

Earthquake Survival Guide

BEFORE

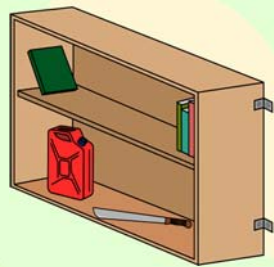
IDENTIFY strong hiding places in your house such as under a table, bed or bench



PRACTISE what to do when an Earthquake strikes

**DROP DOWN
TAKE COVER
HOLD ON**

PREPARE your house so it is earthquake ready. Put heavy or sharp objects on or near to the ground, fix furniture to the wall and keep gas and oil containers closed



COLLECT SUPPLIES like extra firewood, food and water and put these in an accessible place



DURING

DROP DOWN to your hands and knees to prevent falling over

TAKE COVER under strong furniture and cover your head and neck

HOLD ON to the furniture and wait for the earthquake to stop



IF OUTDOORS go to a clear open space and sit down on the ground



IF IN BED hold on to the bed frame and put a pillow over your head



AFTER

CHECK yourself and your family for bruises and injuries



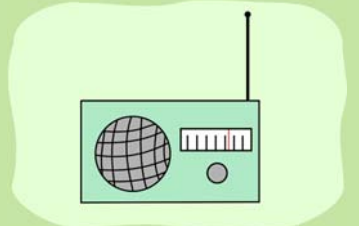
EXPECT AFTERSHOCKS these can be even bigger than the first earthquake



BEWARE of fires and the other hazards listed below and make sure that your gas or oil containers are not leaking



LISTEN to the radio for official announcements



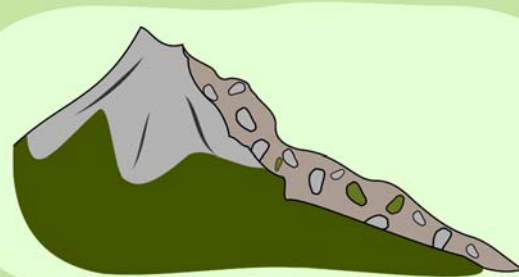
BE AWARE OF THESE OTHER HAZARDS

TSUNAMI



Earthquakes can trigger tsunamis. If you are near the coast or a river and you feel a big earthquake, expect a tsunami and act accordingly

LANDSLIDE



Earthquakes can trigger landslides, stay away from steep cliffs and slopes as they might collapse

FIRE



Earthquakes can cause gas and oil containers to leak which can lead to a fire. Check your fuel containers once the earthquake has stopped!

