



EARTHQUAKE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

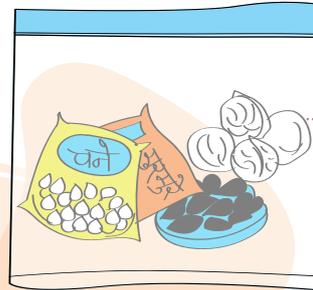


If you stay in an earthquake prone zone, be prepared

Share information about stored food and water with all family members for easy access



Keep dry food ready and stored in a sealed pack to avoid contamination

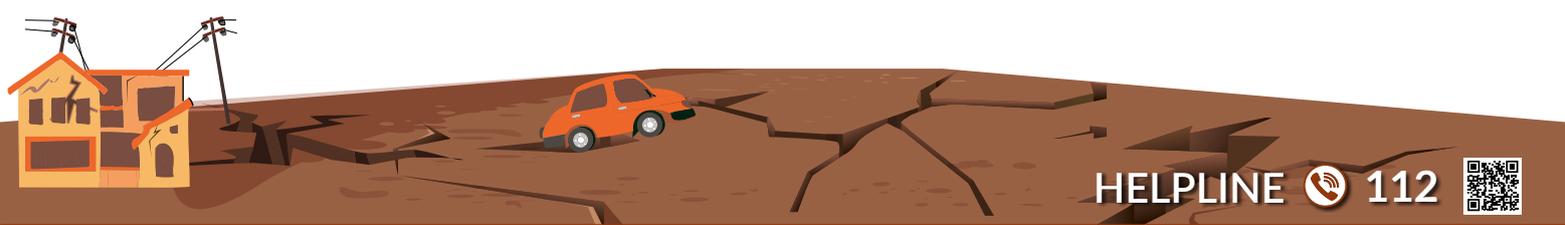


Prepare For Earthquake

Keep ready baby food, soft food for elderly and patients as required



Store sufficient drinking water



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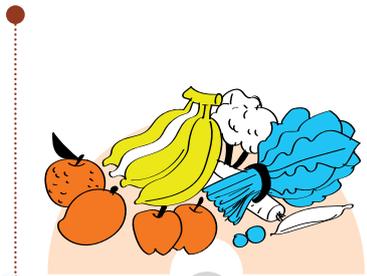
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Eat Safe Food – When in Doubt, Throw it Out

Eat fresh & balanced diet of hot cooked meals as far as possible



Do not consume stale or leftover food as it may make you sick



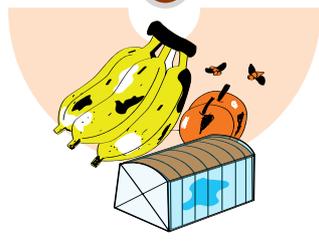
Continue exclusive breastfeeding for children under the age of 6 months



Drink enough water to stay hydrated



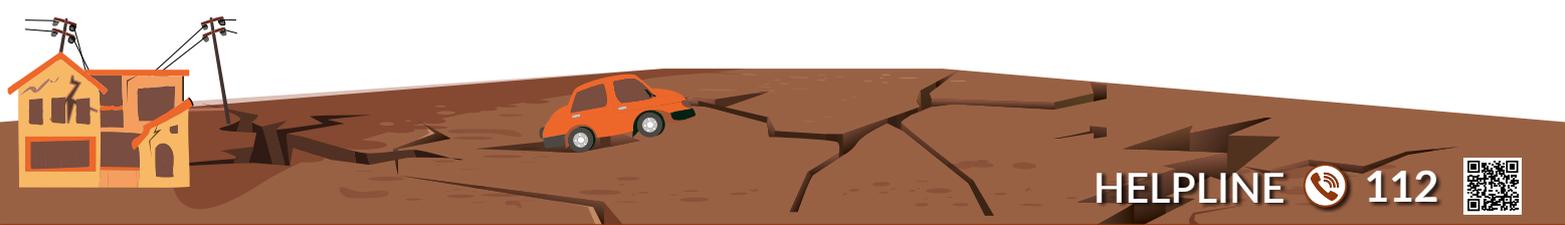
Eat diverse and locally available food



Take special care of nutritional needs of children, pregnant women, sick & elderly



Continue complementary feeding for children above the age of 6 months in addition to breastfeeding



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