



EARTHQUAKE SAFETY

Before an Earthquake



- Building Codes
- Land use planning

Design and build earthquake resilient homes

Insure your home and properties

Develop a disaster management plan for your family involving all members and update your plan regularly

Prepare and Keep a Disaster Supplies Kit

Identify and secure objects that could fall, slide or collide during shaking or block exits

DROP

COVER

HOLD

Practice "Drop, Cover, Hold" and earthquake drills periodically

Identify and know evacuation routes, evacuation site or safe places outside your building

Ambulance	112
Fire Fighter Division	110
Royal Bhutan Police	113
Traffic Police	111
Disaster Communications and Helpline Unit	999

Know the contact information of emergency services

Learn about the disaster management plans of your dzongkhag, gewog, community, school and organization



EARTHQUAKE SAFETY

During an Earthquake



IF YOU ARE INDOOR



Stay calm and immediately move away from non-structural hazards like windows, cupboards, alter, fans etc.



Do not run during shaking but drop to the floor and protect your head & neck until the shaking stops



If you are near a study table, get under it and Drop Cover Hold on to the table's leg



If you are on the bed, stay there and protect your head with the pillow



If your sitting in a theatre or stadium, brace yourself and protect your head with your arm



If you have mobility impairment, brace yourself and protect your head & neck



Carefully exit the building after the shaking stops



Do not go back inside after you have exited the building

If you are on the ground floor of a stone or adobe earth houses, exit quickly and carefully as soon as shaking starts



IF YOU ARE OUTDOOR



Find a clear spot and drop to your knees to prevent falling down on the ground

If you are in a vehicle, go to a safe location and pull over



Find a clear spot away from buildings, trees, powerlines and rockfalls



EARTHQUAKE SAFETY

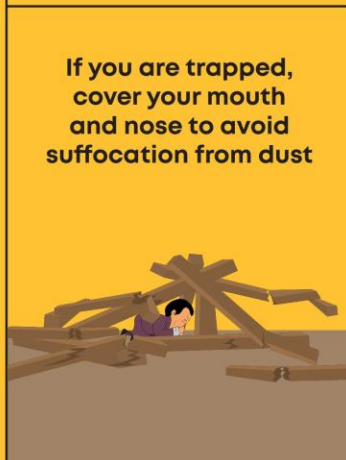
After an Earthquake



Expects aftershocks after an earthquake



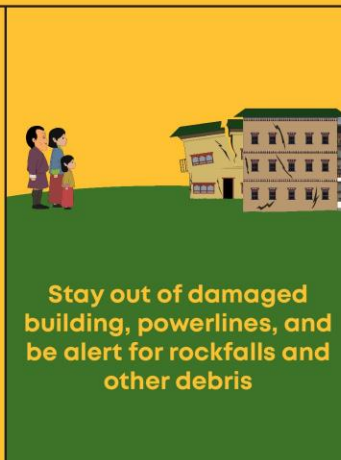
Do not enter the damaged building



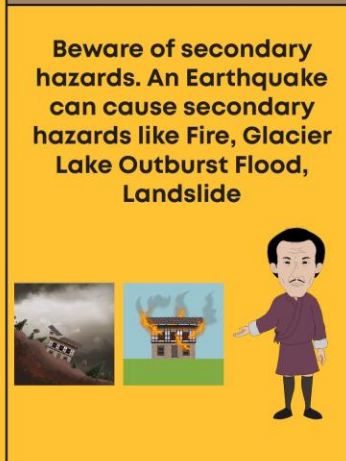
If you are trapped, cover your mouth and nose to avoid suffocation from dust



Use phone only if there is a need for an emergency assistance. Short messaging rather than voice call is advisable



Stay out of damaged building, powerlines, and be alert for rockfalls and other debris



Beware of secondary hazards. An Earthquake can cause secondary hazards like Fire, Glacier Lake Outburst Flood, Landslide



Don't be misled by rumors or disinformation. Stay informed and rely on information from authorized agencies



FIRE SAFETY

Before a Fire



INSTRUCTION

Use heater and electrical appliances as per manufacturer's instruction

Inspect and repair electrical appliances and avoid overloading

Don't run electrical wires or cords under carpets

Avoid or limit storing of hazardous materials such as kerosene, gas cylinders, dry wood near or inside the house

Keep matches, lighters and flammable products away from children and heat sources

Never leave fire unattended and ensure that the fire heat is completely extinguished

Butter lamps, incense sticks/powders, candles must be safely placed or secured

Remember **PASS** while using a fire extinguisher

1 PULL THE PIN
2 AIM AT THE BASE OF FIRE
3 SQUEEZE THE LEVER
4 SWEEP SIDE TO SIDE

A Ordinary combustibles: Wood, paper, rubber, fabrics and plastic
B Flammable liquids and Gases: Gasoline, oil, paint, lacquer and tar
C Fire involving live electrical equipment
D Combustibles metals or Combustibles metal alloys

Develop and implement fire evacuation plan with safe evacuation routes and sites

Install and maintain fire extinguisher and learn to use the correct types of fire extinguisher



