

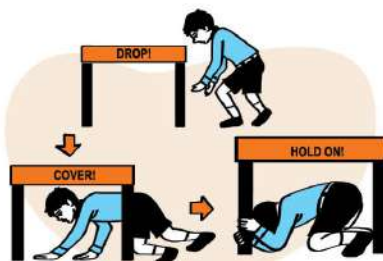
# EARTHQUAKE

**BE PREPARED • TAKE PRECAUTIONS • STAY SAFE**

**Prepare children on how to stay safe**



Ask children to stay inside and away from doors and windows



Teach drop, cover and hold in case of tremors



Avoid walking on rubble



If under rubble, minimise movement, conserve energy, cover your nose and mouth



When under rubble avoid shouting, flashlight is preferred or blow a whistle when you hear movement



Talk to your children, pay attention and let them explain their concerns and fears



**HELPLINE 112**

