ECA’s Safer at Home Webinar Series

Step 7: Reconnect and Restore

EarthquakeCountry.org/step7    Terremotos.org/paso7

Earthquake Country Alliance

- 3000+ Public-Private-Grassroots leaders
- Statewide Sector-based committees and Outreach Bureaus develop resources and deliver programs
- Local Regional Alliances organize meetings and outreach activities
- California’s Office of Emergency Services provides FEMA funding for ECA activities
- USC’s Southern California Earthquake Center administers ECA

Join Us: EarthquakeCountry.org/alliance
Seven Steps To Earthquake Safety

1. Secure Your Space
2. Plan To Be Safe
3. Organize Supplies
4. Minimize Financial Hardship
5. Drop, Cover, and Hold On
6. Improve Safety
7. Reconnect and Restore

EarthquakeCountry.org/sevensteps
Terremotos.org/sietepasos

Safer at Home Webinar Series

Step 1 – Secure Your Space: June 30
Step 2 – Plan to Be Safe: August 19
Step 3 – Organize Disaster Supplies: September 2
Step 4 – Minimize Financial Hardship: September 23
Step 5 – Drop, Cover, and Hold On: September 30
Step 6 – Improve Safety: October 28
Step 7 – Reconnect & Restore: November 17

EarthquakeCountry.org/SaferAtHome
**Step 7: Reconnect and Restore Webinar Team**

**Host**
- Mark Benthien (Associate Director, So. California Earthquake Center (SCEC) @ USC & Executive Director, Earthquake Country Alliance)

**Presenters**
- Jeffrey Snoddy (Emergency Services Manager, City of Torrance Fire Department & Communications Coordinator, Earthquake Country Alliance Southern California)
- Candace Powell (Disaster Program Manager, American Red Cross Southern California Region)
- Nick Arnett (Critical Incident Stress Management and resilience leader, instructor, and author)

**Moderators**
- Sharon Sandow de Groot (Director for Strategic Partnerships, SCEC @ USC & Deputy Director, ECA)
- Jason Ballmann (Communications Manager, SCEC @ USC & Media/Participation Bureaus Liaison, ECA)

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**Step 7 Webinar Agenda**

11:00 Introduction
11:05 **Key actions during first few days after an earthquake**
11:15 Q&A
11:20 **Guidance for the first few weeks after an earthquake**
11:30 Q&A
11:35 **Stress + Renewal = Resilience**
11:50 Q&A
11:55 Reminders, announcements, and Open Q&A
12:15 Adjourn
Key Actions in the First Few Days after an Earthquake

Emergency Services Manager
City of Torrance Fire Dept.
ECA SoCal

Jeffrey Snoddy

Priority

Focus on the safety of people and pets **FIRST**
### Post-actions

- Expect aftershocks to follow the main shock of an earthquake.
- Do not enter damaged buildings.
- Access your pre-uploaded insurance information

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### Earthquake Early Warning Options

**Download from App Store:**
- MyShake
- ShakeAlertLA
- QuakeAlertUSA

**Earthquake.ca.gov**

**Wireless Emergency Alerts (WEA)**

**ShakeAlert.org**

**Google Android OS (built in)**
Aftershocks

What **NOT** to do during an Earthquake

**DO NOT** run outside or to other rooms during shaking:

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse.

**DO NOT** stand in a doorway:

Doorways are no stronger than any other part of the house, and does not protect you from the most likely source of injury: falling or flying objects.

Be Ready for Aftershocks!

Protect Yourself During Earthquakes!

EarthquakeCountry.org/sstep5
Connecting with Family and Others

- Act on the plan with your family and relatives at your Rally Point
- Double check contact information as phones may have been lost

Assessing Your Situation

- Return to your home as soon it is safe to do so (and allowed)
- Take Pictures of Damage
- Contact your insurance provider
- Talk to the Claims department (LAC)
Beginning Your Recovery

- Wait to clean
- Keep all receipts
- Get in writing from your insurance company before you contract someone
- Watch out for Scam artists

Other Alert Types

- Mass emergency early warning notification
- When the City needs to inform of a “call to action”
- CalAlerts.org/signup.html
Local Resources - Area Disaster Centers

- Focal Points of Communication for the Community to and from the emergency Operations Center
- Volunteer check-in
- Emergency Communications

Local Resources – City Shelters

[Image of City of Torrance Mass Care Shelters]

City of Torrance Office of Emergency Services
Q&A

Please type your questions into the "Q&A" tool.

