



# Get Ready to ShakeOut.



Aga Khan Agency for Habitat



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# 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.



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# BEFORE AN EARTHQUAKE...

## Step 1: Eliminate non-structural hazards!

- Maintain a clean, hazard-free environment wherever you sleep, work, study or play.
- Relocate, or tightly brace, furniture, equipment and ceiling/wall hangings so they won't fall or shift during a major quake.

## Step 2: Be Prepared to Respond Effectively

- Learn CPR and First Aid training.
- Have an emergency kit at home and at work.
- Have a communications and evacuation plan, and discuss it with your family and colleagues.

## Step 3: Invest in Proper Building Construction

You are responsible for the safety of your home:

- Seek the best-available advice regarding the structural safety of your home.
- Strengthen your home if you feel it will collapse in a disaster.
- Relocate your home if you are in an active hazard zone.

**Remember:  
Earthquakes don't kill people,  
but unsafe buildings do!**



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# Join Us

For the largest  
earthquake drill  
in AKDN history!



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# Unable to “Drop, Cover, and Hold On?”

During an earthquake it is important to protect yourself from falling, or being hit by falling objects. If you have a physical disability or movement limitation, and you are unable to **Drop, Cover and Hold on**:

- move down as low as possible if you have difficulty getting to the floor on your own.
- get to the floor in a seated position and against an inside wall if possible.
- protect your head and neck with your arms, a pillow, a book, or whatever is available, moving away from windows or other harmful items.

## *If you are:*



### **In a bed**

Hold on and stay there. Protect your head with a pillow.



### **In a wheelchair**

Lock your wheels. Remain seated until the shaking stops. Bend over, and protect your head and neck with a pillow or your arms.



### **Deaf or hard of hearing**

Have more than one method to receive warnings and evacuation information.



### **Blind or low vision**

Items can fall and furniture may shift. Regular sound clues may not be available afterwards. Move with caution.



### **Having difficulty**

Understanding, remembering, or learning: keep simple, short instructions and important information with you.



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