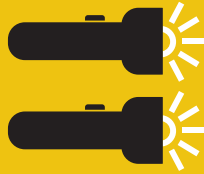


# What to do **before** an earthquake

## You must have available



First Aid Kit



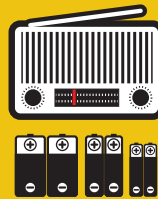
Dynamo Flashlights



Bottled Water and Nonperishable Food



Whistle



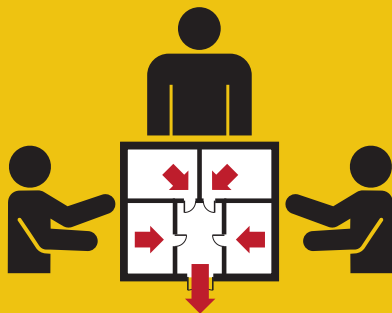
Radio with Batteries



Fire Extinguisher

## Talk, plan and practice

Do simulations and talk to your family about what to do in case of earthquake



Have always identified the safe areas and emergency exits in your home, school or workplace



Know how to turn off water, gas and electricity. Check electrical sockets



Know the emergency phone numbers (ambulances, police, firefighters)

## Reduce risks



Attach securely objects that could cause injuries: pictures, mirrors, lamps, wardrobes, shelves, etc..



Do not place in the heights any heavy objects as pots, vases, bottles, books, TV sets, etc..

# 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



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

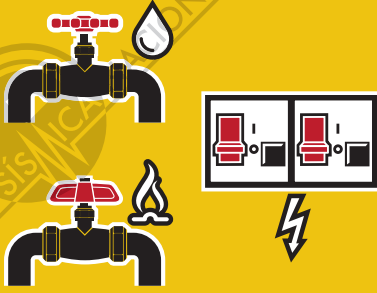


If you use a wheelchair, put the brakes on in a safe place and protect your head with your arms



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