

# EARTHQUAKE

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



An earthquake is the movement or trembling of the ground produced by the sudden displacement of rock in the Earth's crust. Earthquakes strike suddenly and there is no warning. They can occur anytime of the year. They lead to deaths, injuries, damage to property and loss of shelter and livelihood. Critical lifelines get disrupted along with all infrastructure and public amenities. They can be classified as one of the deadliest of the natural hazards.

They can cause secondary hazardous events like Tsunamis, Fires, Flooding and Landslides.

In addition to its direct consequences on wrecking physical damage in the environment and property, earthquakes can have high fatalities and have long-term socio-economic consequences especially among marginalized communities.



## Your NiDRR Mitras:

Abhay and Anika will take you through some important tips on how to prepare and protect yourself and your community for emergencies like Earthquakes.



**HELPLINE 112**



# PLAN AND PREPARE



## Actions for **INDIVIDUALS/FAMILY**

If you live in a seismic zone that has high probability of being struck by an Earthquake, always keep your emergency supplies ready in a “Go-Bag”

### ‘Go-bag’



Emergency  
contact  
information



Original and duplicate copies of vital  
records and documents must be kept in a  
plastic waterproof bag and/or in digilocker



First-aid kits



Masks



Sanitary  
pad



Torch with  
extra batteries



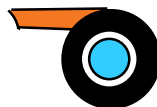
Plastic bags and  
strings to tie



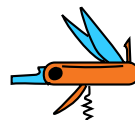
Water purification  
tablets



Prescribed  
medications



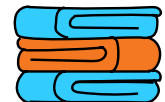
Plastic sheet  
and duct tape for  
sealing windows  
if required



Multipurpose  
tool ‘knife’



Matches and  
whistle



Set of dry clothes  
and towels

### Things you should know

Find out if you live in **seismic zones and the earthquake threat to your locality.**



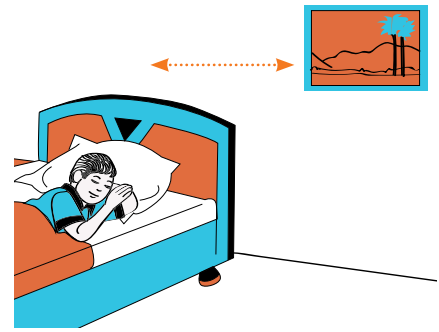
### Securing your home/school/office



- ✓ **Take help from qualified structural engineers or the government agency** to help identify how to strengthen your home to improve its earthquake resistance
- ✓ **Consult with relevant authorities** for safe construction site areas
- ✓ Make sure that **power appliances like ovens and air conditioners** are well secured
- ✓ Make sure that your gas appliances like cooking range have flexible connection

## Securing your surroundings

- ✓ Identify the safest places in your house, work, school where you can protect your head and avoid heavy falling objects
- ✓ Secure large objects and furniture that could fall, break, slide or collide during an earthquake
- ✓ Hang heavy items away from exit doors, anywhere where people sleep



## Planning evacuation

- ✓ Have an **emergency communication and evacuation plan** ready for your family
- ✓ Learn and practice the technique of **'Drop-Cover-Hold'** with your family members and colleagues (see box)
- ✓ Ensure that **children and elders know what to do** in case of tremors/earthquakes
- ✓ Make a plan for the evacuation of **elders, children and physically challenged** in case of an earthquake



### Drop-Cover-Hold

In most situations, if you feel shaking or get an earthquake alert, immediately:

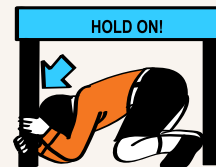


**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects



**COVER** your head and neck with one arm and hand.

- » If a sturdy table or desk is nearby, crawl underneath for shelter
- » If no shelter is nearby, crawl next to an interior wall
- » Stay on your knees; bend over to protect vital organs

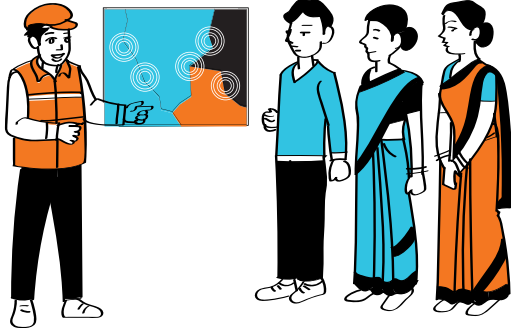


**HOLD ON** until the shaking stops.

- » Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- » No shelter: hold on to your head and neck with both arms and hands



