

HOW TO PREPARE FOR AN EARTHQUAKE

BEFORE



Family PLAN

Talk to your family about the earthquake. Establish a safe meeting place. Periodically practice the correct behaviors.



BACKPACK with supplies for three days

Water, canned food, medicine, whistle, radio on batteries, external batterie, sleeping bag, dynamo flashlight, medical kit, clothes.



PROTECTION measures inside the house

Anchor the furniture or what hangs from the walls or ceiling. Be aware of what might fall on your head. Anchor the heavy electrical equipment.

DURING



1. Duck



2. Protect your head and neck with your hands. Try to reach under a heavy table or by an interior wall.



3. Hold



Don't run down/ up the stairs. Stay away from windows, exterior walls, don't get out on the balcony.



Block the wheels and protect your head.



If you are inside a car or walking, stop and steer away from buildings.

AFTER



YOU ARE TRAPPED INSIDE

Hang a piece of white cloth or use the whistle or bang rithmically.



DON'T HURRY TO LEAVE THE BUILDING

Don't call 112 unless it is absolutely necessary. Leave the lines free for real emergencies.



PREPARE FOR AFTER EARTHQUAKE SHOCK WAVES

Don't lit candles, lighters or matches. Cut the power, gas, and water.

YOU LIVE IN A CITY WITH SEISMIC RISK. IT IS ALSO YOUR RESPONSIBILITY TO BE PREPARED.



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Download, print, and put it up in your building or workspace.

