

How to act in an earthquake

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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



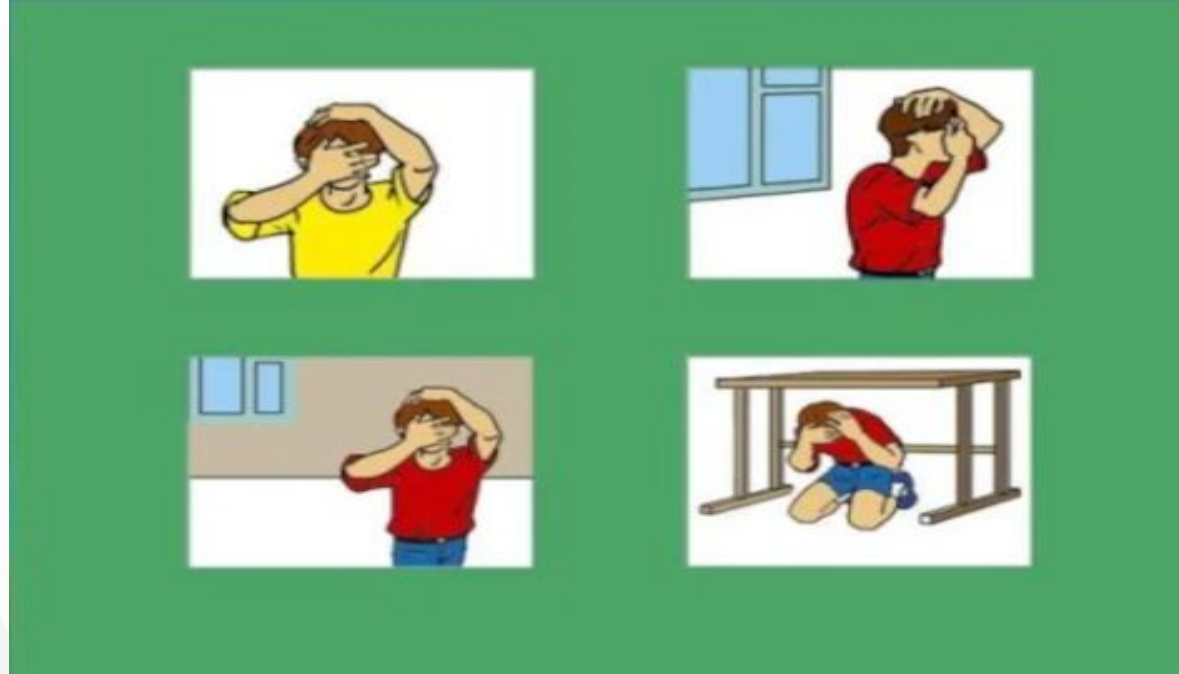
Signs of earthquake coming

- ▶ 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)



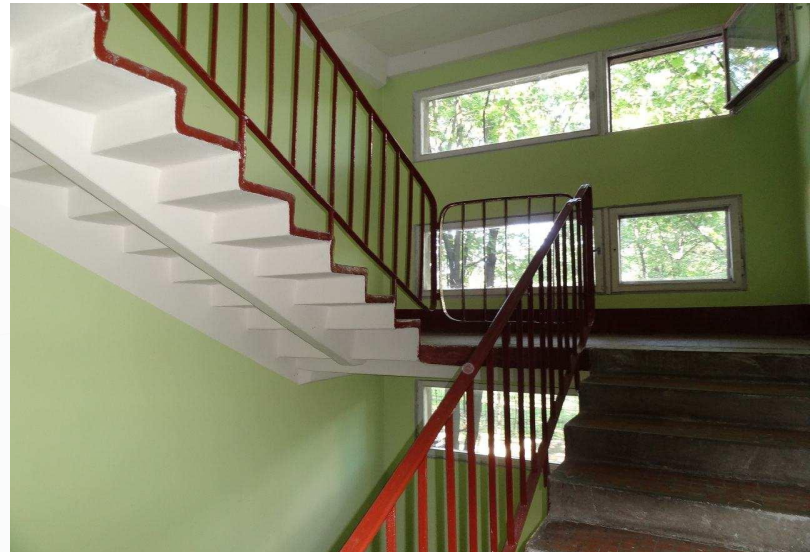
The safest places to stay indoors

- ▶ 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 of 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



