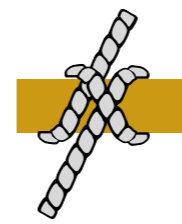


EARTHQUAKE SURVIVAL

(Disaster Preparedness, Series A)



BEFORE



Tightly secure everything in the rooms that could break loose and cause injuries when the building, furnitures and fixtures shake violently. If there are structural defects evident on walls, get expert advice.



Keep inflammable, poisonous and hazardous fluids in a locked, confined and lower area of a room in the lower floor of the building.



Check for any loose electrical wiring, outlets, and fittings. Check the plumbing and gas pipes. Repair all defects immediately, however minor they may be.



Locate safe spots, for you to be in during an earth quake, in each room. These safe spots must be under a sturdy table or against an inside wall.



Periodically hold earthquake drills at your home and work to reinforce safe location information and remember the earthquake procedure - Drop, Cover, & Hold On.

DURING



If **OUTSIDE**, when the shaking occurs, the major source of danger is something falling on you due to the impact of the shake.



So try to get as far away from buildings, bridges, flyovers and any other structures as possible. Remember, the greatest danger exists directly outside the buildings - at its exits and alongside its exterior walls.



Try to be outside on flat grounds without any nearby streetlights, trees and utility wires/posts.

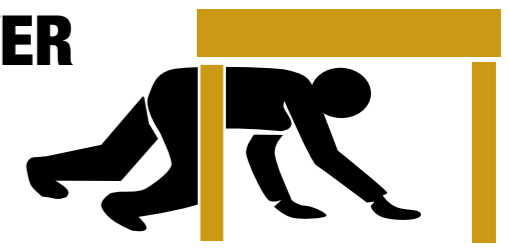
If **INDOORS**, when the shaking occurs, **DROP** to the ground; take **COVER** by getting under a sturdy table or piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

Stay indoors until the shaking stops. Do **NOT** exit the building during the shaking. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave the building.

DROP



COVER



HOLD ON



AFTER



After shaking stops, exit building. Stay out of the building if you suspect any structural damage to the building.



Be alert about aftershocks. Aftershocks can come even after hours, days, weeks or months. They may not be as violent as the main quake, but they can cause further damage.



Combustible gases may have leaked either through broken gas pipes or through crushed cylinders. Extinguish any fires, and be alert when using ignition sources.



If the quake is significant, account for all the members of your family or office. If you suspect anyone is missing, take appropriate action. If anyone is injured, provide first aid.



If you live in a coastal area, be aware of possible tsunamis. Stay away from beaches and monitor radio, television and web for possible tsunami warnings.



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