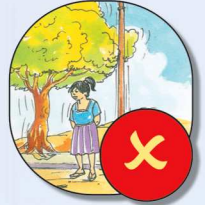


## EARTHQUAKES DON'T KILL PEOPLE, NON ENGINEERED BUILDINGS DO !

### BEFORE

- Know well seismic zonation of your area, get your house evaluated for retrofitting (if any) and ensure expert civil engineer's help in making your house earthquake resistant as per Indian Standard Code (IS: 1893-2002) (details at [www.bis.org.in](http://www.bis.org.in) & [www.bmtpc.org](http://www.bmtpc.org))
- Pick couple of "safe" meeting places that are easy to reach. They could be under a sturdy table or desk or against an interior wall. Practice **DROP, COVER, AND HOLD-ON** in each safe place at least once in a month.
- Organize meeting/seminar to share and learn basic safety precautions about the earthquake in home, schools or workplace.
- Take your earthquake survival kit with you. It should contain all necessary items for your protection and comfort to be sufficient atleast for three days.
- Till date prediction of earthquake is not possible. Don't listen to or spread rumours.



### DURING



- **Stay calm!** If you are in bed, hold on and stay there, protecting your head with a pillow. (More at [www.imd.gov.in](http://www.imd.gov.in) and other online services/network for information).
- If you are outdoors, find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped. Avoid bridges, flyovers or ramps that might have been damaged by the quake.
- In a high-rise building, expect the fire alarms and sprinklers to go off. Check for and extinguish small fires, and if exiting, don't use elevators; instead take the staircase and don't rush to the exit point.
- If in coastal area, move to higher ground and listen to Tsunami warning (details at [www.incois.gov.in](http://www.incois.gov.in) & [www.mha.gov.in](http://www.mha.gov.in)).
- If you are in mountainous areas be alert and move away in case of landslides, falling rocks and other debris.

### AFTER

- Check yourself and others for injuries and don't use your telephone to call relatives and friends, call only for medical help, move cautiously and check for unstable objects around.
- Listen to Radio, TV for emergency information and safety guidance (more at [www.ndma.gov.in](http://www.ndma.gov.in)).
- Watch out for fallen power lines or broken gas lines, and stay out of damaged areas.
- Anticipate aftershocks, if shaking lasted longer.
- Stay out of damaged buildings. Strong aftershocks can cause further damage to the buildings and weak structures may collapse.
- Don't use your two-wheeler/car to drive around the areas of damage.
- Make up a plan of where to meet your family after an earthquake otherwise leave a message stating where you are going if you must evacuate your residence.
- Evaluate damages and repair any deep cracks in ceiling, beam, column and foundation with the advice of an expert.

