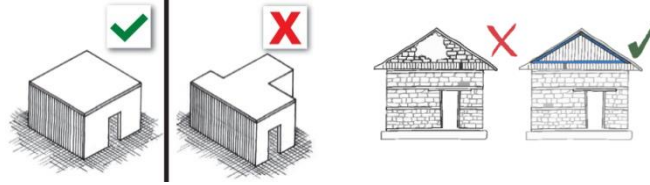


EARTHQUAKE

Before & During

- Make new constructions earthquake resistant in consultation of professional structural engineer, if possible.



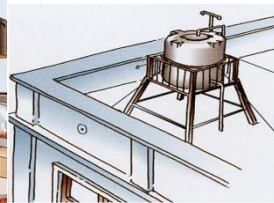
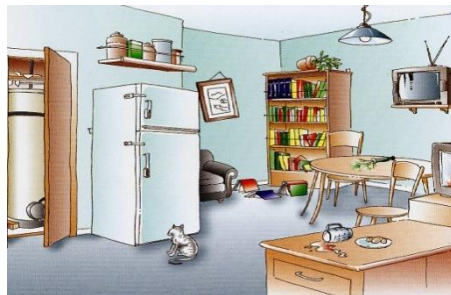
- Prepare a family disaster plan including
 - preparation of emergency kit which will make you self-sufficient for a minimum of three days with adequate supply of drinking water, dry food items, stock of basic medicines, sanitary pads, baby food items etc.
 - Identification of few safe family meeting places; pick easy to identify, open and accessible places that you can easily reach.



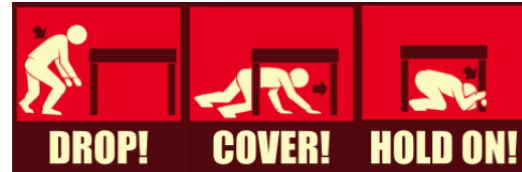
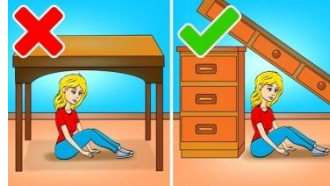
- Conduct regular Mock Drills for school children



- Falling objects must be given additional fixing so that they don't fall while shaking and cause harm.



- During an earthquake stay calm; if inside, Stay inside. “DROP, COVER and HOLD!” Drop under firm furniture. Cover as much of your head and upper body as you can. Hold onto any secure furniture. Move to an inside wall and sit with your back to the wall, bring your knees to your chest and cover your head. Stay away from mirror and windows. Do not exit the building during the shaking. Do not use lift.



- If outdoors, move to an open area away from all structure, especially building, bridges, trees and overhead power lines.

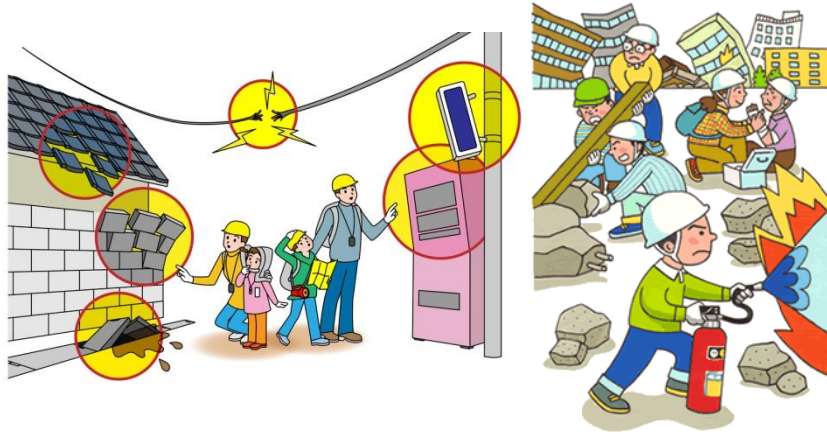


After

- Move cautiously, and check for unstable objects and other hazards above and around you.
- Check yourself for injuries. Help those in need.



- Check all power connections at home/ office before switching them ON.
- BEWARE: chances of Short circuits might happen.
- Stay out of damaged buildings.



- Anticipate aftershocks, especially if the shaking lasted longer than two minutes.
- Listen to the radio or watch local TV for emergency information and additional safety instructions.

