



PRESS RELEASE

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FOR IMMEDIATE RELEASE

ANNUAL “GREAT CALIFORNIA SHAKEOUT” SET FOR OCTOBER 16, 2025

Seal Beach, CA – The City of Seal Beach Police Department is proud to announce its participation in the annual Great California ShakeOut earthquake drill, scheduled for Thursday, October 16, 2025.

Following FEMA’s “National Preparedness Month” in September, individuals and communities throughout Seal Beach will participate in the Great California ShakeOut earthquake drill.

Held annually on the third Thursday of October, the International ShakeOut Day is set for Thursday, October 16, 2025. During the self-led drill, participants practice how to “Drop, Cover, and Hold On”. Endorsed by emergency officials and first responders, the safe response to an earthquake is to:

If Possible

DROP where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.

COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter
- If no shelter is nearby, crawl next to an interior wall
- Stay on your knees; bend over to protect vital organs

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts

- No shelter: hold on to your head and neck with both arms and hands.

Or Adapt to Your Situation:

If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

- If you are in a recliner or bed: Cover your head and neck with your arms or a pillow until the shaking stops.
- If you use a cane: **Drop, Cover, and Hold On** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.

The April 2015 M7.8 Nepal earthquake and M8.3 September 16, 2015 earthquake near Illapel, Chile serve as reminders that large earthquakes can occur with little to no warning. Residents in the central U.S. are not immune to earthquakes - the region is home to several active seismic zones capable of producing damaging earthquakes, including the New Madrid and Wabash Valley Seismic Zones.

According to Seal Beach Police Chief Mike Henderson, "While damaging earthquakes here may be fewer in number when compared to other areas, they can occur at any time wherever we work, live, or travel within the region and beyond. Everyone, everywhere should know how to protect themselves from an earthquake."

The ShakeOut is free and open-to-the-public, and participants include individuals, schools, businesses, local and state government agencies, and many other groups. To take part in the ShakeOut, individuals and organizations are asked to join the drill by registering to participate www.ShakeOut.org. Once registered, participants receive regular information on how to plan their drill and become better prepared for earthquakes and other disasters.

The Great California ShakeOut is coordinated by the City of Seal Beach, County of Orange, California Office of Emergency Services, the Federal Emergency Management Agency, the U.S. Geological Survey and dozens of other partners. ShakeOut is coordinated globally by the Southern California Earthquake Center at the University of Southern California.

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