



EARTHQUAKE SAFETY

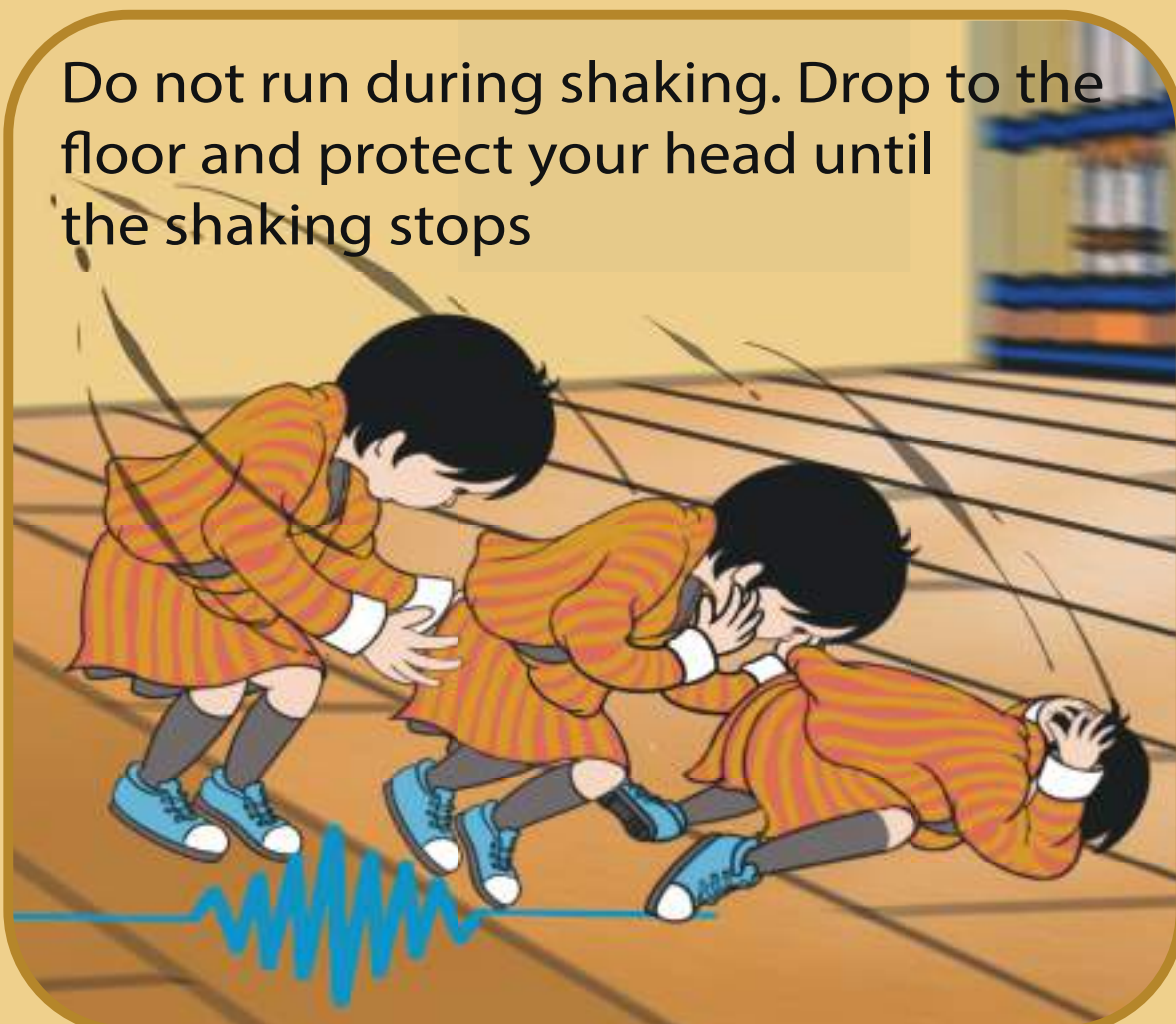
During an earthquake



IF YOU ARE INDOOR



Stay calm and move away from windows, cupboards, altar, fans etc



Do not run during shaking. Drop to the floor and protect your head until the shaking stops



