

Planning for an Earthquake

What to do in advance

- **Discuss** preparations with your family and work out an emergency plan. All family members should know what to do in case of an earthquake. Plan where you will go after the earthquake, and agree when and where you will meet. Have a list of all emergency telephone numbers. Make sure that all family members know how to turn off switches in the house (electricity, gas, water).
- **Get information** on simple anti-earthquake measures to be taken in the house and put them into effect. These measures include anchoring heavy objects to the walls (e.g. furniture, paintings, mirrors, and water heaters) and placing fragile objects on low shelves.
- **Get the necessary survival supplies** such as a torch, a portable radio, first aid kit and a fire extinguisher.
- All family members should **learn about earthquakes and be prepared.**

During an earthquake

- **Stay CALM.**

If you are indoors

- Don't rush outside.
- **Take shelter under a solid table or another sturdy piece of furniture.**
- Keep away from all areas of danger such as windows and heavy furniture.
- Don't go out onto balconies.

If you are outside

- Stay there. Don't go into any buildings.
- Stay clear of buildings, walls and electrical lines.
- **Remain in an open safe area such as park or square.**

If you are on the road / in a car

- **Stop in a safe area without causing disruption or danger to other motorists.**
- Avoid garages, traffic lights and bridges.

After an earthquake

- Only use the telephone for emergency calls.
- Do not use your car as you can cause traffic jams and delay ambulances.
- **Follow the instructions issued by the authorities.**
- **Do not listen to rumours.**
- Be ready for additional tremors called "aftershocks".
- If you are indoors, leave the building after the tremors stop, use the stairs **not the elevator.** Move carefully watching out for things that have fallen or broken, creating hazards.

Source: Earthquake Planning and Protection organisation of the Ministry of Environment Planning and City Works. See: www.oasp.gr