

# Earthquake Preparedness Planning for Family

## What to Do During an Earthquake? Safety Measures

### 1. If indoors

- » DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. Move only a few steps to a nearby safe place. Stay indoors until the shaking stops. Make sure that it's safe to exit. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.
- » Stay away from glass, windows, outside doors and outside walls, and anything that could fall, such as lighting fixtures or furniture.
- » Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.



### 2. If outdoors

- » Stay in the open space until the shaking stops.
- » Find a clear spot away from buildings, trees, and power lines.
- » The greatest danger exists directly outside buildings, at exits and alongside exterior walls (many of the fatalities during earthquake occurred when people ran outside of buildings consequently to be killed by falling debris from collapsing walls, flying glass and falling objects). Ground movement during an earthquake is seldom the direct cause of death or injury.



### 3. If in a moving vehicle

- » Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near to the buildings, trees, overpasses, and utility wires.
- » Proceed your vehicles cautiously once the earthquake has stopped. Avoid driving at roads, bridges, or ramps that might have been damaged by the earthquake.



### 4. If trapped under debris

- » Do not light a match.
- » Do not move about or kick up dust.
- » Cover your mouth with a handkerchief or clothing.
- » Knock if you are tapped on a pipe or wall so rescuers can locate you and save you. Use a whistle if it is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.



## What to Do After an Earthquake ? Preventive Measures

- » Listen to a battery-operated radio or television. Listen for the latest emergency information.
- » Expect aftershocks. Each time you feel one, DROP, COVER, And HOLD ON!
- » Use the telephone only to report life-threatening emergencies.
- » If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- » Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think its leaking.
- » Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- » If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap.