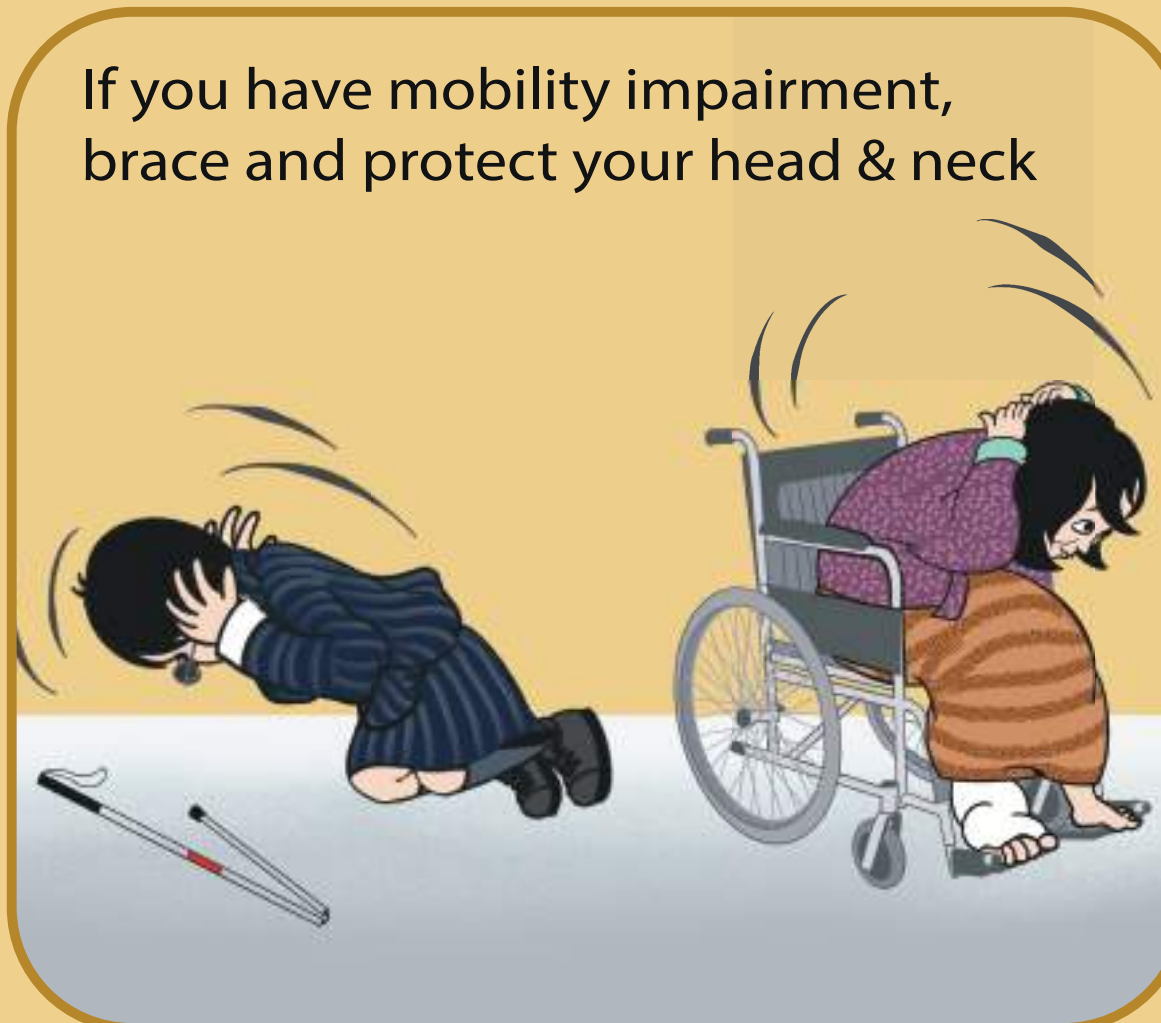
If you are nearby a table, **Drop Cover Hold** on to the table's leg



