



## **EARTHQUAKE AFTERCARE TIPS**

Do not use contaminated water for drinking or personal hygiene purposes. Drink only bottled, boiled, or distilled water until your supply is tested and found safe. Take from the surface level without stirring when using storage water.

Dispose faeces safely into holes and cover with dry soil to prevent the spread of contagious disease and contamination of water sources. Defecation areas should be marked clearly and be located at least 50m away from water source and living areas. Wash hands thoroughly after defecation, after handling faeces, and before preparing or eating food. Pay special attention to any gastrointestinal and respiratory discomfort.

Perform constant checks on the environment and lookout for fires since it is the most common earthquake-related hazard. Meanwhile, do not stay in a building should there be structural cracks.

In case of after-shocks, remember to “Drop, cover and hold” - *Drop* down; take *cover* under a desk or table and *hold* on. Check for self injury before proceeding to help and care for others. Wear protective gears or long-sleeved clothing to avoid cuts.

Carry battery-operated flashlights and portable radio devices to help investigate surrounding environment and stay informed of the government announcements.

Limit telephone usage to avoid overloading the phone system; use the telephone only for family emergency needs or to report unsafe or dangerous conditions.

### **During an earthquake:**

Keep doors and windows open for later escape. Opt to escape through windows in case of more severe shocks. If trapped indoors, sit on the floor against an interior wall, preferably in the basement or a structural corner in order to utilize the triangular space to increase survival chance. Also, try to protect the eyes by pressing face against the arms.



### **After an earthquake:**

1. Be aware of any possible after-shocks.
2. Do not use the elevator until proper safety checks are conducted.
3. Do not turn on gas or use any electrical supplies until proper safety checks are conducted.
4. Under safe conditions, turn off all gas and electrical appliances, wires, faucets, etc, to prevent any forms of leakage. Call for professional maintenance when needed.
5. Perform safety checks on and fasten all large-scale furniture and household appliances.
6. Stay calm and alert when waiting for rescue if trapped.
7. Check structural buildings and laborites carefully; severe damages should be reported immediately.

**THE SURVIVAL KIT**  
**(should include the following,**  
**in case of after-shocks)**

1. Torch
2. Jeans and long-sleeved clothing (for warmth and protection)
3. Food – dried food that does not require cooking
4. A bottle of water
5. Whistle
6. Hat
7. Radio-portable battery operated, spare batteries
8. Money, identity cards or other travel documents
9. Bandages and basic medicine
10. A calm mind