PACIFIC ADA CENTER PRESENTS

ADA NATIONAL NETWORK LEARNING SESSION:

MAKING YOUR SHAKEOUT EARTHQUAKE DRILL ACCESSIBLE TO PEOPLE WITH DISABILITIES

Thursday, October 8, 2015

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Lewis Kraus: Welcome to the FEMA Emergency Management and Preparedness - Inclusion of Persons with Disabilities. I'm Lewis Kraus from the Pacific ADA Center, your moderator for this series. This series of webinars is brought to you by the Pacific ADA Center as a collaborative effort between the ADA National Network and FEMA's Office of Disability Integration and Coordination. The ADA National Network is made up of 10 regional centers that are federally funded to provide training, technical assistance, and other information as needed on the Americans with Disabilities Act. You can reach your regional ADA center by dialing 1-800-949-4232. I just put that up on the chat window for you.

FEMA's ODIC covers the same 10 regions with regional disability integration specialists. More information about FEMA can be found at www.fema.gov and then put ODIC into the FEMA website search. That's what I put on our chat window just now as well.

This is the third year of this webinar series which shares issues and promising practices in emergency management inclusive of people with disabilities and others with access and functional needs. The webinars provide an opportunity for emergency managers, people with disabilities and others with access and functional needs, first responders, planners, community organizations, and other community partners to exchange knowledge and information on promising practices in inclusive emergency preparedness and management for the whole community. The series topics will cover emergency preparedness and disaster response, recovery, and mitigation, as well as
accessibility and reasonable accommodation issues under the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, the ADA, and other relevant laws.

The series alternates monthly between ADA National Network Learning Sessions and FEMA Promising Practices. We encourage you to review the series website and familiarize yourself with the full array of sessions available in this year's series at www.adapresentations.org/schedule.php.

These monthly webinars occur on the second Thursday of the month at 2:30 eastern, 1:30 central, 12:30 Mountain, and 11:30 Pacific time. By being here you are on the list to receive notices for future webinars in this series. The notices go out two to three weeks before the next webinar and open that webinar to registration.

For those of you who are new to this webinar series and its software, we will now review some of the features of the webinar platform before we begin the session today. In this session only the speakers will have audio. The audio is being -- for today's webinar is being broadcast through your computer. Make sure your speakers are turned on or your headphones are plugged in. You can adjust the sound by sliding the sound bar left or right in the Audio & Video panel which you can find in the Audio & Video window in the upper left of your screen. If you are having sound quality problems, go through the audio wizard, which is accessed by selecting the microphone with the red gear symbol on it in the Audio & Video panel.

If you do not have sound capabilities on your computer or prefer to listen by phone, you can dial 1-805-309-2350 with the pass code of 555-2153. That is not a
toll-free number. If you want, you can find your own local numbers at that address there, www.adapresentations.org/local_numbers.php.

The webinar is being recorded and can be accessed on the ADA presentations.org website in the archive section next week.

Real-time captioning is being provided for this webinar. The caption screen can be accessed by choosing the cc icon in the Audio & Video panel. The box showing the captions can be resized to show more or less text as you would like. You can customize your view. The Whiteboard, where the presentation slides are being shown, can be resized smaller or larger by choosing the dropdown menu located above and to the left of the Whiteboard. The default is Fit Page. You can also resize, reposition the chat, participant, captioning, and Audio & Video panels by detaching and using your mouse to reposition or stretch/shrink. Each panel may be detached using the icon with the multiple lines and the little arrow pointing down. That's in the upper right corner of each panel.

At the conclusion of today’s presentation there will be an opportunity for everyone to ask questions. You can submit your questions using the chat area within the webinar platform. The speakers and I will address them at the end of the session. So feel free to submit them as they come to your mind. You can submit those questions in the chat text box area or press Control M and enter in the chat area. If you are listening by phone and not logged into the webinar, you may ask questions by e-mailing them to adatech@adapacific.org.
If you experience any technical difficulties during the webinar, send a private chat message to the host by double clicking Pacific ADA Center in the participant list. A tab titled Pacific ADA Center will appear in your chat panel. Type your comment in that text box and enter. If you are using your keyboard, use key F6 and then arrow up or down to locate Pacific ADA Center and then select to send the message. You can also e-mail us at adatech@adapacific.org or call 1-510-285-5600.

Today’s ADA National Network Learning Session is titled “Making Your ShakeOut Earthquake Drill Accessible to People with Disabilities.” While those of us on the U.S. West Coast are keenly familiar with earthquakes and the preparation for them, the goal of a nationwide all-hazards approach means much more of the country needs to be prepared for earthquakes, including those with disabilities or other access and functional needs. Today's presentation will introduce you to the Earthquake Country Alliance, the history of ShakeOut, how the Great California ShakeOut began, and the approach that the Earthquake Country Alliance and California Emergency Management programs have taken to ensure the participation and inclusion of people with access and functional needs. This annual earthquake drill helps improve preparedness and encourages everyone to practice how to be safe during earthquakes. More than 17 million people in California and millions more around the nation and the world have registered to participate.

The information presented on this webinar is intended solely as informal guidance and is neither a determination of legal rights or responsibilities by NIDILRR or FEMA.
Our first speaker today is Mark Benthien, the Director for Communication, Education and Outreach for the Southern California Earthquake Center, headquartered at USC. Mark communicates earthquake knowledge to end-user and the general public in order to increase earthquake awareness, reduce economic losses and save lives. Many of these efforts are in coordination with the members of the Earthquake Country Alliance, a private-public partnership of organization that provide earthquake information and services for which Mark serves as Executive Director and lead organizer of the annual Great California ShakeOut statewide earthquake drill which had more than 10 million participants in 2014. Mark was recognized in 2012 by the White House as a Champions of Change for his role in managing the California ShakeOut and supporting the many other states and countries who are now conducting ShakeOut drills.

Mark, I'm going to turn it over to you.

>> Mark Benthien: Good morning, Lewis, and good afternoon. Lewis, am I sounding ok before I continue?

>> Lewis Kraus: You sound fine.

>> Mark Benthien: All right. Great. I was having some issues here. It was cutting up. That's my connection. Let me know. If need be, I can dial in.

Hi, everyone. I am really pleased to be able to talk to you today about the work that we do, particularly ShakeOut, which is happening next Thursday, the International
ShakeOut Day of Action. The way this goes is I'm going to speak about the Earthquake Country Alliance and ShakeOuts in general and then our next speaker will talk about what you can do continue to corporate people with disabilities within your drills or to make it accessible overall. And then we'll hear from our third speaker on examples of how that's happening in Oakland, in the Bay area. And also, we're going to be talking about some of the resources we've been developing to support those activities.

