



BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

During an Earthquake



Drop underneath sturdy furniture, cover your head and hold the furniture



If you are in open, move away from buildings, electric poles, bridges





Stay away from heavy objects, glass, door and windows



Do not panic. Remain Calm. Do not jump from the building



Do not rush towards exits if they are far from you









National Disaster Risk Reduction Communication Toolkit

When you are safe, volunteer in rescue operations