



# Earthquake Be Prepared

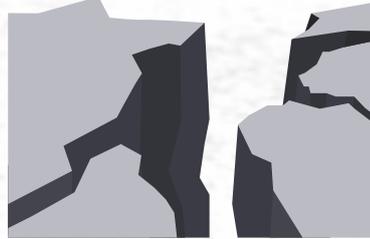


Earthquakes are the **sudden, rapid shaking of the earth**, caused by the **breaking and shifting of underground rock**.

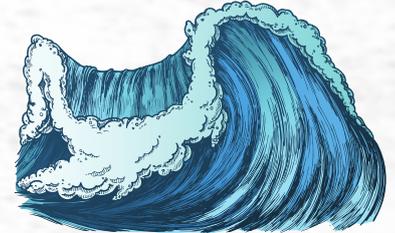
## Earthquake Facts



Gives **no warning**



Causes **fires** and **damage roads**



Causes **tsunamis, landslides,** and **avalanches**

## If an Earthquake Happens



If in a vehicle, **pull over** and **stop**.



If in **bed**, **stay there**.



If outdoors, **stay outdoors**.



Do not **get in a doorway**.



Find an **open spot**.



Do not **run outside**.



# Earthquake Be Prepared



## Prepare Now

## Survive During

## Safe After

Secure items such as televisions and objects that hang on walls.



Drop, Cover and Hold



Expect aftershock



If in a **damaged building**, go outside and do not enter any damaged building.

Cover your head and neck.



If you are trapped, send a text or bang on a pipe or wall.

Avoid using elevators if in a building.



If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.



Create a family emergency communication plan.



Make a **supply kit** that includes **enough food** and water for at least three days, a **flashlight**, a **fire extinguisher**, and a **whistle**.



Consider a **retrofit** of your house if it has **structural issues**.





# Earthquake Mitigation & Prevention



## BEFORE



**Risk Assessment and Preparedness Planning**



**Building Codes and Infrastructure Standards**



**Infrastructure Inspection and Maintenance**



**Public Awareness and Education**

## AFTER



**Timely Mobilization of Search & Rescue Teams**



**Timely Mobilization of Heavy Machinery**



**Psychological Support**



**Shelter and Temporary Housing**



**Centralized Coordination and Communication**



**Damage Assessment & Reporting**



**Community Outreach and Recovery Support**



**Deployment of personnel to maintain order**



**Timely Mobilization of Medical Teams & Medical Camps**



# Earthquake

## School Safety Essential Guidelines

### Earthquake Drill



ASSUME "**CRASH**" POSITION on **knees**, **head down**, **hands clasped** on **back of neck** or **head covered** with **book** or **jacket**



Take **cover** under **desk** or **table**



**FACE AWAY** from **windows**



**COUNT ALOUD** to **60** -  
Earthquakes rarely last longer



Use the **BUDDY SYSTEM**. Classes should **exit in pairs** with **one teacher** in **front** and **one** in the **back**.



Have **teachers, students** and **staff** familiarize themselves **evacuation procedures**



Use **4** Evacuation Rules – **Don't Talk!** **Don't Push!** **Don't Run!** **Don't turn back!**



If an aftershock occurs while exiting, **crouch** rather than **dropping to knees** to **avoid injury** from **debris**.