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



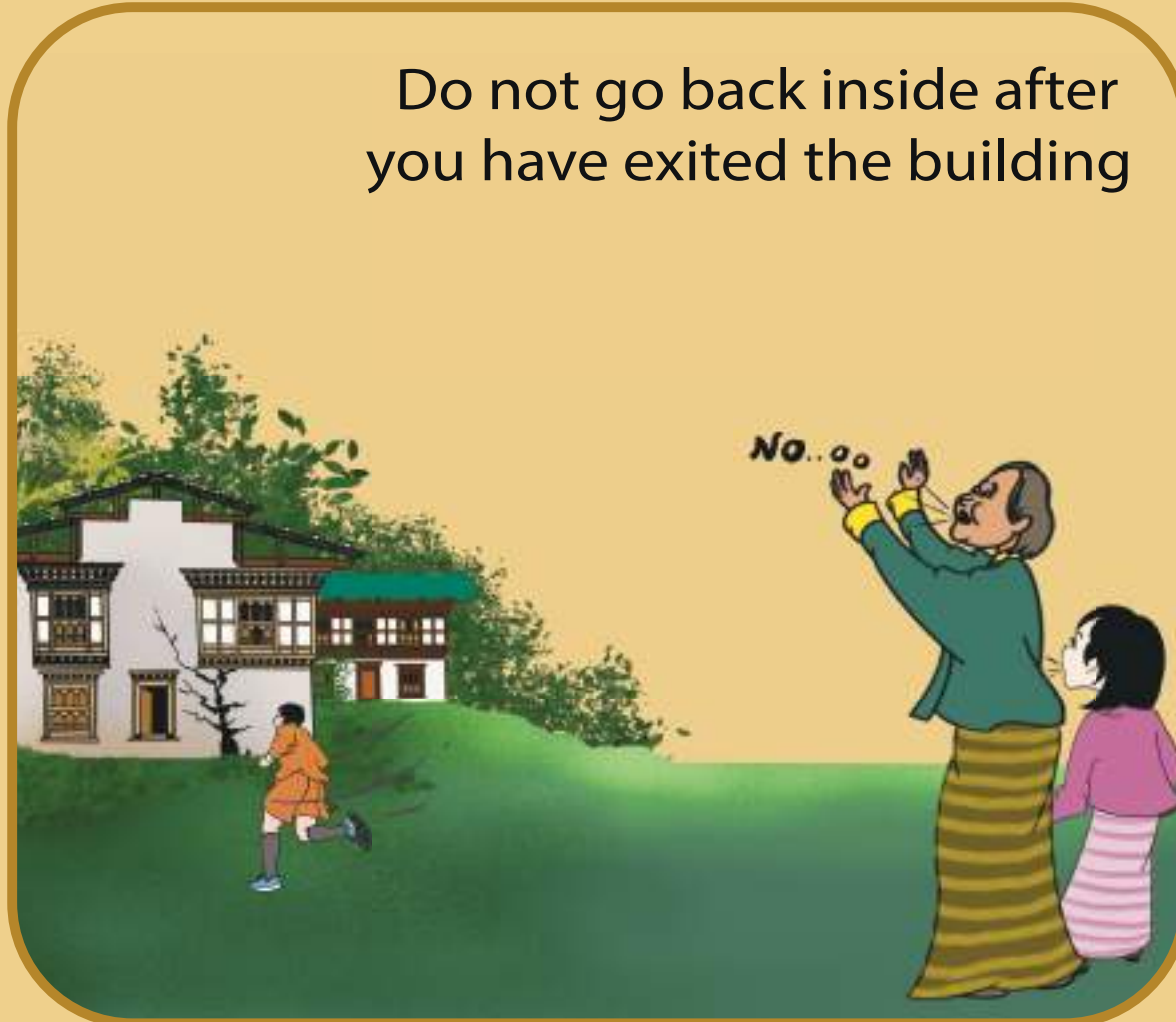
If inside a theatre or stadium, brace and protect your head with your arm



