

An earthquake can be a terrifying event, but taking proper earthquake safety precautions can help limit that terror through careful planning, organization, and emergency procedures to keep people and homes safe



## EARTHQUAKES DON'T KILL PEOPLE

### UNSAFE BUILDINGS DO !!!

Practice now so you can protect yourself without hesitation during a real earthquake



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Ministry Of Home & Cultural Affairs



# EARTHQUAKE

Earthquake Safety Tips



Department of Disaster Management

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**Check for Hazards in the Home...**

- Ensure that your home is safe. You can strengthen an existing building by retrofitting it.
  - Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects. Fasten shelves securely to walls.
  - Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
  - While constructing new buildings, ensure that it complies with building and seismic codes
- Teach family members how to turn off electricity, gas and electric supply at the main sources
- Repair defective electrical wiring and leaky gas connections. These are potential fires.
- Practice **DUCK, COVER & HOLD**. Duck under a sturdy desk or table, hold on and protect your eyes by pressing your face against your arm. If there is no table or desk nearby sit on the floor against an interior wall



- Keep list of important telephone numbers to be contacted in case of emergency

**If you are indoor**

- Do not exit the building during the shaking
- Stay indoors ! Do not panic, **DUCK, COVER & HOLD**. Take cover under a sturdy table, desk and bench or brace yourself in a doorway or corner.
- Stay away from windows, book racks, cabinets, heavy mirror, hanging plants, etc which may slide and topple
- Grab anything handy (coat, blanket, book, bag, etc) to shield your head and face from falling debris and splintering glass

**If you are outdoor**

- Move to open area cautiously away from power lines, poles, trees, high building, and walls
- Stay in open areas till the shaking stops
- Stay away from fallen power lines
- If driving, stop in an open area away from structures especially bridges, overpasses, tunnel and overhead power lines

**If in a crowded place/store/room**

- - Do not rush for the doorway or exit since hundreds may have the same idea
- - Move away from display shelves containing objects that may fall

**STAY CALM**

- Check yourself for injuries
- Move cautiously, and check for unstable objects and other hazards above and around you.
- Expect after shocks

**DO'S**

- Check for fire and if any have it controlled
- Check your water and electrical lines for defects
- If any damage is suspected, turn the system off the main valve
- Obey Public safety precautions
- Leave a message stating where you are going if you must evacuate your residence

**DON'Ts**

- Do not enter partially damaged building, Strong aftershocks can cause further damages to the building and weak structures may collapse
- Use telephone only for emergency purposes
- Do not use two wheeler/car to drive around area of damage. Rescue and relief operations need the road for mobility