

EARTHQUAKE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE



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



HELPLINE  112

