

IN AN EARTHQUAKE...



...down onto your hands and knees



...your head and neck under a table or protect them with your arms



...to your shelter until the shaking stops

AFTER THE SHAKING STOPS ...

- Count to 60 to allow for objects to settle, cautiously come out of your safe DROP, COVER, HOLD ON location.
- Stay calm and move cautiously, check for unstable objects and hazards.
- Check yourself and others for injuries and render first aid as needed.
- Remember to use your personal emergency kit (whistle, torch, breathing mask, heavy gloves, first aid supplies, food, water, etc.) as needed.
- Seriously injured people should not be moved, only do so to avoid imminent danger of further injury.
- Monitor emergency media for damage and public safety information.
- Decide if it is safe to stay in your location or evacuate safely to an open area away from hazards.
- Stay away from damaged structures, fire, gas leaks, electrical wires, broken pipes and dangling furnishings.
- Follow your evacuation procedures.
- Use your telephone for emergency calls only, SMS your family instead.
- Conserve water, electricity and fuel as much as possible.



Aga Khan Agency for Habitat



FOCUS HUMANITARIAN ASSISTANCE



AKDN

AGA KHAN DEVELOPMENT NETWORK

www.akdn.org