

What to do before an earthquake

- Know your local emergency contact details.
- Make sure you have at home a fire extinguisher, first aid kit, a battery-powered radio, a flashlight, extra batteries, water and non-perishable food for three days.
- Learn first aid.
- Learn how to turn off the gas, water, and electricity.
- Make up a plan of where to meet your family after an earthquake.
- Don't leave heavy objects on shelves (they'll fall during an earthquake).
- Anchor heavy furniture, cupboards, and appliances to the walls or floor (if possible).
- Learn the earthquake plan at your home, school or workplace.
- Store breakable items such as glass and pots in low closed cabinets with latches.
- Repair defective electrical wiring and leaky gas connections as these can become fire risks.
- Identify (a) safe place(s) in each room and outside away from trees, buildings and power lines.

What to do during an earthquake

- **Stay calm!** If you're indoors, stay inside. If you're outside, stay outside.
- If you're indoors, kneel against a wall near the center of the building, kneel in a doorway, or crawl under heavy furniture (a desk or table). Stay away from windows and outside walls and doors.
- If you're outdoors, stay in the open away from power lines or anything that might fall. Stay away from buildings (objects might fall off the building or the building could fall on you).
- Don't use matches, candles, or any open flame. Broken gas lines and fire don't mix.
- If you're in a car, stop the car safely and stay inside the car until the earthquake stops.
- Don't use elevators (they'll probably get stuck anyway).
- Once the shaking has stopped, proceed with caution and avoid bridges that might have been damaged.

What to do after an earthquake

- Call the local emergency services to request help if needed.
- Check yourself and others for injuries. Provide first aid for anyone who needs it.
- Check water, gas, and electric lines for damage. If any are damaged, shut off the valves. Check for the smell of gas. If you smell it, open all the windows and doors, leave immediately, and report it to the authorities.
- Turn on the radio. Don't use the phone unless it's an emergency.
- Stay out of damaged buildings.
- Be careful around broken glass and debris. Wear boots or sturdy shoes to keep from cutting your feet.
- Be careful of chimneys (they may fall on you).
- Stay away from beaches. Tsunamis sometimes hit after the ground has stopped shaking.
- Stay away from damaged areas.
- If you're at school or work, follow the emergency plan or the instructions of the person in charge.
- Expect aftershocks.



Surviving an earthquake and reducing its health impact requires preparation, planning, and practice.

Far in advance, you can gather emergency supplies, identify and reduce possible hazards in your home, and practice what to do during and after an earthquake.

Learning what actions to take can help you and your family to remain safe and healthy in the event of an earthquake.

<http://www.bt.cdc.gov/disasters/earthquakes/index.asp>



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EARTHQUAKE GUIDELINE

