

# EARTHQUAKE

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



## 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**

