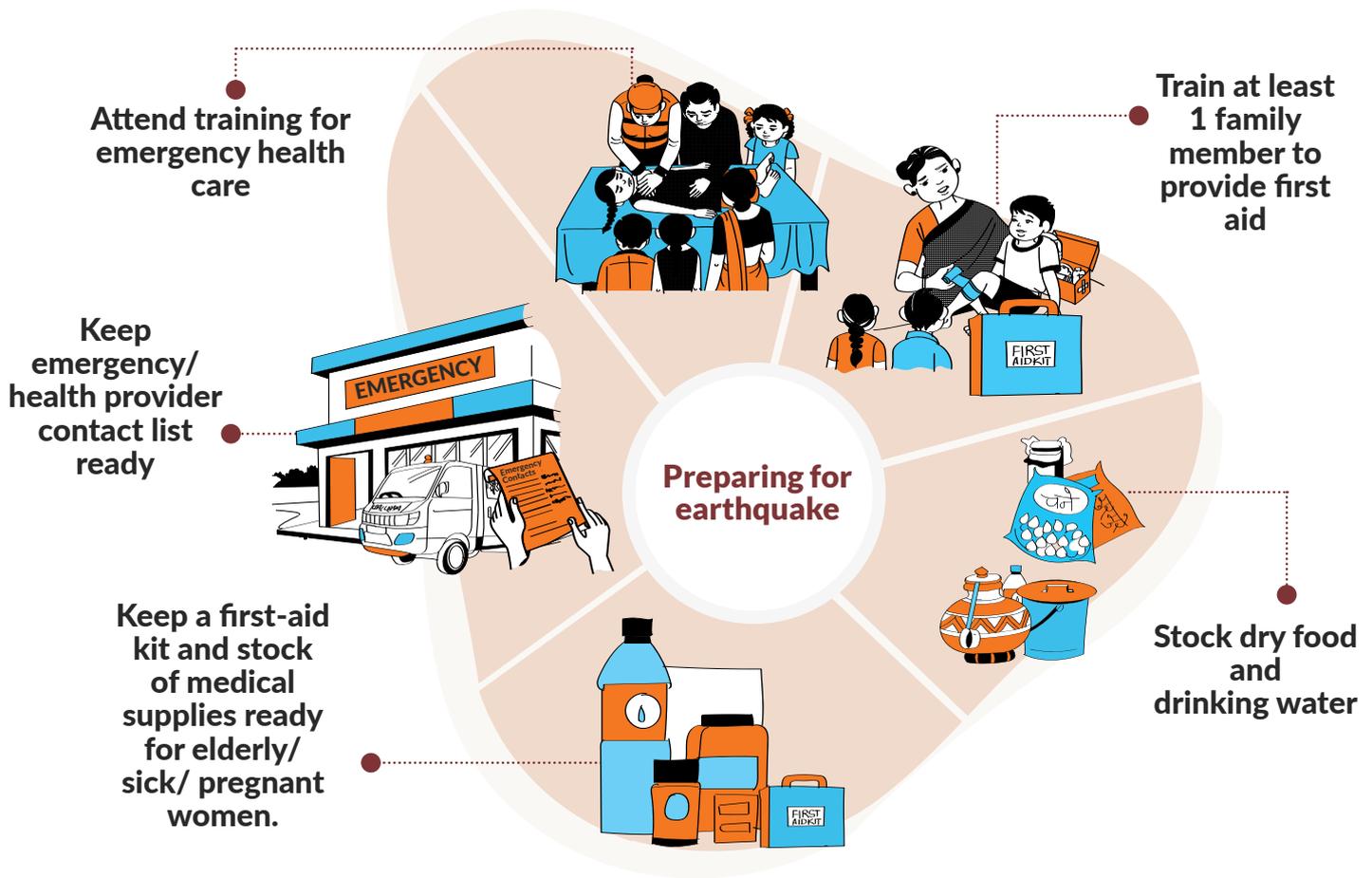


EARTHQUAKE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE



Preparing for Earthquakes: If you stay in an Earthquake prone zone



HELPLINE 112



EARTHQUAKE

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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



