

THE EARTH TREMMBLES



14 OF NOVEMBER - 11:14

DROP



COVER



HOLD ON



BRAKE



COVER



HOLD ON



BEFORE

- Make an Emergency Plan for your family:
 - Make sure everyone knows what to do.
 - Arrange a meeting point.
 - Have emergency services phone numbers handy.
- Secure bookshelves or heavy furniture to the walls of your home. Place heavy or large objects on the floor or on lower shelves.
- Identify the safest places to take shelter, assigning them to each of your family members: interior doorways, corners of main walls, under tables and beds.
- Know the most dangerous places to avoid: near windows, mirrors, lamps, furniture and other objects that could fall, as well as elevators and exits to the street.
- Teach all family members how to turn off the electricity and turn off the water and gas and train.
- Organize your emergency kit and store it somewhere accessible and known to everyone, including children.
- Have a supply of water, food, medicine for two or three days, a fire extinguisher, flashlight...
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DURING

DROP COVER HOLD ON

Inside Buildings:

- If you are on one of the upper floors of a building, do not rush to the stairs.
- Never use elevators.
- Take shelter next to a beam or pillar, in the corners of rooms or under a sturdy table or bed.
- Stay away from windows and mirrors, furniture, lamps and other objects that could fall.

On the Street (on foot or in any vehicle)

- Stay away from buildings (especially the most dilapidated, tall or isolated ones) from electricity poles and other objects that could fall on them.
- Stay away from embankments, walls, chimneys and balconies that could collapse.

AFTER

- Stay alert as replicas may occur.
- Make sure you are not injured and try to help anyone nearby.
- Do not rush to the stairs or exits and never use elevators.
- Do not smoke, nor light matches or lighters.
- Turn off the water and gas and turn off the electricity. Avoid contact with glass, electrical cables and metallic objects.
- Turn on the radio and follow the recommendations that are broadcast.
- Leave your home if you notice that it has suffered serious damage.
- As soon as possible, go to an open place, preferably a high point or watercourses, and only return home when the authorities advise you to do so.
- Leave the streets free for emergency vehicles.
- In case of emergency (serious injuries, gas leaks or fire), call 112.

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