

What to do **during** an earthquake



DROP!



COVER!



HOLD ON!



CALM DOWN

Try to stay as calm as possible



INSIDE

Stay away from furniture, windows and lamps



OUTSIDE

Stay away from buildings, walls and power poles



STOP

If you are driving stop in a safe place, turn on the hazard lights and stay inside the vehicle

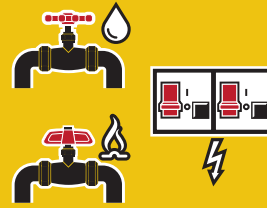


If you use a wheelchair, put the brakes on in a safe place and protect your head with your arms



If you are in a crowded place protect your head with your arms or take cover under seats and tables

What to do **after** an earthquake



TURN OFF

water, electricity and gas



USE

the stairs



DO NOT USE

elevators



PUT OUT

any fire



LIGHT

with flashlights, not fire



DO NOT ENTER

damaged buildings



If you are trapped

Cover your mouth and nose; don't shout because you can suffocate in the dust. Hit with an object to show your position



Injured people

Do not move seriously injured people unless they are in imminent danger of being harmed



Be alert to the possible aftershocks that might occur



Do not use the phone unless absolutely necessary



Pay attention only to information from the authorities