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རྒྱུ་ཚན་འཛོལ་སྐྱོང་ལས་ཁུངས།

ROYAL GOVERNMENT OF BHUTAN
Ministry of Home and Cultural Affairs
Department of Disaster Management
P.O Box: 1493, Thimphu-11001



“Reducing Disaster Risks for a Safe and Happy Bhutan”

Advisory on Earthquake Safety

Following the recent 7.8 Magnitude earthquake in Nepal on 25/4/2015 and the ensuing repeated aftershocks that were felt across Bhutan, the Department of Disaster Management, Ministry of Home & Cultural Affairs would like to inform the public to remain alert and not to panic. The DDM has not received any reports of damages from within Bhutan. However, aftershocks will continue for many days till the tectonic plates settle down.

Although the epicenters were all in Nepal, the tremors have been felt severely in Bhutan as well. Therefore, for your safety and that of your family’s, the DDM would like to advise the following:

During earthquakes: If you feel an earthquake, do not panic, remain calm. Alert the other family members also.

1. If you are inside a building/ house:

- Do not try to exit **during** an earthquake shaking. Immediately drop to the ground, take shelter under sturdy furniture and keep holding it till the shaking stops. This is known as ‘Drop Cover Hold on’ method. This is done to protect your head, neck and spinal cord from any direct impacts.
- If you are in a place without furniture, put your arms over your head and make yourselves as small as possible to protect against falling objects.
- If you are in bed, stay there, curl up and hold on, and cover your head.

2. If you are outside:

- Move as little as possible. Find a clear spot and drop to the ground and stay there until the shaking stops. Try to get as far away from buildings, powerlines, trees, street lights, bridges, etc.
- If you are driving a car please stop, park on the side away from falling objects, get out and wait till shaking stops.
- If you are near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides can be triggered by earthquakes.



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After an earthquake:

When the shaking stops;

- Check to make sure that there is no debris from the building that could fall on you. Check the staircases for any damages and evacuate the building/ house cautiously and move to an open ground.
- Stay out of damaged buildings as there may be more *aftershocks*. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Let your family and friends know you are safe. However do this using sms or social media to avoid mobile network congestion which would be detrimental for emergency services.

General Preparedness measures

It is advisable to be prepared by keeping an emergency family kit ready near the door with essential items such as torch, water, food items, match, essential medicines etc.