Our overall purpose that we're trying to do is to, of course, raise awareness of and for people with disabilities in regards to earthquake issues, make sure that those people, that community, is fully included in participating in the Great ShakeOut and really bring everybody together, as many of you are trying to do as well.

So, just a big overview. Of course, earthquakes happen around the world. They happen all across -- along plate boundaries of the earth's crust. So all of these black dots you're seeing -- I should say that being with the Southern California Earthquake Center, we're an earthquake science research center so a lot of our focus is on earthquake science education but also preparedness. So that's why I'm starting here a little bit.

These earthquakes are mostly on the intersections of big plates of the earth's crust. So in most of the U.S., the main plate boundary is on the West Coast, the San Andreas fault and other plate boundary faults. However, we can have earthquakes across the U.S. This image shows the likelihood of earthquake shaking, hazards related to earthquake shaking. And yes, the West Coast is very high but also the mid-America area, centered around Memphis, and the East Coast as well can have earthquakes and
has had earthquakes in recent years. Oklahoma, you can see is a little bit of a hot spot of earthquake activity there, too, and has always been though in recent years even more so. And Alaska, actually, has the most earthquakes of any state in the U.S. That also has a big plate boundary along its southern edge.

The main point here is that earthquakes happen in nearly every state but one thing we say with ShakeOut is while they may not happen in the state where you live, they may happen in the state where you travel to so knowing how to protect yourself in all different situations is really key.

The good news is that buildings in the U.S. are mostly well built. Older ones are perhaps going to be more vulnerable to earthquake shaking. Wood frame homes across the U.S., they do very well. They have a little bit of give. They can sway rather than break. Brick buildings are among the more vulnerable types of buildings. But having been built in earthquake-prone areas in many years because of the building code -- the building codes keep improving, which is really key. The U.S. has really trained engineers and contractors who are building to those codes. One thing everybody should understand about any building code is that it is really designed for life safety, not to be earthquake proof. So while the building won't collapse in modern building codes, the design of it, you could still have a lot of damage. You could still have things falling within the building, ceiling tiles and other building [Inaudible] components and furniture, of course. And that's a lot why we want to be protecting ourselves during an earthquake, as we'll talk about later on the webinar here, and also, why you don't want to run outside during an earthquake because things -- building components could be falling off, tiles could be falling off roofs, etc.
So certainly there's still much more we can do. It's by everyone, at all levels from governments at all levels, to businesses, to neighborhood groups and really by all of us and preparedness in general. There's always something more you could do to be better prepared, to survive and recover whatever the disaster.

In California, we organize a lot of our activities for earthquake preparedness under something called the Earthquake Country Alliance. It's a public-private partnership. We have regional alliances in the more populated areas of the state with higher earthquake hazards. And we have statewide committees that identify and develop resources for different sectors. And we're significantly supported by FEMA. The FEMA building sciences part of mitigation.

Just to show you the committees we have ranging from all different types of sectors. We have a committee we called Seniors and People with Disabilities. There are very common issues, of course, for mobility issues and other aspects that we have been developing within that committee, resources for those communities.

Earthquakecountry.org is a website where a lot of our materials are put, all of our materials and information about our events and resources. There, in particular, is something called the seven steps to earthquake safety, an organizational framework for how we provide information about what to do, before, during, and after. We have created a variety of earthquake manuals. Some are California oriented but they have been made for other parts of the country, including the central U.S. and other states. Earthquakecountry.org/roots. You can see all of those. Also the booklet "7 Steps to an
Earthquake Resilient Business." This is good for any organization. It's a guide that is for anywhere across the U.S. It is a good starting guide for an organization looking at increasing its resiliency.

The seven steps to earthquake safety are four steps before, two during, and one step after. I mean, it's really -- I'm going to really quickly go over these. Go to earthquakecountry.org/sevensteps for the details.

Step 1. Secure things so they don't fall on you and hurt you during an earthquake or cause damage to either other things or be damaged themselves. You can start doing that quickly by moving something that's heavy to a lower location and then do more over time.

Step 2. Plan to be safe. This is where you're planning your communication strategies for being in touch with loved ones or co-workers or others that you would want to be checking on and, of course, all the other planning that you do for what would do right after a disaster.

Step 3. You want to organize your supplies at home, work, your car, various levels. Make sure you have what you would need if you aren't able to get to where things normally are. And that really is important in terms of things like prescriptions and copies of important documents. First aid and water are very key, of course, too. But there are perhaps items that people with disabilities, in particular, really want to have multiple copies of that they would include in their kits.
Step 4. Minimize financial hardship. This includes both maybe looking at the buildings you're in a lot in terms of what improvements can be done, your home or even a workplace, but also organizing your important financial documents so you've got copies available to you, if you can, to get to where they normally are and also looking at things like earthquake insurance or other insurance for disasters.

That's all you would do before the earthquakes. During the earthquake there's immediately during the shaking you want to be protecting yourself. And for most people that's going to mean drop, cover, and hold on. We're going to show some other aspects coming up.

Right after shaking stops, there's still a danger period in terms of various issues that might be related to the power being out. There might be damage around, broken glass, all of these factors that you want to start to clean up ordeal with.

If you're near the coastline and you felt a strong earthquake, that could mean there's a tsunami that is on its way. So you want to get to high ground immediately.

And then in the longer term, we say Step 7, we call reconnect and restore. This is where you're getting life back to normal. You're dealing with your recovery programs, you're having to live in a shelter for a while. All of those aspects, family reuniting, all of those things that you're going to be doing over the days to weeks to months following any disaster, here in particular an earthquake.
Our Seniors and People with Disabilities Committee has created a version of these steps for people with disabilities and other access or functional needs. It's an eight-page document you can download at earthquakecountry.org/disability. There's a good overview for other considerations for everyone to be thinking of and planning for in advance, in particular people with access and functional needs. And there also is, on that same web page, a two-page version more specifically for your immediate safety during an earthquake and other things that you would be considering.

Just to touch a little bit more on what to do during an earthquake. This of course, factors into the ShakeOut drill we're going to cover. Drop, cover, hold on, as this image shows, is not just about getting under tables; it's also what you do if you're not able to get under a table or down to the ground, protecting yourself if you're in a wheelchair. We'll talk about the specifics of that in a little bit. The Step 5 has a lot of the information there for what to do.

