## EMERGENCY SUPPLIES

Keep enough supplies in your home to meet your needs for at least three days.

Assemble an emergency supplies kit with items you may need in an evacuation.

Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or, covered trash containers.

**Included:**
- A three day supply of water (4 litres per person per day) and food that won't spoil.
- One change of clothing and footwear per person and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- An extra set of all important keys and a credit card, cash or traveler's cheques.
- Sanitation supplies.
- Special items for infants, elderly or disabled family members.
- An extra pair of glasses.

Keep important family documents in a water proof container. Keep a smaller kit in the trunk of your car.

### UTILITIES

- Locate the main electric fuse box, water service main and natural gas main.
- Learn how and when to turn these utilities off.
- Teach all responsible family members how to turn these utilities on or off.
- Keep necessary tools near gas and water shut-off valves.

Turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so.

## FAMILY PREPAREDNESS PLAN

**DURING**

- Do not panic. Remain calm. Do not jump from the building.

If inside,
- If you are NEAR AN EXIT, leave the building as soon as possible. Put your arms over your head to protect yourself against possible objects falling from above and move away from nearby buildings. Watch out for traffic.

If you cannot reach the exit quickly, or you are stuck, be patient. The building may not fall apart immediately. Watch for a chance to escape from a service window or from the top floor.

- If indoors, stay inside. Do not move furniture. If you are in a car, get a safe place away from falling objects.

If outdoors,
- Move to an open area away from all structures, especially buildings, bridges, and overhead power lines.

If driving,
- Stop in an open area away from all structures especially bridges, overpasses, tunnels and overhead power lines. Stay as low as possible inside the vehicle.

### BEFORE

- Develop a family emergency plan and practice it regularly.

- Identify an out-of-town contact person to call and check in with.

- Choose a couple of family meeting places. Pick places that are easy to identify, open and accessible places that you can easily walk to.

- Prepare to be self-sufficient for a minimum of three days.

- Assemble an emergency supply kit. Include food, water, medication, first aid supplies, a battery operated radio, flashlight, extra batteries, shelter clothing, sturdy shoes and personal hygiene.

- Have knowledge about first aid.

- Make your home safe by securing heavy furniture and objects.

### IMPORTANT TELEPHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>100</td>
</tr>
<tr>
<td>Fire</td>
<td>101</td>
</tr>
<tr>
<td>Ambulance</td>
<td>112</td>
</tr>
</tbody>
</table>

### AFTER

- STAY CALM! Allow a little time for objects to fall before moving.

- Move cautiously, and check for unstable objects and other hazards above and around you.

- Check yourself for injuries.

- Help those around you and provide first aid.

- Only use phones (including cell phones) if the line is not busy.

- Listen to the radio or watch local TV for emergency information and additional safety instructions.

- Protect gas, water and electric lines. If there are leaks or there is any doubt about leaks, shut off main valves immediately. If you hear gas, smell gas and can shut it off, report leaks to the authorities.

- Anticipate aftershocks, especially if the shaking lasted longer.

- Stay out of damaged buildings.

## EARTHQUAKE EMERGENCY SURVIVAL GUIDE

GOVERNMENT OF INDIA
Ministry of Home Affairs
NATIONAL DISASTER MANAGEMENT DIVISION

DROP, COVER & HOLD