

Life-Saving Guidelines

Earthquake

When the quake begins:

- ◇ If you can leave the building within a few seconds – go outside immediately. If you can't leave fast enough:
 - ❖ Enter the fortified (secure) room or a stairwell.
 - ❖ Go to an inner corner of the room or take cover under heavy furniture.
- ◇ Avoid outer walls and keep away from windows, shelves or closets.
- ◇ Get down on your knees or sit on the ground and protect your head with your hands .
- ◇ Use a cloth or a surgical mask to cover your mouth.

Usually after the 1st quake, there are some after- quakes that are just as dangerous.

- ❖ Leave the building immediately
- ❖ Stay clear of buildings, trees, bridges and electrical lines.
- ❖ Take the emergency bag you prepared in advance with you.
- ❖ Listen to media, stay updated and get relevant guidelines.
- ❖ Do not overload cellular communication.
- ❖ Try to put out any small fire before it spreads.

Important

- ◇ Do not use the elevator.
- ◇ When you exit the room, it is important to shut down gas and electricity supply lines.
- ◇ If you are using a wheelchair – lock it.
- ◇ You may go back to the building only after a clearance from the security department.

