

HEALTH & WELLNESS TIPS

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Earthquake Strikes: Where Should You Go?

Unlike hurricanes, tornadoes and even tidal waves, there is no early warning system to predict earthquakes. An earthquake can strike in any place at any time. Sometimes faults are well-known like the San Andreas in California. They can also exist virtually unnoticed until suddenly emerging to cause severe damage as with the Northridge Thrust Fault which wreaked such damage in LA County in 1994.

Should an earthquake strike in your area, there clearly won't be enough time to change your location. Therefore, the Los Angeles Fire Department has laid out the following advisories. Most people are familiar with the strategies to use if you are *inside* your home or a small commercial

structure. Take shelter under a sturdy desk or table away from windows or large mirrors that can shatter. Avoid top-heavy furniture like bookcases, refrigerators or filing cabinets (which ideally have been pre-secured to a stud in the wall). Swinging overhead cabinet doors are also a potential source of injury if they lack security latches.

But what if you are in a crowded store with nothing to duck under? At the very least, distance yourself from displays and tall shelves stocked with goods that can fall on you. Use your arms to protect your head. If you happen to be in a high-rise building, you can also move against an interior wall. Stay out of the elevator. Be prepared for fire alarms or sprinkler systems that

may come on. Exit in an orderly fashion to avoid panic and trampling. Definitely stay outside of damaged buildings once the quake is over.

Those who are already outside should keep clear of trees, building, electrical wires and poles.

Individuals in wheelchairs should also move to cover indoors or a clear area outdoors. Again, shield your head with your hands. Lock your wheels to avoid unintended movement.

Knowledge of these common sense recommendations will contribute to your future safety during a quake.

For further information see the LAFD Emergency Preparedness publication (Jan 2007) available on the web at <http://www.cert-la.com/2007EmergPrepBooklet.pdf>.

Cereal

Calories in a one-cup serving

- ◆ General Mills Raisin Bran®: 171
- ◆ Post Raisin Bran®: 187
- ◆ General Mills Cheerios®: 111
- ◆ Kellogg's Product 19®: 100
- ◆ Kellogg's Special K®: 117
- ◆ Post Shredded Wheat®: 156

www.thecaloriecounter.com

EYE MATCH:

Match the parts of the eye to the diagram below

1. optic nerve
2. retina
3. iris
4. cornea
5. sclera
6. lens
7. choroid
8. ciliary body

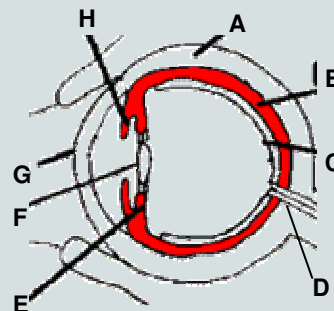


Image at www.cafamily.org.uk/Direct/u20.html

(8) Ciliary Body-E

ANSWERS: (1) Optic Nerve-D (2) Retina-C (3) Iris-H (4) Cornea-G (5) Sclera-A (6) Lens-F (7) Choroid-B