BEFORE AN EARTHQUAKE

As a Citizen:

- Follow local safe building codes (Earth quake resistance construction) and advocate its enforcement in earthquake prone areas.
- Support the community efforts to replace or remove old and weak buildings and structures.
- Encourage and participate in earthquake drills or training sessions.

Learn First Aid:

- Keep immunization upto date for all your family members.
- Identify the medical centers, fire fighting stations, police posts or any organized relief society of your area in advance.

At Home:

- Procure battery-powered radio, torches and first aid kit. Make sure every one knows their storage places. Keep batteries at most convenient places.
- Know the locaton of main electric fuse box, gas and water shut off valves of your residence. Responsible members in family must know their operations.
- Secure or fasten heavy objects unsupported on the high shelves. Keep cupboards and cabinets latched.
- Do not hang picture frames or mirror over beds. Locate beds away from windows. Do not put hanging plants or light fixtures where they can swing and hit windows or come off their hooks.
- Store containers of dangerous materials, such as flammable liquids and poisons, in a secure place where they cannot fall and break open.
- Keep a few days of non-perishable food in stock at your home. If you take medicine regularly, have an extra supply with you.
- Use flexible gas and hot water connections wherever possible.

At School:

- Ask the teachers to discuss earthquake safety in the classroom and attend drills for earthquake protection.

At Work:

- Make sure to know the emergency exits and plan before hand, how to leave the building in an emergency.

DURING AN EARTHQUAKE

If you are Indoors:

- Stay calm and reassure others.
- Try to stand against the wall near the center of the building, or get under a table or sturdy wooden bed (away from windows.)
- If in school get under the desks, facing away from windows.
  Stay away from mirror windows and outside doors.
- Do not rush towards the door or staircase. They may be broken or jammed with people.
- If in a crowded store (such as shopping complex, cinema hall etc) evacuate only if told to do so. Choose your exits as carefully as possible. Use stairs rather than elevators.

If you are Outdoors:

- Stay in the open and do not run through streets. If you are in a playground stay away from buildings.
- Stay away from overhead electric wires or anything that might fall (such as buildings, chimney, balco-

nies, power poles and other projections.)

- If in a moving vehicle, stop away from bridges, over passes and hoardings and remain inside the vehicle (incase of car) until shaking is over.
- Don't use candles, matches, or other open flames.

AFTER AN EARTHQUAKE

- Check yourself and people nearby for injuries. Provide first aid if needed. Do not attempt to remove seriously injured people unless they are in immediate danger.
- Wear shoes and gloves in all areas near debris or broken glass. Check water, gas and electric lines and fittings. If damaged shut off the main valves.
- Check for fires or fire hazards.
- Do not use matches or open flames until you are sure that there is no gas leak? Do not operate electric switches or appliances if gas leaks are suspected.
- Avoid downed power line or objects touched by the downed wires.
- Immediately clean up spilled medicines, drugs and other potentially harmful materials.
- Check chimney, parapet and balcony carefully for any crack and stay out of damaged buildings.
- Open closet and cupboard doors carefully as objects inside may fall down on you.
- Use battery operated radio and TV for emergency instructions. Do not use telephones, as they will be needed for high priority (such as rescue, help and medical) messages.
- Do not flush toilets until sewerage lines are checked.
- Do not spread rumours as these can cause panic. Respond to requests for help from police, firefighters, civil defense and relief organizations.
- Do not go for sightseeing. Stay away from beaches and water front areas where tsunamis (tidal waves) could strike, even long after the earthquake shakes.
- Do not go into damaged areas unless your help has been asked. Martial law against looters is often declared after an earthquake.
- Generally earthquakes of greater magnitudes are followed by smaller earthquakes (after shocks). Be prepared for after shocks which can also cause additional damage.

PERSONAL PROTECTION BEFORE DURING AND AFTER AN EARTHQUAKE

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