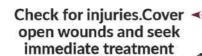




BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

Post Earthquake: Health systems may be structurally affected

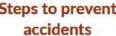


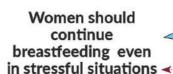
Prevent accidents. follow instructions from authorities

> Seek support for mental and emotional stress



Steps to prevent







Ensure medicine supplies to people with medical condition

Treat diarrhoea

and infections immediately

Stay hydrated and ensure adequate nutrition









National Disaster Risk Reduction Communication Toolkit

When you are safe, volunteer in rescue operations