

# How to act in an earthquake

Prepared by Alina Irismetova



# Questions

- ▶ 1. If you happened to get into the earthquake, would you stay indoors or try to leave the building?
- ▶ 2. Were you inside the building, where would you hide?
- ▶ 3. Would you be able to recognise the signs of the earthquake if you knew them or you would not pay any attention to them?

# Images of earthquakes



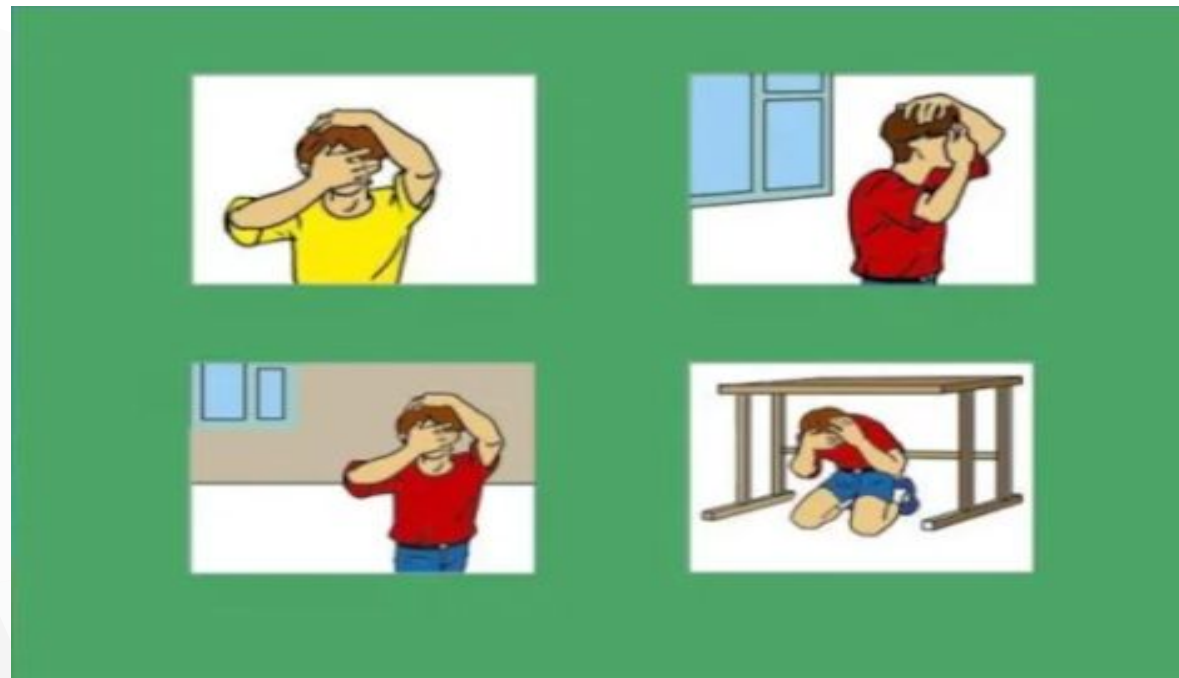
# Signs of earthquake coming

- ▶ 1. Sudden change in water level of reservoirs and also turbidity
- ▶ 2. Sudden smell of gas in areas where it is not typical
- ▶ 3. Animals' and birds' shrieks



# How to act if you are indoors

When the earthquake starts close your head with your hands, keep distance from the windows and hide under a table (or desk)



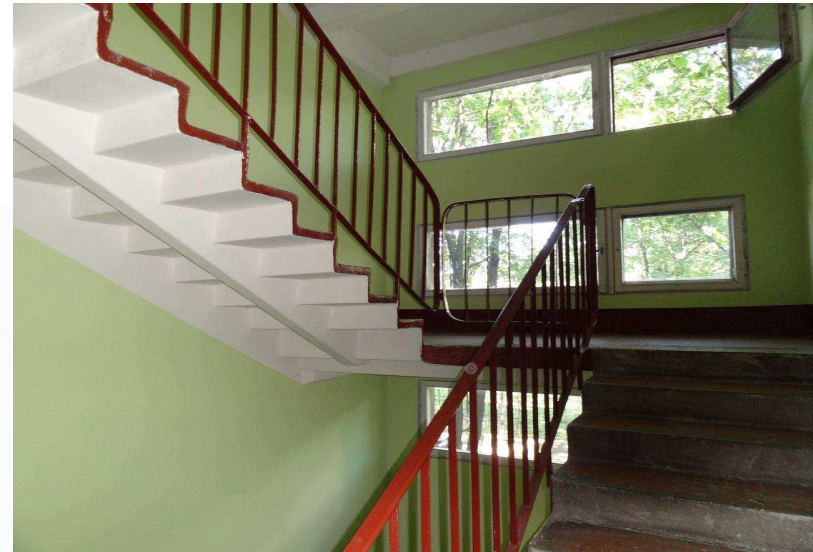
# The safest places to stay indoors

- ▶ 1. Doorways
- ▶ 2. Bathrooms
- ▶ 3. Restrooms
- ▶ 4. Under tables or desks



# Safety rules in case of the earthquake

- ▶ 1. Try to leave the building for the first 15-20 min of the earthquake
- ▶ 2. Go down the stairs and notify your neighbours of emergency
- ▶ 3. Hide in safe places if you can not leave the building
- ▶ 4. Please avoid panic
- ▶ 5. If you are driving, stop your car and don't leave it till the end of the earthquake