FIRE SAFETY

During and after a Fire




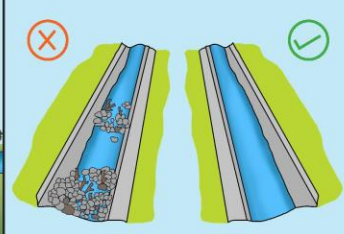
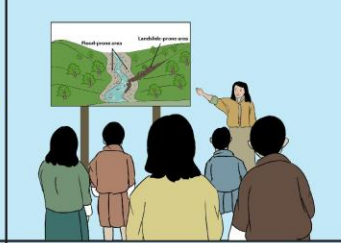

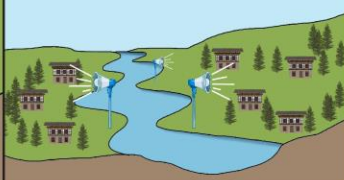



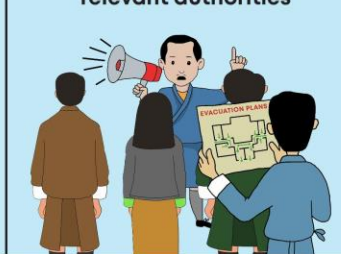

<p>Learn how to turn off the Miniature Circuit Breaker (MCB) and gas cylinder</p> 	 <p>Do not use any match, lighter or electrical switches in case of a gas leak</p>
<p>If you smell smoke or see fire, try to extinguish small fires using fire extinguisher, sand, water, wet blankets within the first two minutes of fire</p> 	<p>If you are not able to extinguish the fire, get out quickly, alert others, activate fire alarm and call fire services or police</p>  <p>FIRE (110) POLICE (113)</p>
<p>Evacuate the building quickly and carefully by following the evacuation routes and go to a safe evacuation area</p> 	 <p>If there is smoke in the room, "Get down low and GO, GO, GO". Inhaling rising smoke and toxic gases may kill you</p>
 <p>Do not run if your body catches on fires as it increases oxygen thus enlarging the fire</p>	 <p>If your clothes catches on fire: STOP DROP AND ROLL to extinguish the flames</p>



FLOOD SAFETY

Before a flood



<p>Select a safe site for your building and avoid building houses or amenities within the flood risk areas</p> 	<p>Keep water channels, drains and gutters clear of debris</p> 	<p>Know the flood and landslide prone areas in your locality</p> 
<p>If you live in flood prone areas, consider relocating or consult authorized agencies for advice and directives</p> 	<p>Know the Flood Early Warning System and Evacuation Plan of your community</p> 	<p>Participate in community flood preparedness action and mock drills</p> 
<p>Identify your safe evacuation routes and sites</p> 	<p>Stay informed and monitor the weather on TV/ Radio/ social media and follow the advisory</p> 	<p>Follow all evacuation instruction and order from relevant authorities</p> 
<p>If you have time before evacuating, switch off miniature circuit breaker (MCB) and turn off the gas</p> 		



FLOOD SAFETY

During and After a flood



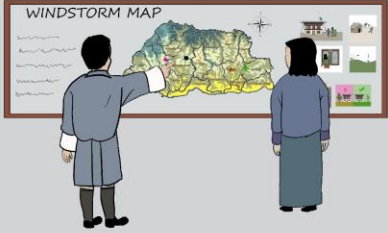




<p>Go to higher ground as soon as possible in absence of an evacuation plan or instruction</p> 	<p>Never attempt to cross or swim in any flowing water during a flood</p> 	<p>Stay away from bridges and river embankments</p> 
<p>Don't walk or drive in the flood water</p> 	<p>Stay away from underpasses as it can be filled with water</p> 	
<p>Stay away from falling power lines because the water must be electrically charged</p> 	<p>If your vehicle stalls in water, abandon it</p> 	<p>Do not drink, play or swim in flood water</p> 
<p>Don't consume fish or water species left by flood</p> 	<p>Make sure that food and drinking water is not contaminated</p> 	




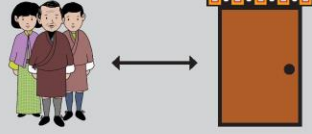
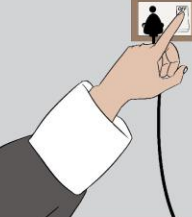




WINDSTORM SAFETY



Before a windstorm

<p>Know your history and risks of windstorm in the area</p> 	<p>Design and build windstorm resistant roofs</p> 	
<p>Periodically check the stability of roofing, windows and doors</p> 	<p>Identify safe places in and outside your building</p> 	<p>Monitor weather and get information from relevant agencies</p> 

During and after a windstorm

<p>IF YOU ARE INDOOR</p> <p>Close all windows and doors</p> 	 <p>Stay indoor away from all windows and doors</p>	 <p>Turn off electricity and other appliances</p>
<p>Evacuate to lower floors of an identified safe location in the house</p> 	<p>If you live in a temporary and unstable structure, evacuate to a stronger shelter</p> 	<p>IF YOU ARE OUTDOOR</p> <p>Check and assess building conditions before entering your house</p> 
<p>Take shelter in a nearby safe structure or if there is no safe shelter go to open place away from electric poles, prayer flags, etc.</p> 		<p>If you are driving pull over to a safe place and stay inside</p> 