

# YOUR GUIDE TO ACTION – EARTHQUAKE!!!!

## Before an earthquake

When choosing your home or business check if the building is earthquake resistant.

Become familiar with any earthquake and fire evacuation plans in any building you regularly occupy or visit.

Identify safe places such as sturdy furniture or walls in your home or office, so that when shaking starts, you **Drop** to the ground, take **Cover** under the furniture or wall and **Hold On!**



Practice how to **Drop, Cover, and Hold On!** - to enable you to react quickly if an earthquake occurs.

Secure items that could fall and cause injuries. Bolt and brace items such as water heaters, gas appliances, bookcases, cabinets and tall furniture to wall studs. Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.

Prepare an **emergency supplies kit** containing water, medication, flashlights, sturdy shoes, and documents, in an easy-to-access location.

Plan how you will communicate with family members, including multiple methods by making a **family emergency communications plan**.

## During an earthquake

**If you are inside a building when the shaking starts** - stay where you are until the shaking stops!

Do not run outside. Do not get in a doorway as this does not provide protection from falling or flying objects, and you may not be able to remain standing.

**Drop, cover and hold on!** Drop down onto your hands and knees so the earthquake doesn't knock you down. Cover your head and neck with your arms to protect yourself from falling debris

Stay away from glass, windows, outside doors and walls, and anything that could fall that could injure you.

Stay indoors until the shaking stops and you are sure it is safe to exit. When it is safe to exit, use stairs rather than the elevator.



**If you are outside when the shaking starts** - move away from buildings, streetlights and utility wires and drop to the ground. Stay there until the shaking stops. Earthquakes often trigger landslides in mountainous areas.

**If you are in a vehicle** - pull over to a clear location and stop. Avoid stopping near buildings, trees, overpasses, bridges, and power lines. Stay inside with your seatbelt fastened until the shaking stops. If a power line falls on your vehicle, do not get out. Wait for help!

## After an earthquake

When the shaking stops, look around. If there is a **clear path to safety** - leave the building and go to an open space away from damaged areas.

Check yourself for injuries and get **First Aid** before helping injured or trapped persons.

Look quickly for damage in and around the building and get everyone out of the building. **Stay out of damaged buildings.**

**Watch out** for fallen power lines or broken gas lines and stay out of damaged areas.

If you are trapped, do not move about or kick up dust. If you have a cell phone with you, use it to call or text for help.

After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami depending on where the quake strikes. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake. Be prepared to **Drop, Cover, and Hold on!** in the likely event of aftershocks.

Look for and extinguish small fires. Fire is the most common hazard after an earthquake.

Be cautious when entering any building, looking out for cracks, gas leaks, fallen electric wires, etc.

 **UNDSS**  
YOUR SAFETY. YOUR SECURITY. OUR PRIORITY.

*This Guide to Action has been developed by UNDSS Myanmar and it intended for the use of UN personnel. The data and images contained in this guide have been collected from various open sources and do not necessarily constitute official UN views and language. It is intended for awareness purposes only. Please contact UNDSS Myanmar at [soc.mm@undp.org](mailto:soc.mm@undp.org)*