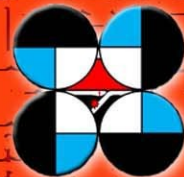


For inquiries and information, please contact:



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AFTER

**Be prepared for aftershocks.
Once the shaking stops,
take the fastest
and safest way out of the
building.**

Don't...

- ...use elevators.
- ...enter damaged buildings.
- ...use telephones unless necessary.
- ...PANIC.

Check...



- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.

- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.



Keep updated on disaster prevention instructions from battery-operated radios.

Philippine Institute of Volcanology and Seismology
Department of Science and Technology

EARTHQUAKE PREPAREDNESS GUIDE

*What to do Before,
During and After an
earthquake*

BEFORE

The key to effective disaster prevention is planning:

- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

Prepare your homes, workplace or schools:

- ✓ Strap or bolt heavy furnitures/cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowermost secured shelves.



Familiarize yourself with the exit routes.

Know where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights and extra batteries.



Conduct and participate in regular earthquake drills.

DURING

STAY CALM.

When you are **INSIDE** a structurally sound building or home... **STAY THERE!**

Do the **"DUCK, COVER and HOLD"**.

- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.



- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

If you're OUTSIDE..move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.

- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. **Tsunamis** might follow.



If you're in a moving vehicle, STOP and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.