And why are we saying drop-cover-hold on? Why not run outside or why not get in a door way? It turns out buildings do rarely collapse in the United States. And even worldwide, you'll see on the media a lot of pictures of collapsed buildings but they typically don't show you all the buildings surrounding that building that are still standing or maybe just the facade of the building, the brick facade fell off but the buildings itself is still standing. If you had ran outside, those bricks would have fallen on you or if you had stayed inside but things had fallen, like bookshelves, bookcases, TVs, other objects and you weren't undercover, or covering yourself, you would have been injured.
In last year's Napa earthquake, in the San Francisco Bay area, the one person who died was actually watching TV and her TV was thrown at her head. She didn't die right away but she got a head injury and died a few days later. If she was able to cover her head quickly, she would have perhaps protected -- or prevented that injury.

Also, drop-cover-hold on keeps you from being thrown to the ground. So while it may be difficult for some people to get down to the ground, generally it may be better to try to get down rather than being thrown to the ground by the earthquake. Remember, in an earthquake, the entire ground for square miles all around you, hundreds of square miles all around you, is being lifted up and shaken around. No matter how heavy an object is, it can be thrown at you. You could be thrown down. So getting down first is a really good idea. Also, by getting down, you're protecting yourself from items that might be thrown around or falling, just making yourself a smaller target.

On the left, the picture shows a school in Mexico City with slabs of the floors that have collapsed a bit. If you look into the picture, what the picture shows is the desks of the classrooms holding up those concrete slabs. So by getting down, even if you didn't get under the desk, you would have not been hit by the slabs.

On the right there's a picture from a school in Calexico, California, that had a lot of damage on a Sunday -- it was actually Easter Sunday in 2010. And the picture shows the ceiling tiles and lights and all the things that have fallen down on top of school desks. Of course, no one was there on a Sunday. Also, if they had been there under those desks, they wouldn't have been hit by those objects.
So you -- generally you want to drop to the floor or bend over in a chair, whether it's a wheelchair or wherever you are. If you're not near a table and you're in a theater or something like that, just bending over covering your head and neck with one hand while taking shelter under a table, a nearby table or desk or against a wall. You don't want to go from one room to another because there's a good table down the hall. You want to drop where you are right away and seek shelter might be nearby. Again, you want to hold on to that shelter until the shaking stops. That's partly because it might be moving. And if you're covering your head and not looking and not noticing that your table has shifted over five feet, you're now no longer covered. This is the most generic kind of description of how to protect yourself. We're going to talk about some other situations later on.

After the shaking stops, you want to wait a minute, really, before you start moving around because some objects might continue to fall. You want to before you get up, look around and just really all around you for hazards before you start to move. Be expecting aftershocks and following your emergency plan. It may or may not include evacuation.

The picture on this slide shows another scene, this time from the Northridge earthquake, where it's basically a home office. Bookshelves, books, and the shelves from bookcases have all fallen on to the floor. Again, some of the dangers that you face not from the building collapsing but from the stuff inside the building.

That takes us to Great ShakeOut Earthquake Drill that are most happening -- are happening this year on October 15, the International ShakeOut Day of Action. We have
more than 20 million people worldwide participating that day. We just crossed the
10 million participant mark in California. We're about 18 million total in the U.S. So we
have international participation along with the U.S. participation on Thursday. We have
some states like Montana that will be participating on October 21 because their schools
are out of session on October 15. And Utah holds it’s ShakeOut in April, April 21, next
year. We also have countries that are participating on other days. And the global total
right now is nearing 40 million for participants in earthquake drills registered as part of
ShakeOut worldwide this year.

Our mission is that everyone everywhere should know how to protect
themselves during earthquakes. Really we would say that for any emergency or hazard
but we’re focused on earthquakes. And this gets back to my point about no matter
where you are, maybe your state doesn't have earthquakes often but you might travel,
you might move one day, your children might go to school somewhere one day in a
place where earthquakes happen. And knowing what to do is a good thing for
everyone. Our goals are to encourage people to practice earthquake safety. Practice
drop-cover-hold on and other self-protective actions. And the way that we know people
are doing that is through registration at ShakeOut.org.

That's not the main end goal. Really what we want from that is to be shifting
the culture about earthquakes in preparedness. Really this is about getting people
talking about preparedness with each other. We created ShakeOut to be something big
enough to cause conversation but not have to be a real earthquake because real
earthquakes get more people prepared than anything but it's a little bit late. So we're
trying to do this before that earthquake happens. And from those discussions, which
the social science research says is what really what causes people to take preparedness action, when they're talking with each other, seeing other people taking action, the social milling and cueing that we're trying to generate through ShakeOut, we want to increase awareness throughout all levels.

ShakeOut was started in 2008, based on an earthquake scenario for a large earthquake in Southern California. The Earthquake Country Alliance said how do we really include everybody on an exercise that was being planned for that scenario. So that's where we created the first Great Southern California ShakeOut which was meant as a one-time event. We never expected it would become what it has become. So in 2008 we had 5.4 million participants. And since then it has grown across the country and worldwide.

Everyone can ShakeOut. We really do mean that. We have people who are in all sorts of organizations. Schools certainly are the largest participants by far, K through 12 schools, also colleges, and also businesses, government agencies, nonprofit organizations, people in all different sectors.

I'm showing a picture, a collage, of people in different situations participating in ShakeOut from people in a church, people in a business. If you're able to see the collage at the top left, there are women who have made their own custom shirts. It has a martini glass and says "Shaken not stirred." So, yes, people have fun with this as well. It's something we like to think of as a positive activity that people can really build a lot of awareness of or preparedness and earthquake preparedness in particular. Other
pictures here show CERT groups in action, people organizing their preparedness plans. And people in a hospital having evacuated people in wheelchairs.

This slide shows the map of participating official ShakeOut regions, states, across the country. So we have 45 states that are now involved, five territories and the District of Columbia. The upper Midwest states are not officially involved but we have participants in each of those states as well. We're looking to include them next year. This year we added Texas, Louisiana, Nebraska, and Iowa to ShakeOut. Texas is its own ShakeOut. There are then the U.S. states outlined in blue. The southeast region states are outlined in green. And then at the top, of course, the northeast states. So those are multi-state ShakeOut regions where you participant. In the Western U.S. it's individual states. And each has their own ShakeOut web page.

When you go to the homepage -- on the left here is the screen shot of the homepage for ShakeOut. It has all the information where you can access each of the different regions and shows the totals of participation for each of those regions. On the right is an example of one of the home pages. This one is for California. It basically is where you access the different information for how to participant, register, plan your drill, and see other people who are participating.

