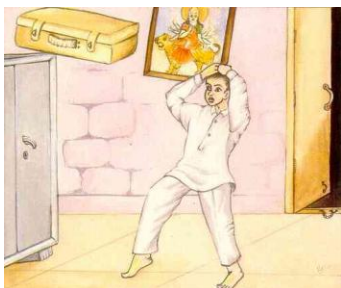


## COPING WITH AN EARTHQUAKE

An earthquake does not cause death or injury by itself. People are hurt by falling plaster and collapsing walls or falling of heavy objects. Collapsing buildings and vibrations can cause short circuits and electric fires. Lighted gas or stoves may also cause fires. All this leads to panic and confusion. With some precautions it is possible to avoid such confusion.

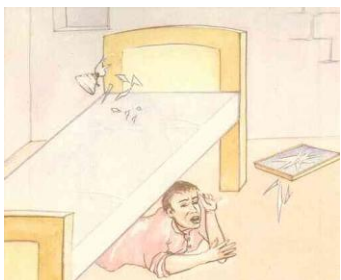
### **If you are caught indoors at the time of an earthquake:**



- Keep calm.
- Stay away from glass windows, doors, almirahs, mirrors etc.
- Stay away from falling plaster, bricks or stones.



- Get under a table or a sturdy cot so that you are not hurt by falling objects.



- Do not rush towards the doors or staircase. They may be broken or jammed.

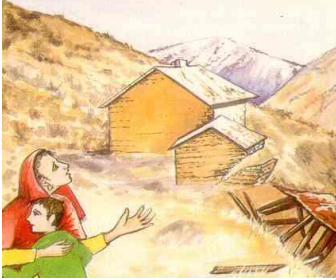
### **If you are outdoors at the time of earthquake:**

- If open space is available nearby, go there.
- Keep away from tall chimneys, buildings, balconies and other projections.
- Do not run through streets; hoardings or lamps may fall on you.



## After an earthquake

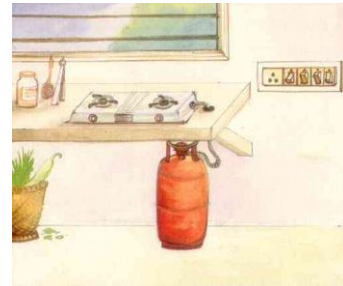
- Check if you or anyone else is hurt. Use first aid atleast on the cuts and bruises.
- Keep the streets clear for emergency services.



- Switch off all appliances like the refrigerator, TV or radio. Turn off the gas.
- Wear shoes to protect your feet from debris.

- A battery operated radio will help you to get important messages.

- Be prepared for more shocks. These aftershocks always follow an earthquake.



### **Avoid the following in an earthquake**

- Do not crowd around damaged areas or buildings.



- Do not waste water. It will be needed for fire fighting.

- Do not move the seriously hurt people.

- Wait for medical help to arrive.

- Do not spread rumors. They lead to panic and worsen the situation.

