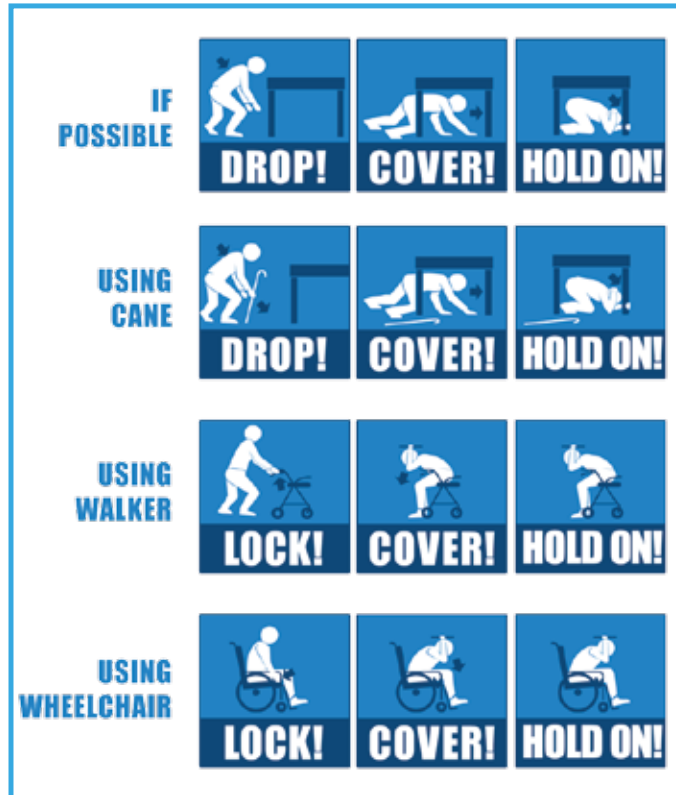


- immediately clean up spilled medicines, drugs and other potentially harmful materials.
- Do not eat or drink anything from open containers near shattered glasses
- Stay out of severely damaged building. After shocks can shake them down.
- Cooperate with public safety efforts. Do not go into damaged areas unless your assistance is required. Keep streets clear for passage of emergency vehicles.
- Be reassuring and helpful to your children and others who may suffer psychological trauma from the earthquake.



## Safety Chant

“ If inside, drop, cover and hold. That’s where you’ll be safe. If outside, stay outside, and find an open space.”



## DISASTER MANAGEMENT CENTER MINISTRY OF DISASTER MANAGEMENT



**Disaster management  
emergency No.**

**117**

# EARTHQUAKE

WHAT SHOULD YOU DO  
DURING AND AFTER  
EARTHQUAKE ?

### DISASTER MANAGEMENT CENTER

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Emergency Operation Center : 0112670002

Technical Support by : Geological Survey & Mines Bureau



## If you are indoors

- Stay indoors! 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 mirrors, hanging plants and other heavy objects, which may slide and topple.
- Grab anything handy (coat, blanket, books, newspapers, cupboard box, etc) to shield your head and face from falling debris and splintering glass.
- Do not use candles, matches, or other open flames because of possible gas leaks.



## If in a high - rise building

- Get under a desk or similar heavy furniture.
- Stay away from windows.
- Do not rush for exits.
- Never use elevator as electric power may fail.
- Stay in the building on the same floor.

## If you are Outdoor

- Move to an open area cautiously from power lines, power poles, trees, high buildings, walls and lamp posts.
- The greatest danger from falling debris is just outside doorways and close to outer walls.
- Stay away from fallen power lines.
- Stay in the Open areas until the shaking stops.

## If you are in a sidewalk near building

- Duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.



## If in a crowded store

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

## If in a moving car

- Stop the car quickly as safety permits in the best available space. However, do not stop on or under bridges or overpasses or overhead wires.
- Stay in the car until the shaking stops.
- When you drive after shaking, watch for hazards created by the earthquake such as fallen or falling objects, downed electric wires or broken or undermined roadways.

- Turn on the radio or television to get the latest emergency information. If electricity is down, turn on a battery operated radio.



- Remain calm and assess the situation. Be prepared for additional earthquakes called "aftershocks". Although most of these are smaller than the

main shock, some may be large enough to cause additional damage

- Check for injuries. When the shaking stops, there may be considerable damage and people may be injured. Administer emergency first aid when necessary however, do not attempt to move seriously injured persons unless they are in immediate danger of fire injury.

- Check for fires and fire hazards. Put out fires immediately if you can.

- Check for damage to utilities and appliances wear sturdy shoes. If you smell gas, open windows and shut off main valve. Do not light matches or use open flames. Use a flashlight.

- Never touch downed power lines or objects touched by downed lines.



- Check to see if sewage lines are intact before flushing the toilet.

- Check closet and storage shelf areas, but open doors carefully and watch out for falling objects.