One thing that is really key, what we found has been a really part of that -- the social science research -- we ask if it's ok to list people as a participant. That has led to more people participating than would otherwise. We have people tell us that because they were able to see perhaps a similar business as their own, they were able to talk to the owner of their business and say this company is just like us participating, can we
also, and get that approval. So it's a peer pressure of sorts, just everybody seeing who is involved approach and also has you counted in the worlds largest he can quake drill.

There are benefits of registering that. We're able to send you information about resources related to the drill, things to be planning for and other preparedness resource and information. And it has you be an example as well as give you peace of mind that you're taking some action, some -- small action, perhaps even a one-minute earthquake drill, you're doing something. And we find out most people then do more. Maybe not that first time but over time they increase their participation. We like seeing that.

We have a variety of resources. This image is showing kind of a selection of the posters and flyers and web graphics or web pages. On the top middle there's a screen shot from a video we have called "The Drill Broadcast" that you can play during your ShakeOut Drill. It has closed captioning on it. It has audio as well as you can read. And also some of the informational materials that we provide.

So essentially we're asking people to register to participate. It's certainly not too late to do so, and to be encouraging others to do so. Because ShakeOut, as it's now part of America's PrepareAthon -- I'll talk about that in a second -- is a year-round activity. You can register your activity not just on October 15 but any earthquake drill held any day of the year. We have a lot of resources on that website. Again, you can use it to not only plan your own drill but to encourage other people to participate as well.
On social media, ShakeOut is at Facebook.com/greatshakeout. And the Earthquake Country Alliance is Facebook.com/earthquakecountryalliance. On Twitter ShakeOut @shakeout. We encourage everybody to participate this week to use the #shakeout as part of your social media that you will be putting out. We encourage you to take pictures of people participating and Tweet those. We don't encourage selfies so much because if you are doing drop-cover-hold on in the right position, it's really hard to then also hold a camera. But if people are taking pictures of each other, that's a great thing to do. And ShakeOut does trend across the country on ShakeOut Day. It's amazing to see the discussions happening. It's also amazing to see people being so excited about getting down on the ground and taking pictures of that. It's a fantastic aspect of it all. Also, on Twitter, Earthquake Country Alliance.

I mentioned a moment ago that ShakeOut is a major activity of America's PrepareAthon which is now a national preparedness activity led by FEMA. It very much kind of builds on the ShakeOut concept of having people register their events and having kind of a master collection of what's happening in terms of preparedness each year. There are two national PrepareAthon days, April 30 and September 30. That was just last week. And the web page is ready.gov/prepare. And, of course, on social media Twitter @prepareAthon.

And that concludes my part. Lewis, do you introduce or do I introduce Shannon?
>> Lewis Kraus: I've got it from here. Thanks so much, Mark. I think everybody's really quite pleased at seeing what you had to show and also in some of the publicity that you have, the images of people with disabilities or the graphics of people with disabilities.

That really is a great lead-in to our next speaker, Shannon Mulhall. Shannon is the Americans with Disabilities Act or ADA Coordinator for the City of Fresno, California. In this capacity she works closely with the Office of Emergency Services on whole community planning. She serves on the Earthquake Country Alliance's committee on Seniors and People with Disabilities.

Shannon, you can take it from here.

>> Shannon Mulhall: Great. Thank you, Lewis. It's an honor to serve on and to represent the Earthquake Country Alliance Seniors and People with Disabilities Committee here today. So thank you for having me.

One thought to expand on what Mark presented. I live in central California, a mid-earthquake country, but believe it or not the only time I've been awake and felt an earthquake was when I was living in Vermont as a child. So bear that in mind. Earthquakes happen at any given time, in any state. It doesn't matter if you're in California or otherwise.

ECA, Seniors and People with Disabilities Committee, has two primary objectives: engagement and involvement. We want you to engage seniors and people
with disabilities in the practice and involve seniors and people with disabilities in preparedness and outreach activities.

So we recognize as a committee, and really as a nation, that there is a need to engage the whole community in the ShakeOut drills. So this can be achieved in part through outreach activities and also by providing people with disabilities opportunities and information about practicing alternatives to drop, cover, and hold on. That concept of engagement is key as you’re planning your drills. So we want to encourage you and organizations to increase that inclusion of people with disabilities in your practice activities, as well as to increase the number of organizations that are registered and participating in the ShakeOut.

That independent living cry of “nothing about us without us” rings so true in these exercises. If we're not providing opportunities for people with disabilities to be involved during the exercise phase of emergency planning, then we are missing a huge chunk of people. So those of you in attendance with within the emergency management sector, I strongly encourage you check out our resources and really reach out to at least one organization serving individuals with disabilities. You can invite them to participate with you. And these organizations have so much to teach you if you engage and involve them.

So that's really my first call to action for emergency managers, reach out to these groups, ask them to teach you, ask them, hey, what I do need to know about seniors and people with disabilities.
And then, of course, when organizations and seniors and people with disabilities register for the ShakeOut, it helps us as a nation to quantify these participation levels to really identify gaps in preparedness efforts and then by identifying these gaps we can start taking remediating steps to ensure that engagement and inclusion actually is happening.

I'm going to move forward. Let's talk about the response. Some of the alternative practices you may need to know when you're practicing this drop, cover, and hold on -- and first I have to just bring your attention to the right of the screen. We have four new graphics here that the Pacific ADA Center helped to create. They're beautiful. We're going to look at each one of these individually in a few moments. So thank you, Pacific ADA Center, for making these beautiful, beautiful graphics.

So, as a person with a disability, you need to know how to adapt your responses based on your own needs. You know best what you need. So take a moment to think about what the next steps will be. For example, if you can't get up from the floor, independently, you may not want to drop down to it but rather modify and protect yourself where you are and within your capabilities. Again, you know best what you need. Look at this guidance and then build it from there.

One of the basic principles for preparedness for people with disabilities is that self-reliance part. You want to be able to plan in a way that you can take care of yourself as much as possible. During an incident you don't know how long it will be before a first responder is able to arrive. So one of the things that our committee recommends is that you -- when you think about developing a personal support team -- this is a network of people who are involved in planning response during an earthquake
so these are people that you trust, at least three people who are within walking distance of your office, your home, anyplace that you frequent regularly. They may be family members, co-workers, neighbors. And they should know best how to assist you and be involved in your practice. Rope them into it. Say, hey, I want to be prepared. I want you to be prepared. Let's do this together. It will be a fun activity. Right?

And you also need to know how to instruct others to assist you. So recently I worked with a group of adults with developmental disabilities. We were doing a Train the Trainer on this very idea of how do you become prepared. And these individuals were then going out into their own communities teaching their peers, peer-to-peer. Very effective mode of engagement right there is peer-to-peer.

