

# HOW TO PREPARE YOUR FAMILY FOR EARTHQUAKE?

1. **Check the location of your house** if along or near an active fault, prone to landslide, liquefaction and tsunami.

2. **Assess your house using the "How Safe is my House?"** - tool for self-check for earthquake safety

3. **Orient family members** about earthquake and its hazards.



4. **Teach each member** on what to do before, during and after an earthquake  
e.g during earthquake **"DUCK (DROP), COVER, and HOLD"**



5. **Conduct observation on safe and unsafe spots in your house.**  
Have your family member identify each.

6. **Prepare family emergency supply kit.**



7. **Prepare family evacuation procedure.**

8. **Familiarize your family with the community earthquake evacuation plan.**

Walk-through the evacuation route going to the designated evacuation area (open space)



9. **Know the community emergency contact numbers and facilities**  
such as police and fire stations, hospitals, schools, barangay hall, etc.



10. **Regularly conduct earthquake drill** with your family and other household members. Actively participate during community-wide drill.

11. **Teach your family basic first aid**, how to use the **fire extinguisher**, switching off **waterlines**, **gas tanks**, and **circuit breaker**.



12. **Agree on how to reunite with family members and plan to communicate**



- ✓ Have an agreed meeting place.
- ✓ Designate a friend or relative outside your area to be contacted
- ✓ If you have children, inquire with the school administrators about their school policies during earthquakes.
- ✓ Know where the school-designated evacuation area.



## Community & Family EARTHQUAKE SAFETY GUIDE

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### WHAT'S INSIDE AN EMERGENCY SUPPLY KIT?

**Basic items** inside the emergency supply kit that could last for **3 days** or **72 hours**. It should be **water proof**, in **safe place** and **easy to find**.

- ☐ First aid kit
  - ☐ Food
  - ☐ Bottled water
  - ☐ Flashlight and spare batteries
  - ☐ Battery-operated radio
  - ☐ Candles and matches, lighter
  - ☐ Whistle
  - ☐ Knife
  - ☐ Blankets, spare clothes and shoes
  - ☐ Rope (at least seven (7) meters)
  - ☐ Toiletries
  - ☐ Permanent marker, pen and paper
  - ☐ Emergency contact information
  - ☐ Important documents
  - ☐ Cash
- If necessary
- ☐ Baby food
  - ☐ Medication (those with special needs)

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# HOW TO PREPARE YOUR COMMUNITY FOR EARTHQUAKE?

## 1 PLAN

- a. Form a Disaster Risk Reduction and Management Committee (DRRMC) or if already existing, activate your DRRMC



- b. Conduct community data gathering such as



- c. Conduct community watching exercise

- Assess the strength of the houses or buildings using the "How Safe is my House?" tool for earthquake safety
- Observe safe and unsafe areas

	INSIDE (house/building)	OUTSIDE
Good practices and safe areas	<ul style="list-style-type: none"> <li>Ramp</li> <li>Wide Corridors</li> <li>Visible emergency exits</li> </ul>	<ul style="list-style-type: none"> <li>Open spaces for evacuation</li> <li>Public alarm systems</li> </ul>
Unsafe areas	<ul style="list-style-type: none"> <li>Windows and glass panes</li> <li>Shelves, machineries, cabinets and furniture that may topple or slide</li> <li>Narrow corridors and blocked</li> </ul>	<ul style="list-style-type: none"> <li>Powerlines, posts, concrete structures, trees, bridges, overpass or flyovers</li> <li>Narrow alleys</li> <li>Steep slopes or landslide prone areas</li> <li>Tsunami prone areas</li> </ul>

- d. Conduct inventory of available resources and facilities that can be utilized during emergencies.
- e. Inform the community to prepare an emergency supply kit.
- f. Make provisions for persons with disabilities, elderly, and pregnant e.g. accessible pathways, assign marshal/s

## 2 DEVELOP AN EARTHQUAKE EVACUATION PLAN

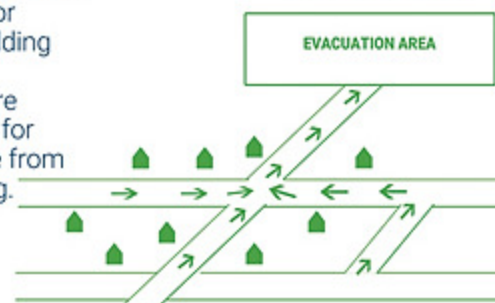
- a. For building

- Prepare a building evacuation procedure or plan.
- Plan second option to vacate the building using the available exits.
- Mark all possible emergency exits in the building.

- b. Evacuation area

- Use all available open area.
- Consider the number of occupants in each house or building (daytime and night time), designate a specific open area for each household/building
- Determine if there are sufficient open area for all. Set a buffer zone from the house or building.

Length x width = area  
(how many persons?  
per 1 square meter)



## 3 CONDUCT ORIENTATION ON EARTHQUAKE AND EARTHQUAKE DRILL

### 3.1 Preparations:

- a. Organize lecture about earthquake and its hazards.
- b. Teach the community on how to protect themselves.

**If INSIDE a structurally safe house or building..**



- take cover under sturdy table or in a corner
- watch out for falling objects or debris
- keep calm and don't panic

**If OUTDOORS ..**

- move to an open space
- stay away from trees, powerlines, posts, buildings, and walls
- move away from steep slopes

- c. Introduce the evacuation plan and routes going to the pre-determined evacuation area.
- d. Post the evacuation map in visible places.
- e. Check available warning devices such as alarm system and siren.
- f. Assign somebody to be in-charged of making sure that all exit points are open during shaking.
- g. Assign marshals who will manage the traffic; and assist the persons with disabilities, elderly, and pregnant.
- h. Announce the schedule of the drill.
- i. Assign observers and evaluators who will give comments/suggestions during post-drill evaluation.

### 3.2 Conduct of Earthquake Drill

#### 1 ALARM

1-minute alarm indicates earthquake or shaking.

#### 2 RESPONSE

While the alarm is ongoing - "DUCK, COVER and HOLD". Remain in this position until the shaking stops.

#### 3 EVACUATION

As soon as the shaking stops, immediately evacuate and proceed to identified evacuation areas using the pre-determined routes.

If inside a building, take the safest and fastest way out.

Be prepared for aftershocks.

If you need to leave, post a message stating when you left and where you can be located.

#### 4 ASSEMBLY

At the designated evacuation area, residents must be grouped per household.

#### 5 HEAD COUNT

Leaders/head of the family should check and make sure that all members are accounted for.

#### 6 ASSESS EFFECTS

- Leaders/head of the family should:
- check others for injuries
  - check gas, electrical, and water lines for damage
  - check spills of chemical, toxic and flammable materials
  - put out small fires which may spread
  - check the house or building for cracks and damage

#### 7 EVALUATION OF DRILL

Over-all coordinator will announce the termination of drill or "All clear". (Must be applied to offices and community)