

# How to prepare for an EARTHQUAKE



## BEFORE

- ★ Secure furniture
- ★ Plan safety measures
- ★ Check on your home's structural integrity
- ★ Have fire extinguishers ready and take steps for fire prevention
- ★ Have emergency supplies ready, an emergency bag is essential.
- ★ Discuss emergency plans with family members eg. hazard areas
- ★ Keep yourself updated.

## AFTER

- ★ Expect aftershocks and remember to drop, cover and hold.
- ★ Check yourself and get first aid if necessary.
- ★ Check your home for damages
- ★ Check and extinguish small fires if it is safe to do so.
- ★ Listen to the radio for updated emergency information & instructions.
- ★ Prioritize emergency calls only.
- ★ If you can, extend help to people who require special assistance

## DURING

- ★ DROP, COVER AND HOLD—stay in the safest place part of the room
- ★ When OUTSIDE, make sure to stay in an open area
- ★ Stay calm and alert
- ★ If near the Sea, you need to move to higher grounds
- ★ Stop if inside a moving vehicle, do not go out during the shaking.