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Ventura County Runs and Walks

Moorpark Groundhog Day 5k & 1 Mile Fun Run Feb. 3rd 8am - 10:30am 4500 Tierra Rejada Benefits Moorpark HS

Nun Run 5k, 1.5 Mile and Community Fair Feb. 4th 8am to 11am La Reina HS Benefits Global Outreach

Boney Mtn. Trail Run Half Marathon and 7k Feb. 10th 8am to 11am Rancho Sierra Vista/ Satwiwa

Sombrero Half Marathon, 5k and 10k Feb. 18th 7am to 11am Rancho Simi Park

Ventura Marathon & Half Marathon Feb 25th 6:30am to 10:45 Ojai to Downtown Ventura

Earthquake! Be Prepared

California has seen the most serious earthquakes in the continental U.S., and while no one can predict when or where an earthquake will strike, you can prepare yourself and your family before one hits. So, take a few minutes to learn about earthquake safety and make an earthquake preparedness plan today.

To Prevent Injuries, Secure Your Space

Identify things that might fall during shaking. Imagine if the room were picked up, shaken up and down, and side to side. Which items could fall and injure you? Consider things such as televisions, shelves, mirrors, pictures, water heaters, refrigerators, and bookcases.

Secure these items so they don't injure you during an earthquake. Straps, hooks, latches, and other safety devices are widely available.

Earthquakes are generally not covered by household or renters' insurance. Earthquake insurance policies may be available. Check with insurance providers.

Plan To Stay Connected

Have a backup battery or a way to charge your cell phone.

Have a battery-powered radio so that you can stay informed.

Create a personal support team of people you may assist and who can assist you.

Learn Emergency Skills

Learn First Aid and CPR to help others. People may be injured, and emergency services may not be available.

Learn how to turn off the utilities in your home.

Get a fire extinguisher and learn how to use it safely.

Be ready to live without power, gas, and water.

Earthquakes! Be Prepared (Cont.)

Gather Emergency Supplies Gather food, water and medicine. Stores and pharmacies might be closed. Organize supplies into a <u>Go-Kit</u>, <u>Stay-at-Home-Kit</u>, and a <u>Bed-Kit</u>:

> *Go-Kit:* at least 3 days of supplies that you can carry with you. Include batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)

Stay-at-Home Kit: at least 2 weeks of supplies.

Bed-Kit: a bag of supplies attached to your bed. Include items you will need if an earthquake happens while you are sleeping. Store sturdy shoes to protect your feet from glass, one of the most common earthquake injuries. Also include a flashlight, glasses, a dust mask, and a whistle.

Have a 1-month supply of medication in a child-proof container, and other needed medical supplies or equipment.

Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.

Make a Family Plan

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

Practice! Practice! Practice!

Once you and your family/household have a plan in place, practice it often so that everyone knows what to do especially under stress.

February Quote:

I want days without a schedule to keep. Hours left open for unplanned adventure. Moments of true stillness. I want a life outside of our busy schedule - a life with time to live.

... Brooke Hampton

Member of the National Association of Residential Property Managers



Welcome to Ventura Management!

The Savage Family Jim Howard Savannah Lee Cassandra Cunningham

Happy Valentine's Day! February 14th



- Need to buy or sell your home? Ask how we can save you thousands!
- Know someone who needs help with property management. We can help!

Chris Marsh has been in the real estate business and serving the Ventura County area for over 25 years. He is well versed in all types of real estate matters



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