



EARTHQUAKE SAFETY

Before an Earthquake



- ✓ Building Codes
- ✓ Land use planning

Design and build earthquake resilient homes

Insure your home and properties

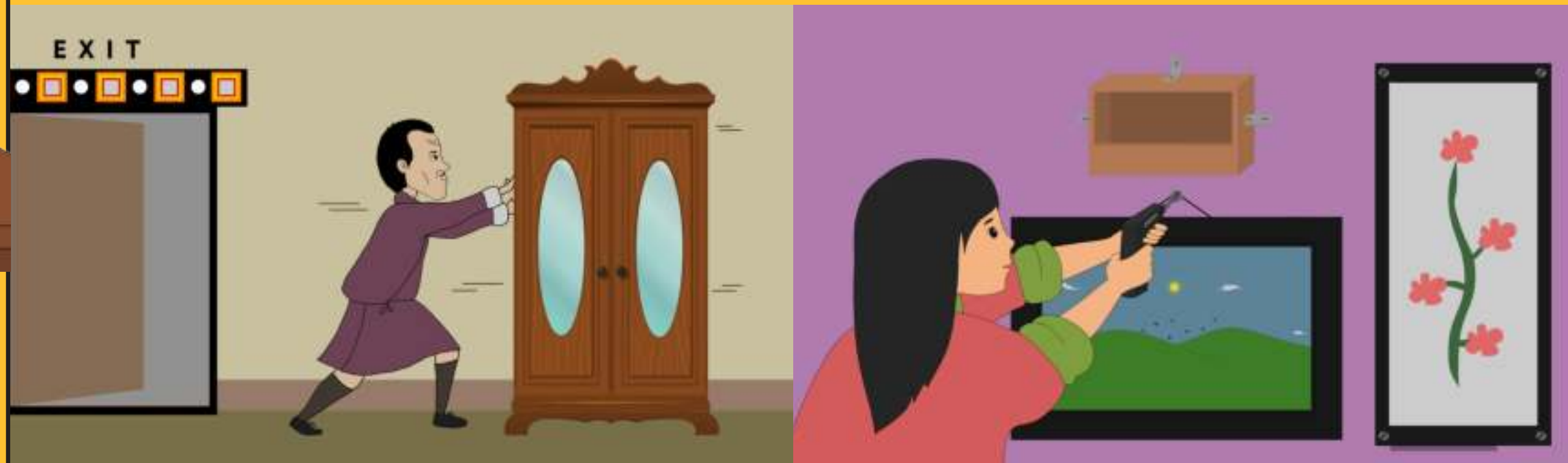


Develop a disaster management plan for your family involving all members and update your plan regularly



Prepare and Keep a Disaster Supplies Kit

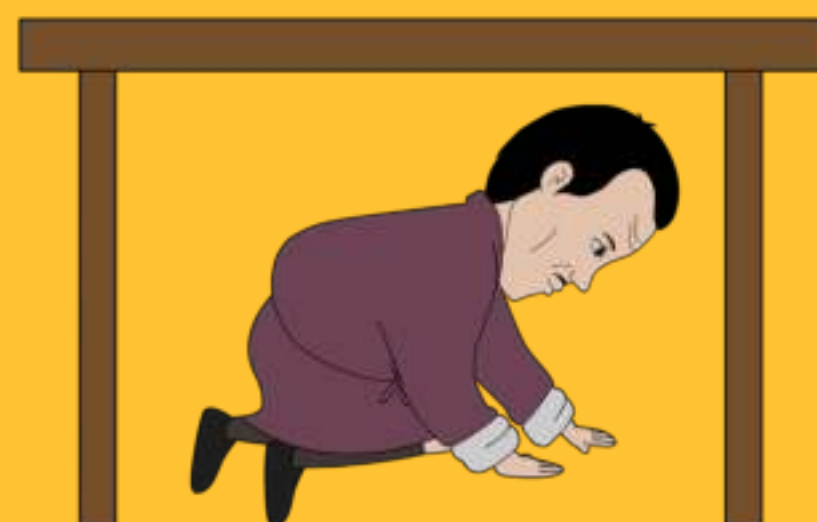
Identify and secure objects that could fall, slide or collide during shaking or block exits



DROP



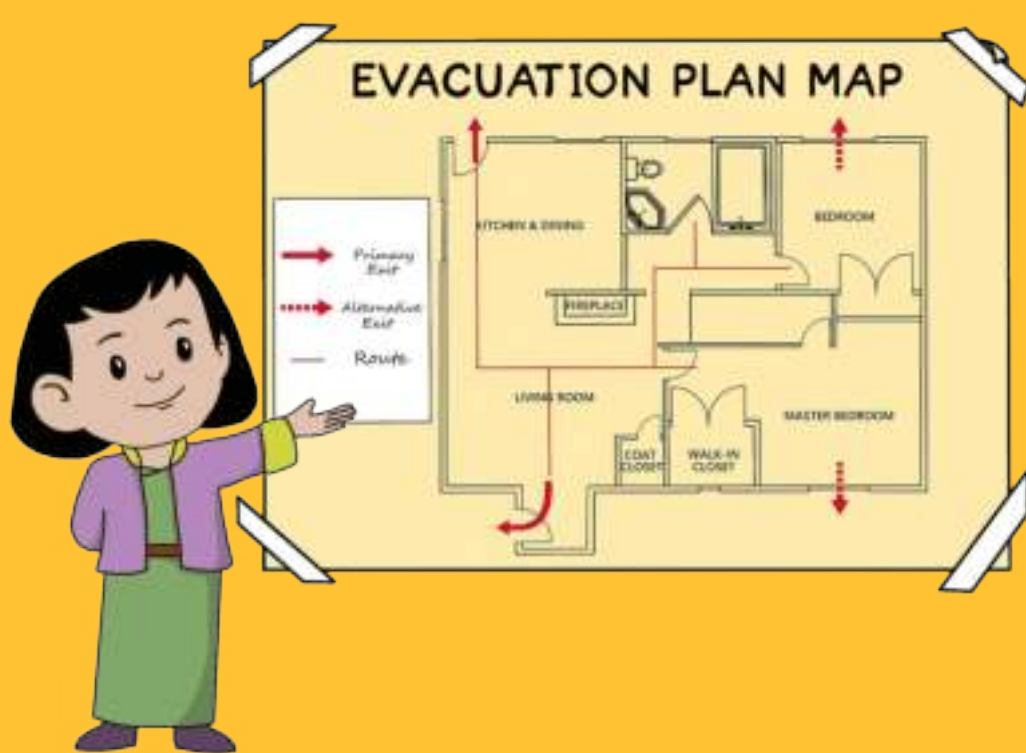
COVER



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