As we were doing this activity, one of the trainers I was working with was talking about the fact that she doesn't like to make eye contact. When she's over stimulated, she will put on her headphones. So we practice actually saying things like: I wear headphones because they help me stay calm. I can still hear you. I hear you and understand even though I'm not looking at you. We had another one who was an individual who is deaf. They practiced writing out: I am deaf, I need to get notes, can we get an interpreter?

So practicing the communication aspect can be just as important as the physical practice of drop, cover, and hold on or lock, cover, and hold on.

So I always like to say that emergency response is like a muscle memory. We default to what we've trained to do. To know it is to do it. To do it is to know it. So that's just like coaches say you play how you practice. Practice it, practice what you need to do for your own self, and also for those around you.
So if you're able, you just go ahead and do the regular drop, cover, and hold on. So this would be applicable to people who are deaf, blind, developmental disabilities, other unseen disabilities. Again, if you're able to drop down, cover your head, take cover under a table, and hold on.

People who are blind, you may want to continue the drill after the drop, cover and hold on by practicing how you would exit that protected space safely. You're amazing navigators in your environment. So know that the furniture is going to shift. There will be fallen items that change your path of travel. And the sound clues that were available you previously may not be there or they may be completely different or they may be obstructed by a loud alarm. So I encourage you integrate that into your practice activities.

Now, maybe you're a person with increase the anxiety response and distress and you know that about yourself. It might be helpful for you as you're dropped, covered, and holding on to count out loud. Hearing your own voice can ground you. It can help reassure others that you are ok, keep you calm, keep you focused. So this is important to integrate into your own practices. Regular practice with this will help you to know what to do, again, that muscle memory, and to remain calm.

This, again, is a good standard drop-cover-hold on for people who are deaf but you also need to consider your communication options. If your cell phone is not working to text, if your video phone is not operational because there's no internet lines, do you have a way to contact other people? Do people know to look for you, to contact
you and where to find you? Do you have your old typing telephone, your TTY, with batteries ready to go and a land line and where it is? Can you dust it off in a quickness? Those are things to consider as you're going through the drill.

Here we go, the first of the brand new beautiful graphics here. If you use a cane, keep that cane near you. Do the same, drop-cover-hold on only if you can get up without assistance, right, or with the use of that cane. And you want to keep it as close as possible you for that very reason.

When you're using a walker, here's the slight change, lock-cover-hold on. If we were in person, I'd be having you say this with me right now: Lock, cover, hold on. Again, this is that sentiment. If you can't get up, don't get down. You want to cover your head and get as low as possible.

The same idea for using a wheelchair. On here we have a graphic of an individual in a wheelchair who is locking it down, bending down low, covering their head, and holding on. So these are some of the basic modifications that you'll need to keep in mind for the drill itself but there's also going to be other modification that may be necessary as you're going through the seven-step preparation and response process.

That's, again, why we created these resources on our website, the www.earthquakecountry.org/disability. The committee prepared the eight-page guide that expands on each one of those seven steps, explaining the way that each of these steps may be modified for various disabilities. We also have a two-page informational
sheet that can be printed out. It's a single front-back if you do that kind of copying. You can use it as promotional and educational tools alongside the other ShakeOut materials.

Now, one of the members has also created a signed and voice public service announcement encouraging participation in the ShakeOut drills. Within these resources we have a Train the Trainer type PowerPoint presentation. Again, I encourage you, download that, engage in your community, and make sure that people are getting out there. We're going to update this PowerPoint I think soon with these new graphics that we just got. They're very, very useful. I encourage you. It doesn't matter if you're with a disability organization or an emergency manager, go out there, make presentations, engage people, and get them thinking about what do you need in your situation.

And then, of course, we want you to go to www.ShakeOut.org/register and make sure that you register as an individual with a disability or access and functional needs. So this can be done as a full organization or for any of the other categories. You can go ahead and indicate that we have this number of seniors, this number of people with disabilities who are involved in your group.

I haven't talked too much about seniors but I do want to take a moment to recognize the fact that many seniors don't consider themselves as a person with a disability or an access and functional needs. So this is a great group to get in and say, you know, I know you're a strapping individual; have you thought about what happens if you can't get down to the floor? What are some things we can do? Take it away from the rhetoric of disability and into just talking about what a person may need.
Again, this is all just information to help us -- the registration helps us identify gaps so that we can adjust specific preparedness and outreach that occurs in future years.

Above all else, the question that I want to leave with you is this. Are seniors and people with disabilities engaged and involved in earthquake preparation exercises? For those of you that are emergency managers, do our exercises really take into consideration the needs of the whole community?

With that I'm going to go ahead and thank you for your attention. I'll turn it back over to Lewis and he can make the next introduction. Thank you.

>> Lewis Kraus: Thanks so much, Shannon. That was great.

I do want to remind everyone that the focal point of what the speakers are talking about happens next week, a week from today, October 15 at 10:15.

Our next speaker is going to talk about what's happening here in Oakland, California, around that. Dena Gunning is the Emergency Management Specialist who serves in the Oakland Fire Department, Emergency Planning Coordinator for the CORE/CERT Program. Dena has served on numerous committees including the Earthquake Country Alliance Public Sector and Steering Committee and Co-Chair, Long Term Recovery Group for the San Bruno Pipeline Explosion. Dena provided emergency preparedness training and business continuity to community-based organizations serving the most vulnerable populations for over 25 years.
Dena, take it away.

>> **Dena Gunning:** Great. Thank you, Lewis. Good afternoon, everybody.

As my former presenters have said -- I'm trying to flip -- having trouble forwarding the slide, Lewis.

>> **Lewis Kraus:** I can do it for you.

>> **Dena Gunning:** Ok. One of the best ways is to practice. If you do not practice, then, again, as Shannon kind of mentioned, we don't have that muscle memory. So practicing is very key. And the ShakeOut is designed to prepare you to help yourself and to help others in the event of an earthquake. Because the reality is, emergency services personnel will be overwhelmed and may not be able to get to everyone immediately. So you can really make a big difference by knowing that what to do before, during, and after an earthquake. And share the information. It really is key to share that information with others.

>> **Lewis Kraus:** Just tell me next slide, Dena, and I'll take care of it.

>> **Dena Gunning:** Ok. Next slide. We can go to the next, Lewis.

>> **Lewis Kraus:** Are you not seeing it? Ok. How about that?

