

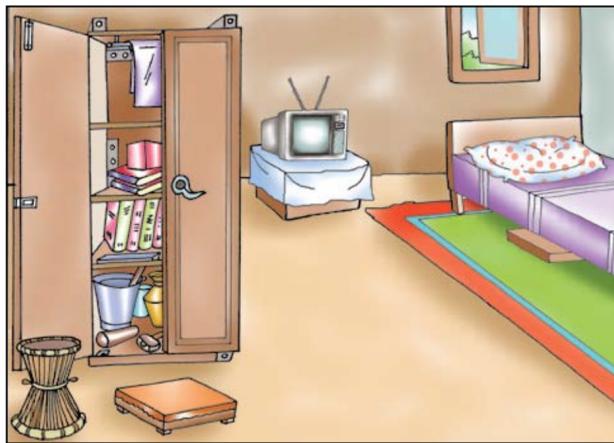
Earthquake Preparedness Planning for Family

What to Do Before an Earthquake?

Ways to Plan Ahead

1. Check for Hazards in the Home

- » Fasten shelves securely to wall.
- » Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people use to sit.
- » Store breakable items such as bottled foods, glass, and ceramics in low, closed cabinets with latches.



2. Identify Safe Places Indoors and Outdoors

- » Under sturdy furniture such as a heavy desk or table.
- » Beside an inside wall.
- » Away from glass which could scatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- » In the open, away from buildings, trees and electrical lines, overpasses, or elevated expressways.



3. Educate Yourself and Family Members

- » Contact your local emergency management office or Nepal Red Cross district chapter, concerned authorities for more information on earthquakes. Discuss within your family on how to protect you and your property from earthquakes.
- » Teach children how and when to call the police and fire department and teach them to switch on the radio for emergency information.
- » Teach all family members how and when to turn off gas and electricity.



4. Have Disaster Supplies on Hand

- » First aid kit and essential medications.
- » Protective clothing, rainwear and bedding or sleeping bags.
- » Battery-powered radio, flashlight, and extra batteries.
- » Keeping essentials, such as a flashlight and sturdy shoes, by your bedside.
- » Cash & cheque books, credit cards, citizenship etc.



5. Develop an Emergency Communication Plan

- » In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.
- » Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

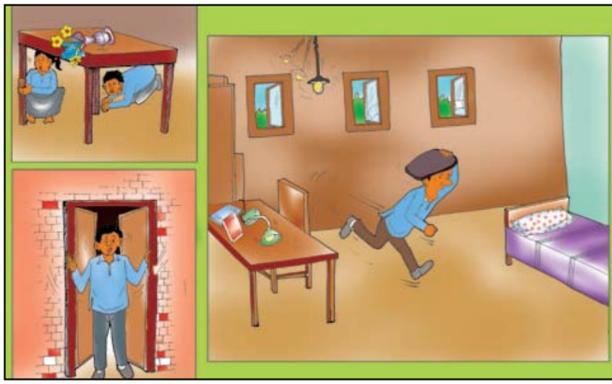


6. Help Your Community Get Ready

- » Conduct a week-long series on locating hazards in the home.
- » Provide tips on conducting earthquake drills in the home.
- » Work together in your community to apply your knowledge to building codes, retrofitting programs, hazard identification, neighborhood/family emergency plans.



What to Do During an Earth



What to Do After an Earthquake ? Preventive Measures



- » Listen to a battery-operated radio or television. Listen for the latest emergency information.
- » Expect aftershocks. Each time you feel one, DROP, COVER, And HOLD ON!
- » Use the telephone only to report life-threatening emergencies.
- » If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- » Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think its leaking.
- » Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- » If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap.

