

Stay safe!

What to do during an earthquake



Why do we need to prepare for earthquakes?

Earthquakes can happen anytime and anywhere. Earthquakes are generally followed by aftershocks. These may occur hours, days or even months after the main earthquake. While they are less violent, aftershocks can cause a collapse among structures that have been weakened by the main earthquake.



Before an Earthquake

Yes, you can prepare for an earthquake! Here's what you can do:



- Walk around your workplace and your home, identifying the best places to take shelter in each room.
- Check if there are objects that you need to move or secure to prevent injury, e.g., a mirror hanging above your bed.
- Note the locations of fire extinguishers and escape routes.
- Take an active part in simulation exercises and share your knowledge with your family and friends.
- Monitor local news so that you can be alerted and updated in case of earthquakes.
- Prepare an emergency bag containing the essential items you may need in case of an evacuation or other emergency.

Before an Earthquake

Prepare your emergency bag.

The bag should contain essential item you may need in case you need to evacuate.



These can include: Flashlight with spare batteries, whistle to attract the attention of others, COVID-19 masks, copies of important personal documents, cash, a contact list, personal medication, tumbler, 1.5 liters of water, some ready-to-eat food, a rain jacket, basic hygiene supplies.

During an Earthquake



DROP down onto your hands and knees before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.



COVER your head and neck (and your entire body if possible) underneath a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that will not fall on you, and cover your head and neck with your arms and hands.



HOLD ON to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

During an Earthquake

If you are indoors, stay there!

Do not run outside or to other rooms during an earthquake. Drop to the floor or ground as soon as you feel the first shock, then crawl to a safe location, protecting your head and face as you do so.



Quickly move away from glass, hanging objects, bookcases, wall cabinets, or other large furniture that could fall. Watch for falling objects such as light fixtures, wall hangings, high shelves, and cabinets with doors that could swing open.



During an Earthquake

If you are indoors, stay there!

- If possible, crawl to a sturdy piece of furniture, or to an interior wall away from windows, protecting your head and face.
- Grab something to shield your head and face from falling debris and broken glass.
- If you are in the kitchen, quickly turn off the stove.
- If you are in bed, stay there, protecting your head with a pillow.
- Watch out for broken glass on the floor.



During an Earthquake

If you are indoors, stay there!

DO NOT stand in a doorway. You are safer under a table.

Doorways are not necessarily stronger than any other part of the house. Doorways do not protect you from the most likely source of injury – falling or flying objects.

Most earthquake-related injuries are caused by falling or flying objects (such as TVs, lamps, glass, or bookcases), or by being knocked to the ground.

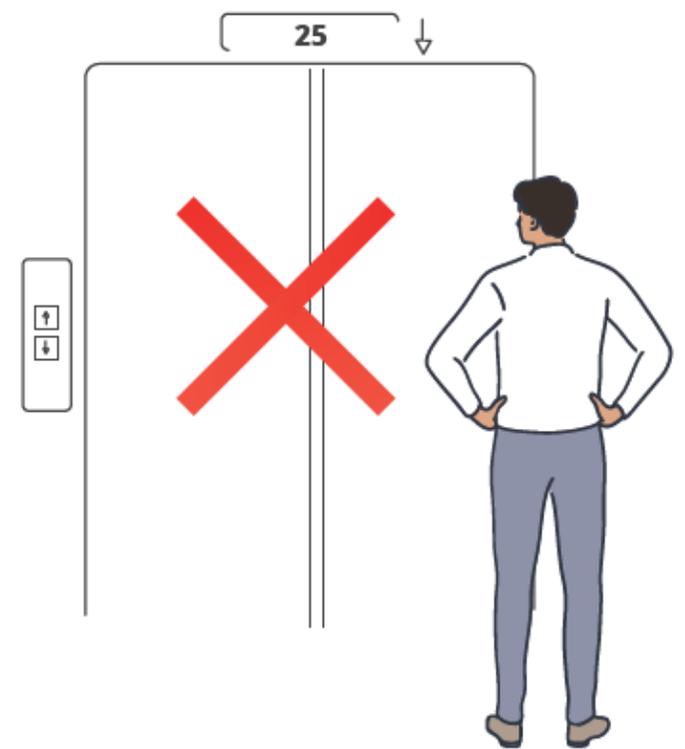


During an Earthquake

If you are in a high-rise building:

Drop, Cover and Hold

- Move away from windows and outside walls.
- Stay in the building until the shaking has stopped.
- DO NOT use the elevators. The electricity may go out, and the sprinkler systems may come on. Use the stairs.
- If you are trapped, stay calm. Try to get someone's attention by tapping on hard or metal parts of the structure.

