

EARTHQUAKES

**Don't Panic....You must know what to do
BEFORE, DURING & AFTER
an Earthquake**



Do's and Don'ts

Before an EARTHQUAKE

- Know well seismic zonation of your area. While constructing a new house, ensure appropriate earthquake safe design and construction (as per IS: 1893-2002). Get your house evaluated for retrofitting and ensure expert civil engineer's help in making your house earthquake resistant as per Indian Standard Code (IS: 1893-2002) (www.ndma.gov.in, www.bmtpc.org, & www.nicee.org).
- Pick couple of "safe" meeting places in your house that are easy to reach. Practice "DROP, COVER & HOLD-ON" in each safe place at least once a month.
- Prepare an emergency kit & place it at a safe place preferably near the exit of your house. It should contain all necessary items for your protection and comfort, sufficient for at least three days.
- Till date prediction of earthquake is not possible. Don't listen to or spread rumours.
- Discuss at home/office about earthquake preparedness regularly.

During an EARTHQUAKE

- Don't panic; stay calm & keep others calm.
- Protect yourself, drop to the floor, take cover under a sturdy desk or table and hold on to it so that it doesn't move away from you. Wait there until the shaking stops.
- Stay away from glass windows, heavy furniture & anything that could fall, such as lighting fixtures or other similar items.
- If you are on the upper floor of the building, don't jump from window or balcony. Do not try & run out of a building, you may be hit by falling debris. Stay inside till the shaking stops & check if it is safe to go outside.
- If you are outdoors, find a clear spot away from buildings, trees, electrical lines & narrow streets. Drop to the ground & stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location, stop & stay there with your seatbelt fastened until the shaking stops. Avoid bridges, flyovers or ramps that might have been damaged by the earthquake.
- If in coastal area, move to higher ground and check tsunami warning (www.incois.gov.in)
- If you are in a hilly area be alert and move away from slopes in case of landslides and falling rocks. (www.ndma.gov.in)

After an EARTHQUAKE

- Check up: Radio, TV, ONLINE updates, social network for emergency information & safety guidance.
- Watch out for fallen power lines or broken gas lines and stay away from damaged areas.
- Don't enter partially damaged buildings. Strong aftershocks can cause further damage to the buildings & weak structures may collapse.
- Don't use your two-wheeler/car to drive around the area of damage. Rescue & relief operations need the road for mobility.
- Anticipate aftershocks, if shaking lasts longer than usual.
- Leave a message stating where you are going if you must evacuate your residence.
- Evaluate damages & repair any deep cracks in ceiling, beam, column & foundation with the advice of an expert/structural engineer.

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Towards a disaster free India.....

For detailed safety tips on Earthquake visit: www.nidm.gov.in/safety_earthquake.asp