Preparing our family in case an Earunguage

Earthquake Measures at Home

Earthquakes strike suddenly and without warning. Many people think the destruction caused by earthquakes is unavoidable, and that the only option is to pick up the pieces after the shaking stops. Although we cannot prevent an earthquake, actually, almost all damages and losses can be reduced by measures we can take before, during, and after an earthquake. Many also think that all the damage and injuries from earthquakes come from collapsing buildings. Again, this isn't the case. As buildings are designed better, more of the losses in earthquakes are from objects that break or fall on people causing injury. What we can do then?

Before an earthquake

The members of every family can do the following things to protect themselves and their property in the event of an earthquake:

- Be informed about the earthquake phenomenon.
- Organize a Personal Support Network, in case there is a family member with disabilities.

• Be informed about the municipality plan.

- Keep a list of emergency phone numbers. Develop family emergency procedures and make plans for reuniting family
- Make family communication plan
- Build an emergency kit
- Locate safe spots in each room
- Identify and reduce non-structural hazards (anchor heavy objects to walls, secure anything heavy enough or fragile etc.)
- Be aware of how to turn off gas, water and electricity
- Hold earthquake drills at home.





If inside all members of the family should remember to: Stay inside and calm

Develop family

emergency procedures

and make plans

for reuniting family.

- Drop to the ground, take cover by getting under a steady table and hold on to it until the shaking stops. If there isn't a suitable furniture, drop to the ground and cover the head and the neck with the arms.
- Do not stand in a doorway. In reinforced concrete buildings, doorways are no stronger than any other part of the house. Stand in a doorway only in case of masonry building.
- If you use a wheelchair, lock the break on the wheels and cover your head and neck with your hands, crouching towards your knees as much as possible.

If outside everyone should remember to: Stay outside, away from hazards

Build an

emergency kit

(buildings, streetlights, utility wires, etc.)

If outside in a vehicle should remember to:

• Stop as quickly as safety permits in a safe area Avoid stopping near or under buildings, trees,

overpasses, and utility wires



After an earthquake

After the shaking stops all members of the family should remember to:

- Check for injuries and provide first aid. • Turn off appropriate utilities if necessary
- Extinguish small fires or report larger blazes.
- Wear shoes and proper clothes
- Evacuate the building without using elevator
- Go to a predefined, safe, open space and stay away from damage areas
- Avoid waterfront areas because of the threat of tsunamis.
- Expect aftershocks
- Listen for instructions from the competent authority
- Use telephone for emergencies, only.



