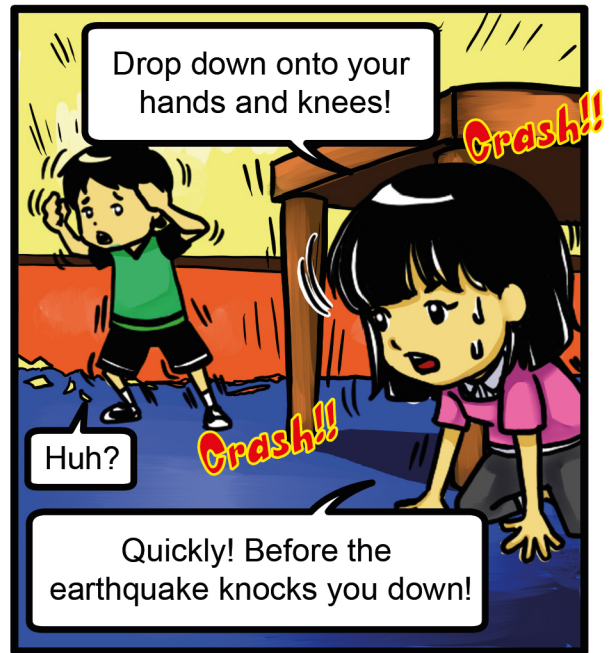
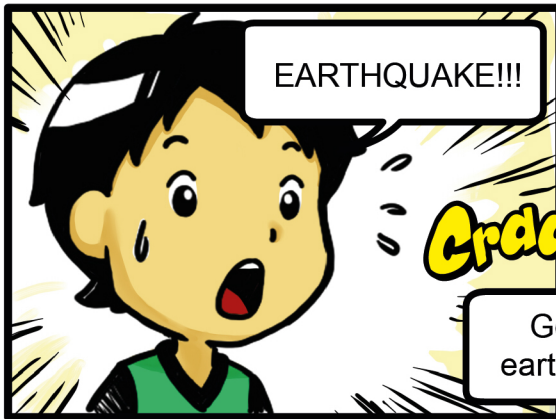


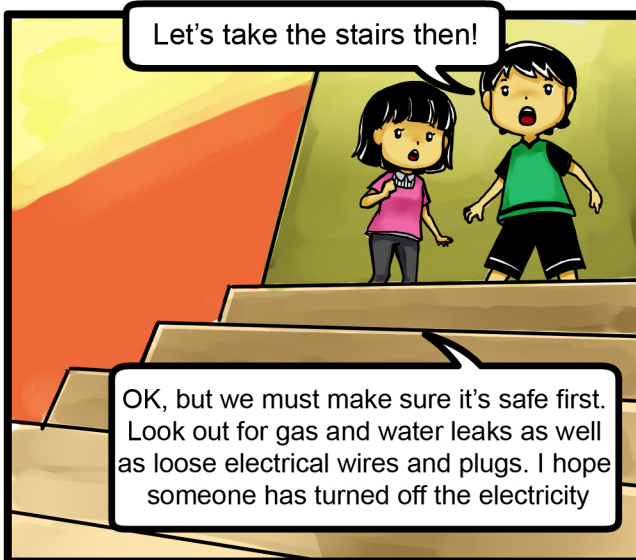
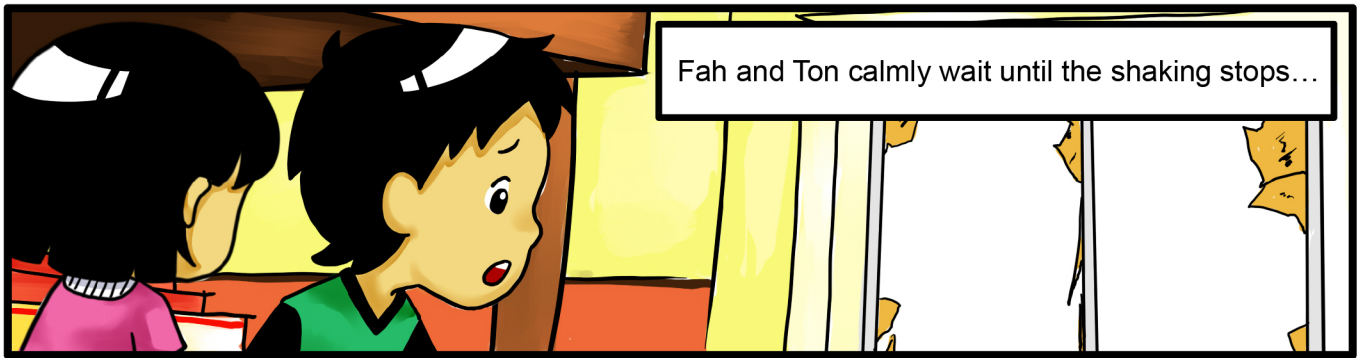


Preparing for disasters:

Earthquakes

A road to resilience in Southeast Asia





Below is a list of things to remember if there is an earthquake. Study it well, these tips could make all the difference for you and your family!

- Make sure everyone in your household knows where and how to evacuate to
- Always take part in earthquake drills at home, work and school
- Drop, cover and hold on
- If you are near a strong table, get under it. Hold on to the table leg with one hand and protect your eyes with the other hand
- If you are in bed, stay there and protect your head with a pillow
- If you are outdoors, find a clear space away from overhead hazards such as buildings, trees, street-lights and power lines
- Remain in position until the shaking stops
- Do not use elevators
- Turn off electricity, gas supply and water and disconnect any electrical appliances
- After the main shaking stops, beware of aftershocks



To learn more about disasters, please visit:
www.redcross.org/prepare/disaster/earthquake

**International Federation of
Red Cross and Red Crescent Societies**

Southeast Asia Regional Delegation

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