>> **Dena Gunning:** There we go.
So the City of Oakland has many resources that we use. We really encourage folks to do this ahead of time, of course, so that they can be prepared for emergencies. One of those is by signing up for alerts. The City of Oakland is dedicated to planning for emergencies in order to preserve the well-being of our entire community. So the city strives to provide innovative and wholly inclusive emergency services and programs to ensure that people with access and functional needs are included in the city's emergency preparedness plans.

And part of the city's plans include the following three programs.

Next slide.

And one of those is our govdelivery system. It's a subscription-based e-mail system for receiving emergency alerts as well as updates about specific topics of interests in the City of Oakland. It is free of charge. It is very easy to access. You can access it on our city's website as well as our Oakland CORE program, our Communities of Oakland Respond to Emergencies website. And subscribers sign up to receive wireless or e-mail emergency alerts through the govdelivery application. And this also includes official information that we put out through our CORE/CERT program as well as emergency alerts. We also send out weekly tips for emergency preparedness. They're very useful to everybody. So on a weekly basis, we try to remind people that there are little steps that you can take to prepare for all different types of emergencies.

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Another is the City Watch telephone-based announcement and alert system. For City announcements and emergency alerts, a phone message will be sent to all land lines in the City of Oakland. This is really important to keep your land lines. A lot of us have done away with our land lines since we have cell service but I highly recommend that you keep your land lines and convince others to. This is one of the ways that we send out notifications when emergencies occur whether it be evacuations or just pertinent information if you're living in that particular affected area. So it's important for Oakland residents who like to receive those announcements and alerts via their TTY to add that TTY phone number to this system as well. And subscribers can do that by filling out a simple form to have that TTY number entered into the City Watch system.

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And finally, our Mass Care and Shelter Plan Functional Needs Annex. In August 2007, the city launched a comprehensive review of its emergency programs, activities, and services and created the Functional Needs Annex to complement the city's Mass Care and Shelter Plan. The Annex makes sure that people with disabilities are included in the city emergency ambulance. So we strive hard to update these, working on shelter planning, ensuring that all of our shelters are accessible and meet ADA requirements.

So this is a really important part to our emergency response planning procedures. Additional resources that we've included in that Annex are the Functional Needs Framework Matrix. This also goes -- works with the National Recovery
Framework to include a Care and Shelter Checklist, Shelter Site Accessibility Evaluation Matrix. So not only do we look at potential shelters but we also want to check all of those things that go with that shelter and if that accessibility evaluation has been completed before that shelter is actually needed. The role of Emergency Operations Center for Functional Needs Coordinators Checklist, we want to make sure that we have somebody in our emergency operation center that will work during times of response to make sure that we are meeting the needs of our whole community. And also, providing accessible medical cots and other types of special equipment that may be needed. Emergency Evacuation Vehicle Pictogram, this is something we're currently working on as well to depict that emergency evacuation vehicles are accessible. We actually have those depicted so they are easily recognized. And there's a link at the bottom of this page that if you're interested in looking at the Annex, our public document, you can certainly go and do that.

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So community outreach and inclusion. The City of Oakland has an Emergency Management and Disaster Preparedness Council. This council is comprised of private-public partnerships, an array of different folks within the community, as well as we have a subcommittee that is an Access and Functional Needs Subcommittee. And that subcommittee includes representatives from UCSF Benioff Children's Hospital, Eden I & R, Internal Revenue Service, and internal stakeholders Public Works-ADA Compliance, Human Services, the Mayor’s Commission on Persons with Disabilities, and community members.
So really, we do have to remember that we need to all pull together and recognize if we don't know something, we need to go to the experts. So just as we could come to the experts for our drop, cover and hold drill and those of us that do emergency management and preparedness, we would do the same thing for any of these different topics. We want to have input from the community and the experts from those different fields so that we are being inclusive and that we are sharing proper information with one another.

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So the committee's goal is to develop an informational product to meet the Emergency Management and Disaster Preparedness Council, access and functional needs goals to actively engage persons with access and functional needs within the community before a disaster. We can always say that we can meet each other when it happens. That's just not going to work. It really is about building the relationships ahead of time and knowing who in your community that you can turn to for support to provide services to the whole community. And that goes for a lot of different things in translation, folks with access and functional needs. Emergency managers need to make those connections ahead of time and build those relationships so that you all are working together when you do have to become a more responsive agency. And then it also helps us recover more quickly, which is everybody's goal. We want to be able to preserve life first and foremost. We want to get people back to normal as quickly as possible.

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So some of our activities include quarterly meetings where we discuss the access and functional needs issues. Topics include developing relevant emergency preparedness informational content, delivery platforms and methods to disseminate that content. We're working on a new website currently. There is going to be Oak72. And we work through our Neighborhood Crime Prevention Council, our CORE, Communities of Oakland Respond to Emergencies, and 211. And we work really hard to provide all of the basis of preparedness to our entire community.

We also explore FEMA's Access and Functional Need Informational webinars, the Veterans Administration presenter explains the breadth and depth of the access and functional needs programs that we have. And then reviewing and providing input for updating the City of Oakland's Mass Care and Shelter-Functional Needs Annex which does -- it's a continual process to work on that.

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So planning inclusive events. Collaboration is the key to this and communication, of course. It's important to include your internal and external community partners when planning your events. This year's Oakland ShakeOut Event Planning Team consists of partners from the City of Oakland Fire Department, our ADA Program, Public Works, Public Information Office, and externally our bigger group that we've brought in, the Alameda County Health Department, our California Office of Emergency Services, FEMA, our Earthquake Country Alliance, the Pacific ADA Center, Center for Independent Living, the United Cerebral Palsy of the Golden Gate. And all of
these agencies have worked hard to put on an amazing event that will be held next Thursday for our ShakeOut drill. And it is the ShakeOut celebrates ADA. And being the 25th Anniversary of ADA we are just really thrilled and excited that the Pacific ADA Center really has helped us out tremendously with the new images for drop, cover and hold and lock, cover and hold. So we are really excited about this event that's coming up.

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So, as I mentioned, this event will be next Thursday, October 15. From 9:00 a.m. to 2:00 p.m. in Frank Ogawa Plaza. We are having free Inclusive Preparedness Fair. And again, marking the 2015 Great ShakeOut and the 25th anniversary of the Americans with Disabilities Act.