# How to act if you are outdoors

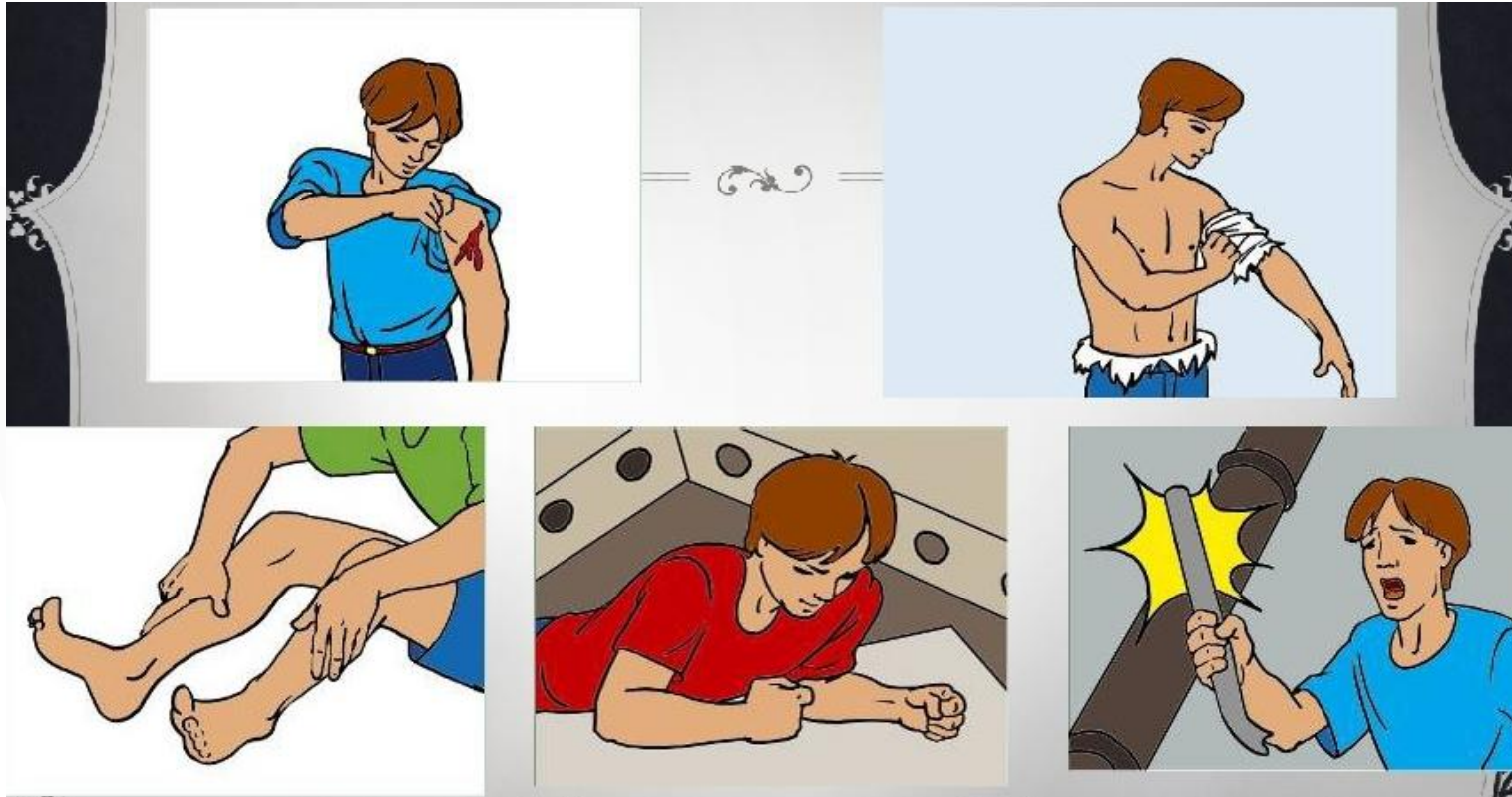
- ▶ 1. Keep away from the buildings and move using free space
- ▶ 2. Keep an eye on any dangerous items under your feet





# How to act if you have fallen into the rubble

- ▶ Calm down, turn face down, lie on your stomach and ease the pressure on your chest, then call for help



# Let's check your knowledge

1. The safest place indoors:

- a - your bed
- b - a doorway
- c - under the chair

2. The sign of earthquake coming:

- a - sudden smell of gas
- b - high humidity
- c - birds singing

3. If you have fallen into the rubble, you need to:

- a - lie on your stomach
- b - stay on your back
- c - try to pull yourself out of the rubble