**AFTER**

Be prepared for aftershocks. Once the shaking stops, take the fastest and safest way out of the building.

**Don't...**
- use elevators.
- enter damaged buildings.
- use telephones unless necessary.
- PANIC.

**Check...**
- for spills of chemical, toxic and flammable materials.
- and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.
**BEFORE**

**Prepare your homes, workplace or schools:**
- Strap or bolt heavy furniture/cabinets to the walls.
- Check the stability of hanging objects like ceiling fans and chandeliers.
- Breakable items, harmful chemicals and flammable materials should be stored properly in the lowest secured shelves.
- Conduct and participate in regular earthquake drills.

**Familiarize yourself with the exit routes:**
- Know where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

**DURING**

**STAY CALM.**
When you are INSIDE a structurally sound building or home...

**STAY THERE!**
- If possible, quickly open the door for exit.
- Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.

**Stay away from glass windows, shelves, cabinets and other heavy objects.**
- Beware of falling objects. Be alert and keep your eyes open.

**If you’re OUTSIDE...move to an open area!**
- Stay away from trees, powerlines, posts and concrete structures.
- Move away from steep slopes which may be affected by landslides.

**If you’re in a moving vehicle, STOP and get out!**
- Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.