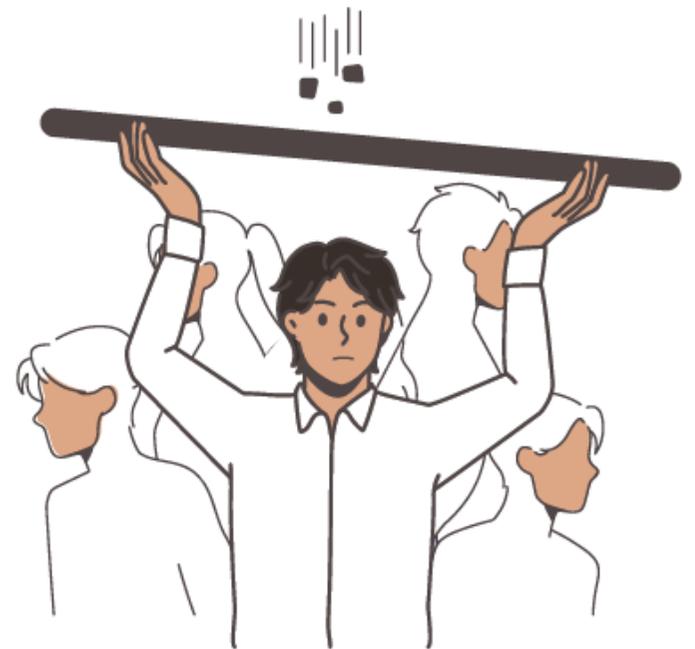


During an Earthquake

If you are in a crowded place:

Drop, Cover and Hold

- Do not rush toward the doorways. You may get caught in a stampede.
- Move away from objects that may fall.
- If you can, take cover and grab something to shield your head and face from falling debris and glass.



During an Earthquake

If you are outside, stay outside!

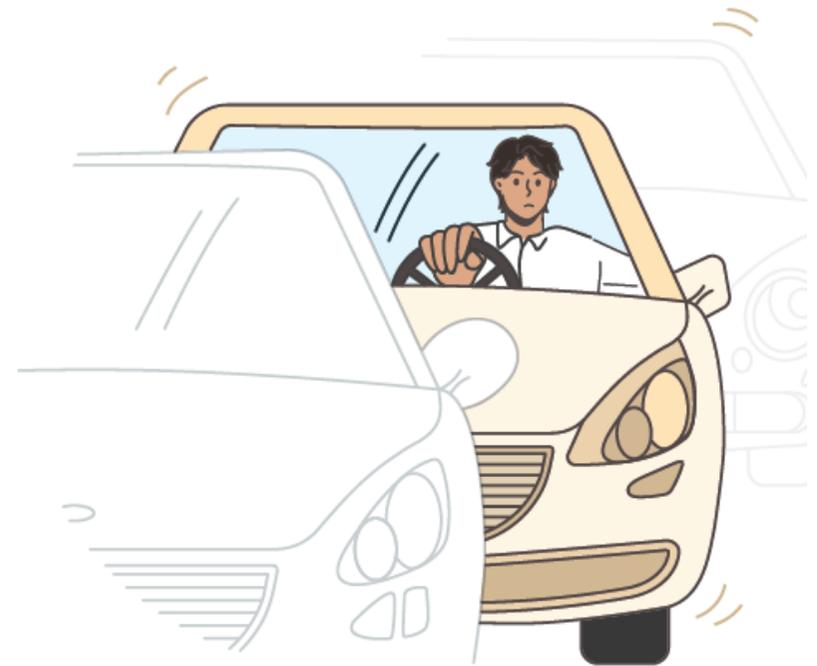
- Move away from buildings, utility wires, fuel and gas lines. The greatest danger from falling debris is just outside doorways and close to outer walls of buildings.
- Go to an open area away from trees, telephone poles, and buildings. Once in the open, get down low and stay there until the shaking stops.
- The area near the outside walls of a building is the most dangerous place to be. Windows, facades, and architectural details are often the first to collapse. Stay away from this area.
- Watch out for landslides, or if it's raining, mudslides.



During an Earthquake

If you are in a moving vehicle, stop in a safe place.

- Move your car to the shoulder or curb, away from utility poles, overhead wires, and under- or overpasses.
- Stay in the car and set the parking brake. A car is a good place to stay until the shaking stops.
- If a power line falls on the car, stay inside until a trained person removes the wire.
- Be attentive to landslides or mudslides.
- Watch for hazards created by the earthquake, such as cracks in the pavement, fallen utility poles and wires, rising water levels, fallen overpasses, collapsed bridges or landslides.



During an Earthquake

If you are near a coastal area:

Drop, Cover and Hold



- Move inland - 3 kilometres or to land that is at least 30 meters above sea level immediately.
- If severe shaking lasts 20 seconds or more, immediately move 3 kilometers inland, or find a place at a minimum of 30 meters above sea level.
- Walk quickly, instead of driving, to avoid traffic, debris, and other hazards.

During an Earthquake

If you cannot drop to the ground

- If you are in a wheelchair, lock your wheels. Remove any items that are not securely attached to the wheelchair.
- Protect your head and neck. Try to prevent injuries from falling or from objects that might fall or be thrown at you.
- If possible, seek shelter under a sturdy table or desk. Stay away from outer walls, windows, fireplaces, and hanging objects.
- If you cannot move from a bed or chair, protect yourself from falling objects by covering up with blankets and pillows.
- If you are outside, go to an open area away from trees, telephone poles, and buildings.



LOCK!



COVER!



HOLD ON!

After an Earthquake

- The biggest dangers are collapsing structures, gas explosions and electrocution. Once the shaking has stopped, expect aftershocks.
- Be careful not to touch any power lines, or any object in contact with them. You could get electrocuted.
- Structural damage may cause gas leaks. Do not touch any switches, and do not ignite any flames.
- If you are inside a building, leave the building carefully and watch out for anything that may fall or collapse.



After an Earthquake

- Make sure that that you, your colleagues, and your family are safe and free from injury before you assist others.
- Do not enter any damaged buildings, even if that means spending the night outside.
- If you need to drive anywhere, watch out as roads, bridges and tunnels may have suffered serious damage. There are also risks of landslides and mudslides.

