, this funding will allow our MRC to spread awareness about the heroin and opiate epidemic taking place in our community. Additionally, our MRC will purchase 200 doses of Narcan in which we will train and distribute to local law enforcement officers. We will have many volunteer opportunities available with this grant. If you are interested in

learning more about how you can assist with this project, please contact Jennifer at 330-296-9919, ext. 118.

## Red Cross Training

The Summit/Portage County Red Cross has invited our MRC volunteers to participate in training courses that they offer. Many of them are free! To view courses that are available, register and log into:

<https://classes.redcross.org/Saba/Web/Main>.

## Ohio Responds

Did you know that you can now receive text alerts



through Ohio Responds? Log into your account, click on the "My Profile" tab, go to "Contacts", then simply change your mobile number to a text number.

## Volunteer Opportunity

Be on the look out for a volunteer deployment drill this month. The alert will go out through Ohio Responds, and you will be asked to go to our Volunteer Reception Center (VRC), sign-in and pick up a packet of information during a specified time frame. **We are asking that you bring a canned good or non-perishable food item with you to donate to the Center of Hope. Peanut butter, tuna, cereal and canned goods are their most requested items.**

We would love your feedback! Please let us know if you have any suggestions or comments!

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