



## **Earthquake Risks Emergency instructions**

### **Before the earthquake**

1. Be informed of the seismic classification of the community in which you live. You need to know what standards to adopt for buildings and what measures to take in case of an emergency.
2. Know where the switches for gas, water and electricity are. These systems could be damaged during an earthquake.
3. Do not keep heavy objects on high shelves. Fix them to walls so that they do not fall on someone.
4. Have in your house a first-aid kit, a flashlight, a radio, and a fire extinguisher, and make sure all family members know where these things are.
5. Be informed of the emergency plan at school or work. If everyone follows the plan, you can work together to manage the emergency.

### **During the earthquake**

1. If you are in a closed space, look for a doorframe or bearing walls. The heavier supporting walls can protect you in case of collapse.
2. Hide under a table. It is dangerous to be near furniture, glass, and heavy objects that could fall.
3. Do not rush on the stairs or use an elevator. The stairs are the weakest part of the building and the elevator could get stuck and prevent you from leaving.
4. If you are in a car, do not stop near bridges, unstable hills, or beaches. You could get injured by a collapse or get hit by tsunami waves.
5. If you are in the open, stay away from buildings and electrical lines. They could collapse.

### **After the earthquake**

1. Assess the health of everyone around you. That way, you can assist the people who are in need and help the rescue operation.
2. Do not attempt to move people that are severely hurt. You could aggravate their condition.
3. Exit with caution and make sure you are wearing shoes. There could be glass and rubble on the street.
4. Go to an open space, far from buildings and unsafe structures. They could still fall on you.
5. Stay far from industrial plants and electrical lines. It's possible that they have been damaged.
6. Stay away from the edges of lakes and beaches. There could still be tsunami waves.

7. Avoid walking around out of curiosity and go to the waiting areas identified in the city emergency plan, because it is important to avoid going to dangerous areas.
8. Avoid using the phone and cars. It is necessary to leave the telephone lines and the streets free for the use of emergency services.