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So we're pretty excited. We're going to have the first drop-cover-hold on and lock-cover-hold on flash mob at 10:15. The event will include emergency preparedness displays and information. We're going to have the big earthquake simulator, interactive demonstrations. We're also going to have special guests from our California Office of Emergency Services, from FEMA, our mayor, and from the Pacific ADA Center and the Center for Independent Living. We're going to provide demonstrations on exactly how to do the drop-cover-hold on and the lock-cover-hold on drill before the drill itself. We're actually going to provide the information and education piece to those participants so that they can have a chance to see how to do it and then for the drill
itself at 10:15 we'll actually all participate in that drill. So we're really looking forward to that. And again, wanting people to share that information and that experience because it will be very memorable for people and they will remember when the earthquake does occur, they're going to know what to do.

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So our information online. If you go to www.oaklandnet.com/ShakeOutada, you can see our flyer and all the event details. And then we have the phone number, 510-444-CITY or you can look at our core@oaklandnet.com e-mail if you have any questions. But we're really looking forward to this event. It's been an incredible collaboration of all of our internal and external partners. It really is important.

I really want to stress that it doesn't take a big budget to do these things. When you work collectively and we pool our resources, we can accomplish great things. And we know this. So it really is just a matter of getting folks together and having the conversation ahead of time. What can we do? How can we put on an event that we can be inclusive to everyone and get just a great number of people to participate and share that information? And whether or not you knew somebody today that didn't make the webinar, take this information back and share it with them. I believe Lewis said it would be available next week. So make sure that other folks have the opportunity to take a look at the information, visit the website, and just take those steps in order to be prepared. And work with getting those relationships in place with your emergency managers. It really is important. And if you are in a small jurisdiction, maybe it's your
county jurisdiction or your operational area. So it is important just to get to know folks ahead of time.

Lewis, I think that's it. I can toss it back to you, Lewis.

>> Lewis Kraus: All right. I'm going to leave it with one of you to give the final little push here.

>> Mark Benthien: Ok, Lewis. I'll take that.

So basically what we like to end -- I like to end my presentations with is really a call to action for the things you could think of even today, just in your general -- those of you on the call, your general earthquake preparedness. Like I mentioned way earlier, there may be something heavy that you could move to a lower location so if the earthquake happens two hours from now or tomorrow, that won't have fallen on you, something that simple, or going in and getting more water on your drive home, storing more water in your car or wherever you might be.

Of course, this slide, being just one week to ShakeOut, what might you do to increase participation of seniors and people with disabilities and really everyone in earthquake safety and participating in the ShakeOut? And what type of activities might you do that might be on ShakeOut Day and in particular take some of the resources we shared today and involve more people, people with disabilities, in your activities?

Thank you.
>> Lewis Kraus: Ok. Thank you so much, Dena, Mark, and Shannon. I put up on the screen for you all of the contact information for our three speakers. Feel free to contact them if you would like. You can continue the conversation with them about anything that they talked about here today.

Also, please remember to submit your questions in the chat window and we will get to them in a moment.

I want to actually go to one first question which is a great lead-in question which was a question about the Annex. Instead of an annex, why were people with disabilities and others with access and functional needs not included throughout the entire emergency operations plan, I should say?

And let me sort of say in answer to that before if anybody does want to answer that, I'd guess Dena, but before you say that, I do want to let everybody know that the Oakland Functional Needs Annex was covered in a previous webinar. And that gives me a chance to put up on the screen the ADA www.adapresentations.org/archives.php address. You can go to that address and find previous webinars, including the one where we spent an hour talking about the functional needs annex and how it came about and why and how that occurred.

That's by way of my sort of half answer to that. I don't know, Dena, if you want to add anything to that.
>> **Dena Gunning:** Yes. Hi, Lewis. Actually, we have a lot of different annexes to our emergency operation plan. So any component that is specific would be an annex. You have your basic plan and then each section would have an annex. So even mass care and shelter in itself, communications. So there are different annexes to the whole plan. Unfortunately if we just put everything in the content of one plan, it would be very difficult to look through and search out those sections that you would need to access immediately. So that is one of the reasons.

>> **Lewis Kraus:** Ok. While people are writing in their questions to us -- and do send your question to the moderator, my name in the moderator window. Double click that and write your question there.

Let me ask you. Mark, is any jurisdiction open to running their own earthquake drill under ShakeOut? How would somebody go about figuring out how to do that?

>> **Mark Benthien:** Any organization and any individual can register their ShakeOut drill on the website at ShakeOut.org. It's very much a kind of grassroots or non-coordinated activity. You don't have to get permission from any government agency to do so. It is literally tens of thousands of individual drills happening across the world at the same time. It's basically what's happening. And many government agencies do register their staff to participate and all sorts of organizations. Again, schools especially are participating. And when you register, you can indicate if you have any participants who are seniors or people with disabilities.
>> Lewis Kraus: Ok. And the Oakland event is the Northern California version that's going to be covering disability, in particular, including disability in particular. Is that right or do you want to say something special about that?

>> Mark Benthien: I'll just say one aspect. Dena, you can add to it. In many locations around the country there will be media events on ShakeOut morning. We're doing one at the University of Southern California from 4:00 a.m. in the morning on the local news channels all the way until about 11:00. That version of that in the Bay area is the Oakland event. So it's where likely most of the media in the Bay area will be going. It's great to have a special theme in observance of the 25th Anniversary of the ADA to really be pulling that together, any type of event that the City of Oakland is hosting.

>> Dena Gunning: Yes, Mark, we will be doing that. And our coverage will be from 6:00 a.m. until around 11:00 a.m. And it is, again that opportunity to share with folks that maybe aren't able to participate at the event but we can still get the word out that they can do something that day to participate in the ShakeOut and at least share that information with others.

>> Lewis Kraus: Ok. Great.

Another question. If an organization or individual would like to do this, I don't know if they have time to do it now for next week but even if they do or if they want to plan for next year, is your recommendation that they just go to the ShakeOut .org website or should they talk with one of you to get some pointers? What would you recommend?
>> Mark Benthien: Well, ShakeOut.org is the kind of main place to get information about how to participate. We have information across 24 different sectors for how to have a drill particular for that group. And there's also -- there are separate websites for many states and multi-state regions. So from ShakeOut.org, you identify your region and then go to the website for the state or multi-state region. There are drill manuals for how to plan a ShakeOut Earthquake Drill. There are additional documents for people with disabilities that we talked about here and for a number of other types of groups. The main way of getting information is simply e-mailing info@shakeOut.org. We're very responsive to your requests to that address.

Also, it certainly is not too late to plan a drill for next Thursday and to register that and to be part of the global total and also for the total for events happening next Thursday. Again, we just crossed the 20 million mark worldwide for that. But even if you can't -- if that's too soon, you can still register a drill that you might do the week after or in November or any time in the beginning of the year. And then there will always be next year.

>> Lewis Kraus: Ok. Great.