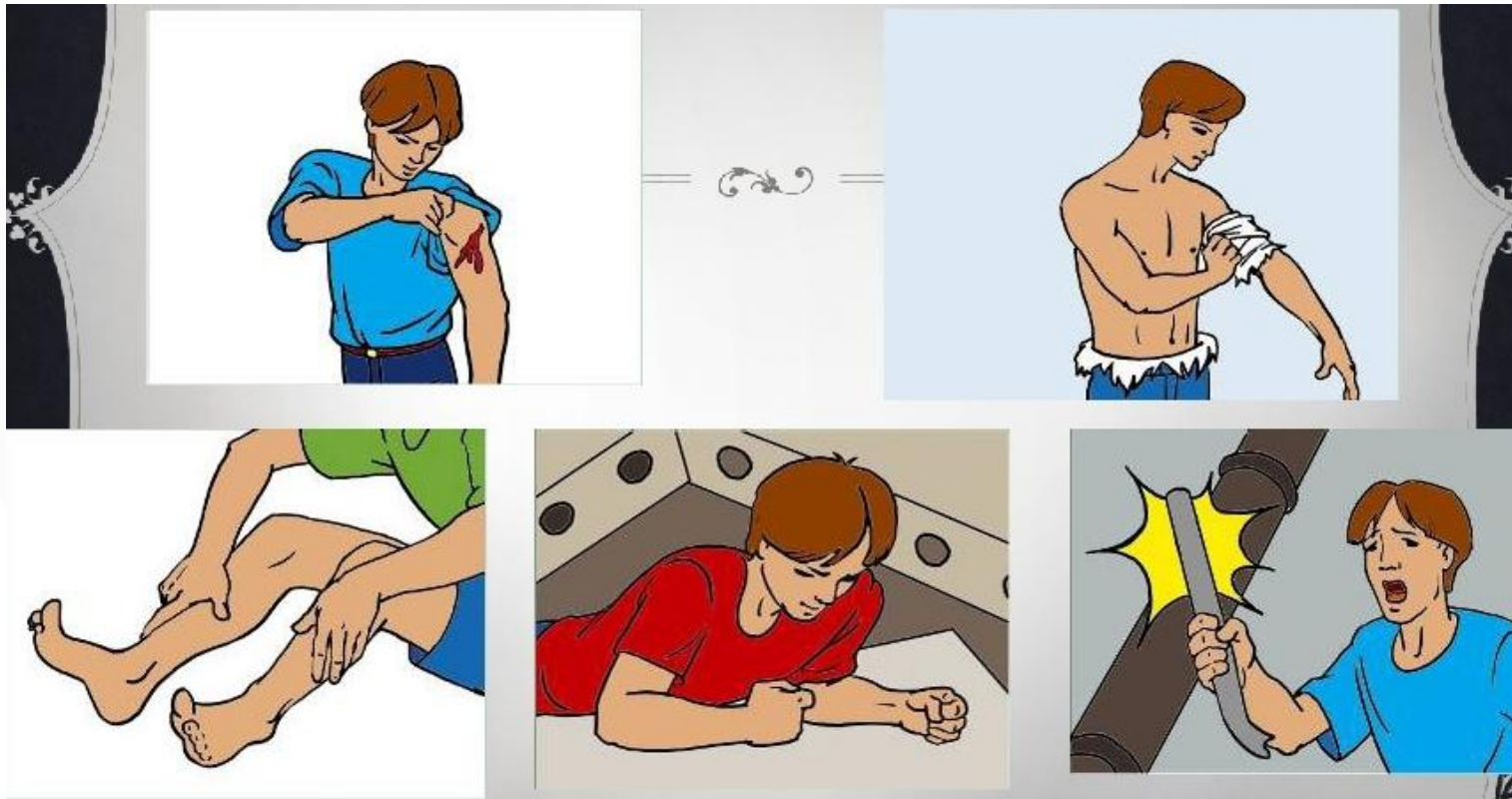
How to act if you are outdoors

- ▶ 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