We will try to answer all questions, either in writing or via discussion “live”

The recording or today’s webinar will be available by early next week at:

EarthquakeCountry.org/SaferAtHome

Guidance for the first few weeks after an earthquake

Candace Powell
Disaster Program Manager
American Red Cross of Southern California
First Weeks after an Earthquake

If able to remain at home:

- Connect with family & friends
- Red Cross Safe & Well
- Resume utility service
- Locate critical documents

If unable to remain at home

- Red Cross Emergency Shelter
  - What to take when evacuating
  - What not to bring to shelter
  - Pet shelters
Recovery Resources

• Either at home or not:
  – Insurance
  – Federal assistance
    • DisasterAssistance.gov
    • FEMA, SBA
  – State assistance
  – Local assistance
  – City or County may open
    Local Assistance Centers

• Beware of Fraud – Contractors Licensing Board – cslb.ca.gov

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Stress + Renewal = Resilience

Nick Arnett
Firefighter, Instructor, Author

Stress

When your heart beats faster.
Things That Speed Your Heartbeat

Opportunities

Challenges

Threats
The Missing Half

Renewal

Stress + Renewal = Resilience

The right kinds and amounts of stress.

+  

The right kinds and amounts of renewal.

@  

The right intervals and rhythm.
Renewal

When your heart beats slower.
Things That Slow Your Heartbeat

Connection
Commitment
Experience

Resilience Routines Build Flexibility

Opportunities, challenges and threats to raise your heart rate.

Plus

Connection, commitment and experience to slow your heart rate.
Physical Strength and Resilience

“Fight or flight” + “Rest and digest”

= Strength for doing things.

Physical Effects

Stress

• Adrenaline – immediate energy.
• Cortisol – short-term energy
• Muscle damage – “micro tears.”

Renewal

• Oxytocin – heals and repairs many kinds of damage.
• Androgens, HGH, DHEA – growth.
Mental Effects

Stress
- Short-term focus.
- Binary – this or that.
- Realistic.
- Disconnection.

Renewal
- Bigger picture.
- Flexibility.
- Optimistic.
- Reconnection.

Stress Can Hurt You (Trauma), Like Weightlifting
- Lift too much weight.
- Lift too often.
- Fail to get enough rest and nutrition.
- Lifting other’s weights for them isn’t helping.
  - They fail to gain strength.
  - You end up lifting too much.
Physical (Body & Nature)

Stress reaction:
Fight or Flight

Renewal reaction:
Rest and digest

Social (Thoughts & Feelings)

Stress reaction:
Defend or Distance

Renewal reaction:
Tend and Befriend
Spiritual (Priorities & Purpose)

Stress reaction: Selfish or Survivalist

Renewal reaction: Pause and Plan

Don’t Confuse Rewards with the Journey!

• Resilient people have more motivation.
• Resilient people have greater self-discipline.
• These are the results of “Resilience Routines,” not the way you get there.
Activating Physical Stress & Renewal

- Controlled breathing exercises, yoga, Pilates, etc.
- Exercise, “muscle memory,” practice
- Managing possessions – not too few or too many
- Nourishment – anti-inflammatory diet
- Nature
- Sleep hygiene is critical.

Mental/Emotional Resilience

“Defend or distance”

+ “Tend and befriend”

= Strength for thinking and feeling.
Choosing Social Stress

- **Risk transparency and vulnerability (with safe people). Get real.**
- **Let trusted friends see the real you (no rush; build trust).**
- **Get out of your comfort zone (a little).**

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**Animals!**
**Spiritual Resilience**

“Selfish or survivalist”

+ “Pause and Plan”

= Strength for priorities and purpose.

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**Priorities and Purpose**

- Learn and live out a set of values.
- Know your “why.”
- Cultivate a sense of wonder and awe.
Start Small, Start Over

• Give yourself unlimited permission to fail and begin again.
• Don’t “should” on yourself.
  – E.g. “I shouldn’t touch my face.”
  – Instead: “By not touching my face, I’m reducing the chance of infection.”

  – “I should stay home.”
  – Instead: “Staying home helps keep our family healthy.”

What Resilience Looks and Feels Like

Realistic Optimism
Practice Gratitude & Generosity

- Builds optimism.
- Positive thinking.
- Gets your brain out of negative “default mode.”
Q&A

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### Step 7: Reconnect and Restore

Thank you!

Please take our survey:
[ surveymonkey.com/r/RGJFKQ8 ](surveymonkey.com/r/RGJFKQ8)

Questions?
[ info@earthquakecountry.org ](mailto:info@earthquakecountry.org)

Look for the Survey (now) and Webinar Recording (next week) at
[ EarthquakeCountry.org/SaferAtHome ](EarthquakeCountry.org/SaferAtHome)