Another question here. People are very excited about the fact that it's also international, ShakeOut. Maybe you can speak a little bit too how that might have occurred. Did they contact you? And also, are they saying anything about disability in any of the preparations that they might be doing for people with disabilities in those countries?
Mark Benthien: Sure. Well, interestingly the first ShakeOut outside of Southern California was actually on the West Coast of the South Island of New Zealand. A teacher had contacted us saying: Hey, I am in charge of doing something for earthquakes in my area this year. I'm on a sabbatical with support from their version of FEMA and I heard about ShakeOut. Could I borrow some of your resources? We said, actually, why don't we make a web page for you, customize it as kind of a first example or beta prototype for how we might do that elsewhere. Now, that is a very small region, about 30,000 people that participated.

The following year -- that was in 2009. We then expanded to Nevada and Guam in 2010. They were interested and wanted to participate. Then in the following year, 2011, British Columbia came onboard along with Oregon. It really has grown like that. It's kind of organically grown. Also in 2011 as part of the bicentennial of New Madrid earthquakes in the central U.S., the central U.S. ShakeOut had its first activity. And now has continued every year as well. In addition to British Columbia, now in Canada Yukon territory and Quebec, all done in French, participate. And starting in 2012, basically on the one-year anniversary of the 2011 -- [No Audio]

Lewis Kraus: Mark, we seemed to have lost your audio. Is your talk button clicked?

Mark Benthien: 2011 tsunami was the first shakeout in Tokyo. And Japan now has more than four million participants and growing each year in separate ShakeOut drills across the country.
Also, in 2012, the first full nation of New Zealand's ShakeOut drill. And they are now participating again this year. So they're participating every couple of years. And New Zealand in particular has created materials for people with disabilities. And a lot other materials that they have taken us on in a big way. They're going to have a third of their country involved this year.

We've also had -- [No Audio]

Do you hear me now? Hello? I'm not sure what happened.

>> Lewis Kraus: Ok, Mark. We're ok with you now.

>> Mark Benthien: Are you hearing me now?

>> Lewis Kraus: Yes.

>> Mark Benthien: Lewis, can you hear me?

>> Lewis Kraus: Yes.

>> Mark Benthien: Ok. I'm not sure where you lost me. Was I talking about New Zealand and their materials for people with disabilities?

>> Lewis Kraus: Yes, exactly.
>> Mark Benthien: Ok. New Zealand has done quite a bit. In addition to those countries, we have many other participants from other countries, Mexico, across Asia, and a growing numbers across Latin America. So it's an organic growth. People are contacting us and saying we want to participate as well. We anticipate ShakeOut being over 40 million this year and growing in years to come as it becomes kind of an international, you know, site for best practices and earthquake safety and infrastructure for sharing what people are doing around the world and learning from each other and as a way of encouraging additional locations to the organizing activities that have people take action for preparedness and as we do so also sharing in information about what to do for people with disabilities and how to be involving them as well.

>> Lewis Kraus: Ok. That's great.

I do want to also read you the next question. It's from Nepal. How could we get the technical support from you to sort out the current situation regarding people with disabilities preparedness on emergency?

Before you answer, let me just say to -- say this webinar is specifically about earthquakes and what's going on with this ShakeOut. You can certainly contact anybody who was a speaker here or you can contact us at the Pacific ADA Center to talk about the more general preparedness for people with disabilities in emergencies. I'm going to e-mail you our e-mail address to do that.

And anybody else want to -- Mark, Shannon, Dena, if you want to respond, you can, too.
While we're waiting, I would also guide you to the previous -- go to the archives and you can look at all of the webinars that have been going on, like two and a half years' worth of webinars on just this topic. That would be fun. You could go there and find more information there. That's www.adapresentations.org/archives.php which is up on the website.

Yes, Mark. Go ahead.

>> Mark Benthien: I was looking at the e-mail to make sure I get the names right. Interestingly, last week I had gotten an e-mail from someone who is with the international medical core who is doing work in Nepal right now; of course, because of the earthquake. They're interested in working together not just in Nepal but in all the countries they go to. Of course, they're there to provide medical response after a disaster, in dealing with people who are injured or sick, etc.

Certainly, the more we can do to prevent those injuries in the first place by educating people about how to protect themselves, how to secure things so they won't fall, how to improve buildings and all of that, the more they will be able to help the people who still are -- still get injured. That's another aspect that we're trying to build.

ShakeOut is also working together with the international organizations around the world who are doing such great work there already and making sure that we're providing guidelines and just having people practice measures that are going to help those people that come in in their response and recovery, be able to help more people
because they have less people who have been injured. So I think that's just a really exciting way that we're going to be kind of expanding big connections with all of those groups going forward and interacting with countries around the world.

I should say also, just on an interesting kind of thing that we're really dealing with in terms of our messaging, of course, is in countries where the building standards aren't what they are here. A lot of our partners and internationally still do recommend drop-cover-hold on unless you're in the first core of a very poor built building that might collapse where you can get out in time. But if you're in the second floor or above, there's likely no time to get out so you still want to try to find a safe spot to protect yourself.

The other messaging that we're dealing with is people, especially young people, taking drop-cover-hold on too seriously in terms of -- or too literally. Like when they practice always under their school desks only, they then learn that that's where you're supposed to be during an earthquake. We did hear some stories from Nepal just recently where there were some children who ran inside to get under their tables. I'm not sure if that meant they were then injured. I don't know the end of that story, per se. But if they had just stayed outside, they would have been ok. But because they had been taught so many years just under tables, inside their classrooms and not all the different situations, they went there for safety. So just a lot of lessons learned and what we need to be thinking of in terms of this messaging.

>> Lewis Kraus: Ok. Thank you very much.
All right. We realize that many of you may still have questions for our speakers and apologize if you did not get a chance to ask your question. You can contact them there at their contact information or you can ask your question of the regional ADA centers at 1-800-949-4232. I put that in the chat window.

You're going to receive an e-mail with a link to an online evaluation. Please complete that today. We value your input and want to demonstrate the impact of it to our funder.

We want to thank Mark and Shannon and Dena today for sharing their time and their knowledge with us. It's very interesting.

A reminder for everybody that today's session was recorded and it will be available for viewing next week at the www.adapresentations.org/archives.php and will include a transcript from comes from our captioner.

Thank you for attending today's session. We look forward to seeing you on November 12 on our next webinar, the FEMA Promising Practices: Inclusive Emergency Management Practices in Vermont.

All right. That is it for today. Enjoy your ShakeOut Day, October 15, one week from today at 10:15. Have a good rest of your day.

Bye-bye.