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



Carefully exit the building after the shaking stops



Do not go back inside after you have exited the building

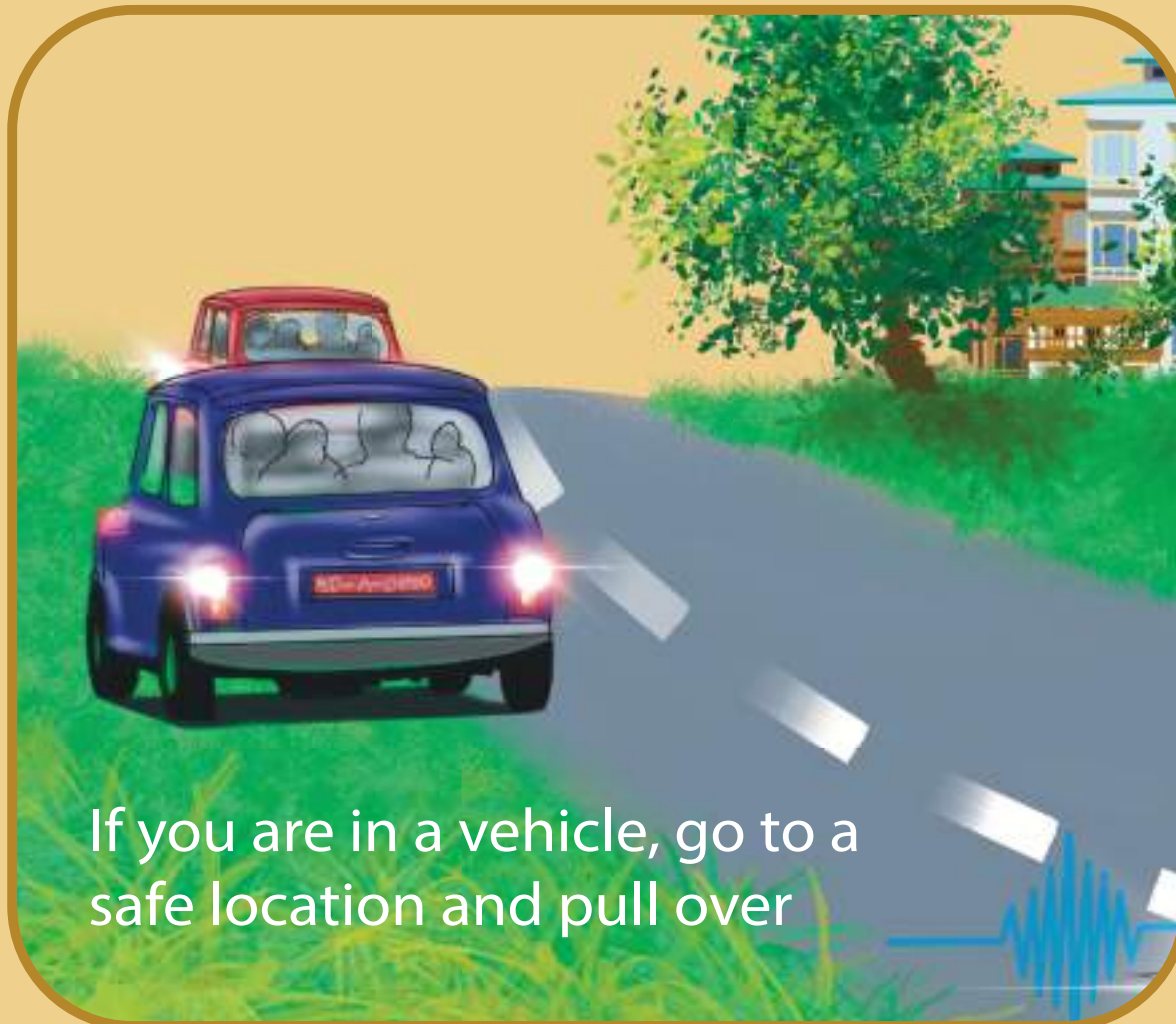


If you are on the ground floor of a stone or adobe earth houses, exit quickly and carefully as soon as shaking starts

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



999
Disaster Communications & Helpline Unit



113
Royal Bhutan Police



111
Traffic Police



110
Fire Fighter Division



112
Ambulance