Comprehensive Earthquake Safety Guide

Introduction

This comprehensive guide provides essential information for earthquake preparedness and response. Earthquakes can occur with little to no warning, making preparedness crucial for safety and survival. Following these guidelines can help protect you and your loved ones before, during, and after an earthquake.

Before an Earthquake

Create a Family Emergency Plan

- Develop a family emergency plan and practice it regularly
- Identify an out-of-area contact person to call and check in with
- Choose family meeting places: select easily identifiable, open, accessible locations
- Prepare to be self-sufficient for a minimum of three days

Prepare Your Home

- Quake-proof your house by securing heavy furniture and objects
- Identify the main electric fuse box, water service main, and natural gas main
- Learn how and when to turn off utilities
- Keep necessary tools near gas and water shut-off valves
- Secure important family documents in a waterproof container
- Keep a smaller kit in the trunk of your car

Create an Emergency Supply Kit

- Food and water (3-day supply minimum)
- Prescription medications and first aid supplies
- Battery-operated radio, flashlight, extra batteries
- Shelter items (clothing, sturdy shoes, blankets)
- Personal toiletries
- Special items for infants, elderly, or disabled family members

Build Your Knowledge

- Learn basic first aid skills
- Understand how to respond in different situations (indoors, outdoors, driving)
- Know your area's emergency response plan

During an Earthquake

Remember: Do not panic and remain calm!

If Inside

- If you are NEAR AN EXIT, leave the building as soon as possible
- Put your arms over your head to protect against falling objects
- Move away from buildings and watch for traffic
- If you CANNOT reach the exit quickly or are in a HIGH-RISE BUILDING:
- Practice 'DROP, COVER, and HOLD'
- Drop to the ground, take cover under sturdy furniture or against an interior wall
- Hold on to the furniture and protect your head
- Stay inside until the shaking stops
- Evacuate the building after shaking stops (DO NOT use elevators)

If Outdoors

- Move to an open area away from all structures
- Stay clear of buildings, bridges, and overhead power lines
- Remain in the open until the shaking stops

If Driving

- Stop in an open area away from all structures
- Avoid bridges, overpasses, tunnels, and power lines
- Stay inside your vehicle until the shaking stops

After an Earthquake

- Check for injuries and provide first aid if needed
- Check for hazards (fires, gas leaks, damaged electrical wiring)
- Only use the phone for emergencies
- Put on long pants, a long-sleeved shirt, sturdy shoes, and work gloves
- Listen to a portable, battery-operated radio for updated emergency information
- Expect aftershocks and be prepared to take cover again
- Check food and water supplies; use emergency supplies if needed
- Stay away from damaged areas unless you are specifically asked to help
- Be careful when driving as roads may be damaged

Emergency Contacts

- National Emergency Number: 112

- Earthquake Helpline: 1092

- Medical Emergency: 108

- Fire Department: 101

- NDRF Helpline: 011-24363260

Remember to stay calm and follow official instructions during emergencies.