

FAMILY PREPAREDNESS PLAN

Emergency meeting place _____
Outside your home

Meeting Place _____
Outside your neighbourhood

Address _____

Closest Relative leaving away from your City _____

Phone _____

Name and Address _____

DURING:

- Do not panic. Remain calm! Do not jump from the building.
- If inside,
 - If you are NEAR AN EXIT, leave the building as soon as possible. Put your arms over head to protect yourself against possible objects falling from above and move away from nearby buildings. Watch out for traffic.
 - If you can't reach the exit quickly or, you are situated in HIGHRISE BUILDING/ UPSTAIRS stay inside...do "DROP, COVER, and HOLD!" Sit or, lie beside or, underneath sturdy furniture. Hold onto the furniture. Cover as much of your head and upper body as you can. When the shaking stops get up and evacuate the building. Don't use the elevators.
 - Stay away from mirrors and windows.
- If outdoors,
 - move to an open area away from all structures; especially buildings, bridges, and overhead power lines.
- If driving,
 - Stop in an open area away from all structures especially bridges, overpasses, tunnels, and overhead power lines. Stay as low as possible inside the vehicle.

EMERGENCY SUPPLIES:

- Keep enough supplies in your home to meet your needs for at least three days. Assemble a Emergency Supplies Kit with items you may need in an evacuation.
 - Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.
- Include:**
- A three-day supply of water (4 litres per person per day) and food that won't spoil.
 - One change of clothing and footwear per person, and one blanket or sleeping bag per person.
 - A first aid kit that includes your family's prescription medications.
 - Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
 - An extra set of car keys and a credit card, cash or traveler's checks.
 - Sanitation supplies.
 - Special items for infant, elderly or disabled family members.

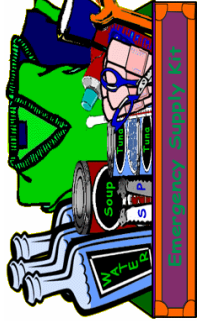
BEFORE:

- Develop a family emergency plan and practice it regularly.
- Identify an out-of-area phone contact person to call and check in with.
- Choose a couple of family meeting places; pick easy to identify, open and accessible places that you can likely walk to.
- Prepare to be self-sufficient for a minimum of three days.
- Assemble an emergency supply kit; include food, water, prescription medications and first aid supplies, a battery operated radio, flashlight, extra batteries, shelter, clothing, sturdy shoes, and personal toiletries.
- Have knowledge about first-aid
- Quake-proof your house by securing heavy furniture and objects.

Important Telephone numbers:

Police	: 100
Fire	: 101
Ambulance	: 102

- An extra pair of glasses.
- Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.



Source: ACELIFT

UTILITIES:

- Locate the main electric fuse box, water service main and natural gas main.
- Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.
- Turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so.

EARTHQUAKE EMERGENCY SURVIVAL PACKET GUIDE



Government of India
 Ministry of Home Affairs
 National Disaster Management Division

DROP, COVER and HOLD!

