

DON'T PANIC,
KEEP CALM



STAY SAFE DURING AN EARTHQUAKE

STOP,
DROP,
COVER AND
HOLD ON

FIND A TRIANGLE OF LIFE

GET NEXT TO A LARGE,
BULKY OBJECT.

CURL UP IN A FETAL
POSITION.



PREPARE IN ADVANCE

MAKE A SURVIVAL KIT



- WATER
- NON-PERISHABLE FOOD
- FLASHLIGHT
- WHISTLE
- BATTERY-POWERED RADIO
- EXTRA BATTERIES
- FIRST AID KIT
- MEDICATIONS
- MULTI-PURPOSE TOOL
- SANITATION AND PERSONAL HYGIENE ITEMS

HAVE A PLAN

ALERTS ON THE SOCIAL MEDIA CHANNELS AND INTENSIVE COMMUNICATION

TALK ABOUT EARTHQUAKES WITH YOUR FAMILY. MAKE AN EMERGENCY PLAN FOR WHAT TO DO IN CASE OF AN EARTHQUAKE.

DISCUSSING AHEAD OF TIME HELPS REDUCE FEAR, PARTICULARLY FOR YOUNGER CHILDREN.