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



Stay away from heavy objects, glass, door and windows



Do not rush towards exits if they are far from you



HELPLINE  112

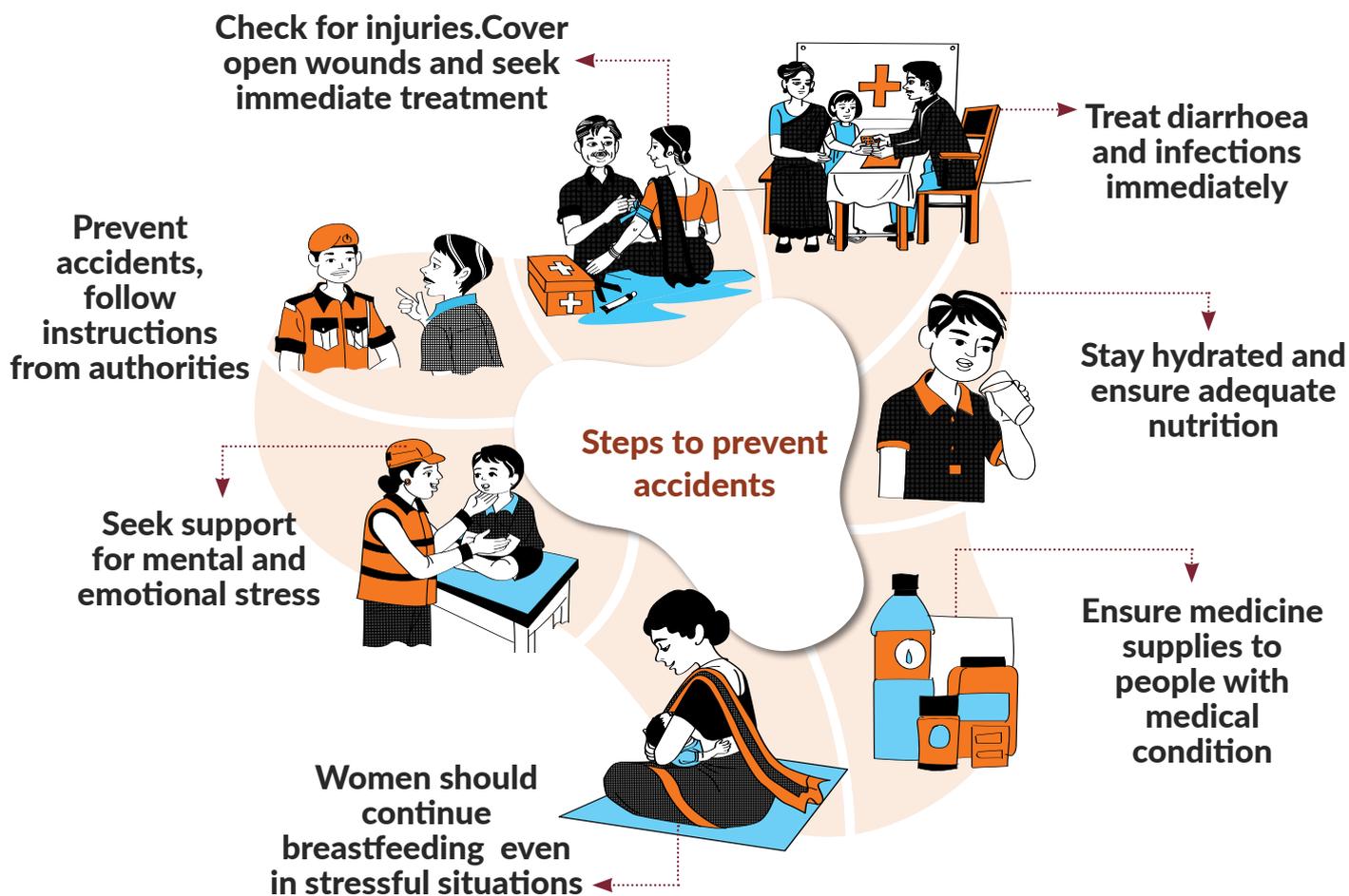


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Post Earthquake: Health systems may be structurally affected



HELPLINE  112



EARTHQUAKE

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If trapped under rubble

Do not light a match



Restrict movement as it may unsettle the dust and rubble



Cover your mouth with a handkerchief or clothing



Tap on a pipe or wall so rescuers can locate you



Use a whistle if one is available



Use flashlight to attract attention if possible



Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust



HELPLINE  112