# Actions for COMMUNITY



- ✓ Map all **vulnerable communities about seismic zone** in your area
- ✓ Ensure that a **plan of evacuation and safety** for the community is available
- ✓ Ensure that all **community members are aware of the plan** and their responsibilities
- ✓ **Engage and train community volunteers** for Earthquake response
- ✓ Identify **emergency communication platforms and channels** that should be used to be in touch with the community during an earthquake
- ✓ **Give updates to the community** through the pre-planned channels

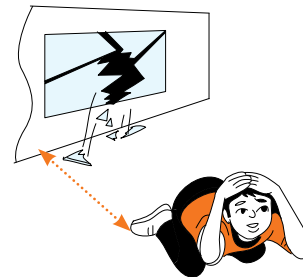
- ✓ Conduct **regular and timely mock drills** in the community
- ✓ Get the **correct communication materials** from the government and use it effectively for raising awareness among community
- ✓ Practice **Drop, Cover, Hold drills regularly** with community members and ensure that **schools also follow all safety protocols**
- ✓ Encourage community members to check the places in their settings where they can cover themselves if caught in an earthquake (at homes, work places and institutions – schools/colleges hospitals)



- ✓ Ensure that **exit routes are marked** especially in high-rise buildings
- ✓ Ensure **firefighting equipment is functional** especially in high-rise buildings
- ✓ Ensure that emergency operational plans post-earthquake are in place to restart essential services and organize search and rescue operations

# DURING EARTHQUAKE

## Actions for INDIVIDUALS/FAMILY



- Remember the **emergency message of Drop, Cover, Hold**. Drop down to your knees and make yourself small. Cover your head and neck and protect your face. Hold on to this cover or move with it until the shaking stops.  
**Do not attempt to run**
- If indoors, practice drop, cover, hold until the shaking stops and you are sure it is safe to exit
- If inside **stay away from mirrors and windows**

- If you are travelling in a vehicle, **pull off the road to a clear area**, stop the vehicle and apply parking brake
- If you are near an exit point, **quickly move outside and stand in open space. Do not stand in the doorway**
- Use stairs and not lifts when tremors are felt
- Make sure **children, elders or any sick and physically challenged family members** are helped
- When outside, **stay away from buildings, walls and electric poles**
- Do not stand under a tree**



## Actions for COMMUNITY

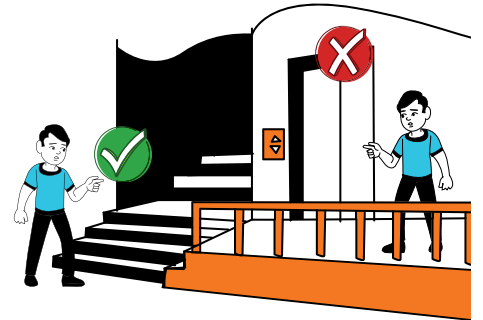
- Be in touch with all community members** through the volunteer team
- Keep a track of areas which are experiencing maximum effect** of the earthquake to prioritize rescue operations



# POST EARTHQUAKE

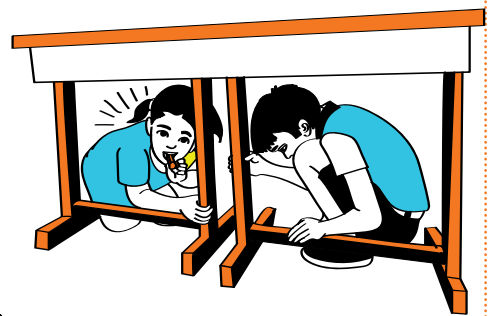
## Actions for INDIVIDUALS/FAMILY

- Check yourself for **injuries**
- Check with **family members for injuries or any other problems** if they have
- Help people who are **trapped or hurt**
- Be aware that there may be **aftershocks**
- Be aware of **Tsunamis if near a coastal area**
- **Do not enter damaged buildings**
- **Do not use electric switches or matches or fire of any kinds**
- **Use stairs** and not lifts or elevators
- Move cautiously, and **check for unstable objects and other hazards above and around you**
- **In case of fire, try to extinguish if possible**, call for help or otherwise move away from affected area



### If trapped in rubble:

- » **Do not light a matchstick**
- » **Cover your mouth** with a cloth
- » Tap on a **pipe or a wall**
- » Sound a **whistle**
- » **Shout only as a last resort**. This will help you conserve energy



## Actions for COMMUNITY

- Get the **correct advisories and information** from the government authorities
- Ensure that the **community is aware of the schemes** for earthquake damage and can access the same
- **Help community members access correct information** for damage control and prepare reports as required
- Ensure that community members are **aware of returning back to homes safely** after an earthquake
- **Assess damaged infrastructure** in your area
- Ensure that required emergency services like **search and rescue are put in action immediately** after the tremors stop
- Ensure that **essential services like police, hospital and communication networks, Anganwadi centres** are put back in action as soon as possible
- Ensure that **roads and transport services** are made operational at the earliest