

# Get Ready for the **Earthquake**

*Stay Calm.  
Be Prepared!*



*Be Informed!*



Follow

**5**

steps

before the earthquake,  
during the earthquake,  
after the earthquake.



- ✔ Fasten properly tall and heavy furniture (bookcases, file cabinets, etc.) with metal brackets to the wall.
- ✔ Don't hang heavy objects over couches or other places where people sit or sleep.
- ✔ Brace overhead light fixtures and overhead items properly.



- ✔ Place heavy and fragile objects to lower shelves.
- ✔ Secure heavy items such as shelves, pictures and mirrors to walls.
- ✔ Move tall furniture away from exits.

# Before the earthquake: Get prepared...

*Discuss with your family and select the nearest, open, safe place to meet after an earthquake.*



- 1 Get informed** about the earthquake, the seismicity of your region and the self-protection measures in a case of an earthquake.
- 2 Discuss with members of your family** and identify the safest places in each room of your home. Know how to turn off the electricity, water and gas. Provide all family members with a list of important emergency numbers (e.g. European Emergency Number: 112). Locate the nearest, safe place for your family to meet after the shaking stops.
- 3 Keep a household emergency kit** containing items such as first aid kit, battery-operated radio, flashlight, whistle, etc.
- 4 Make your home a safe place.** Identify potential hazards and try to reduce them. Place heavy and fragile objects to lower shelves. Secure properly tall and heavy furniture, light fixtures, ceiling fans etc.

- 5** Repair any possible damage in your building e.g. cracks.
- 5** Hold earthquake family drills to practice what you have learned.

## *Prepare*

### *a Disaster Supply Kit*



*first aid kit  
portable radio  
flashlight...*

*EPPO's Advice  
is Very Wise!*



*Drop to the floor, take cover under a sturdy table and hold on until the shaking stops.*



- 1** **If you are indoors**, stay where you are. Minimize your movements to a few steps to a nearby safe place until the shaking stops. Remain calm.
- 2** **Drop to the floor**, take cover under a sturdy table and hold on until the shaking stops. If there isn't a table or desk near you, move to the center of the room, crouch to the floor and cover your head and your back neck with your arms: stay there until the shaking stops. Stay away from glass, windows, tall furniture and anything that could topple over and hit you.
- 3** **If outdoors**, stay there and move away from buildings facades, streetlights, utility wires or other dangerous spots.

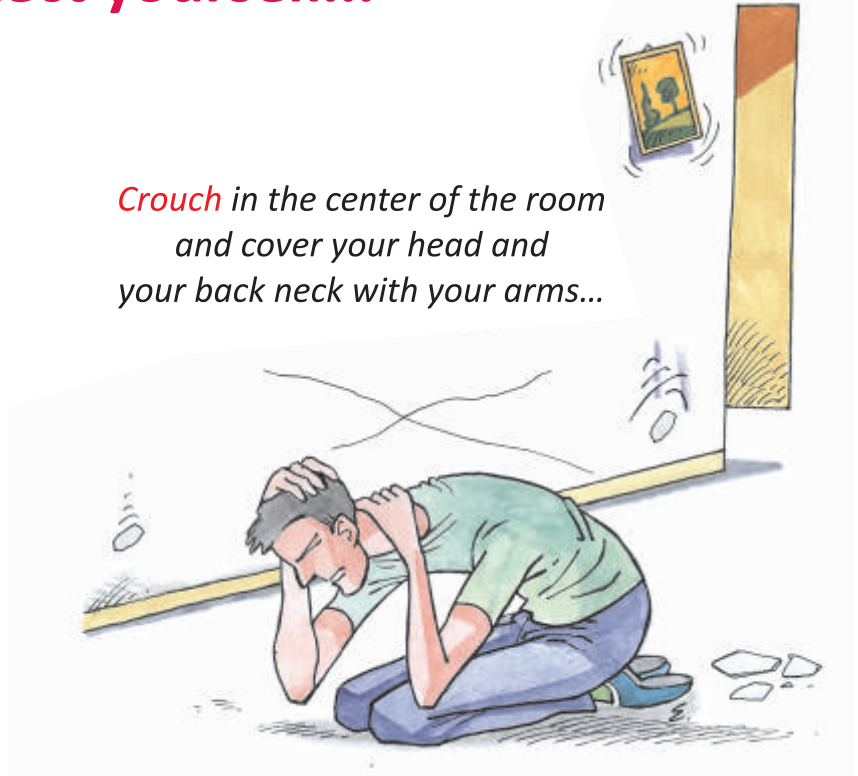
*Remain calm!*

*This is the only way to react appropriately.*



# Protect yourself...

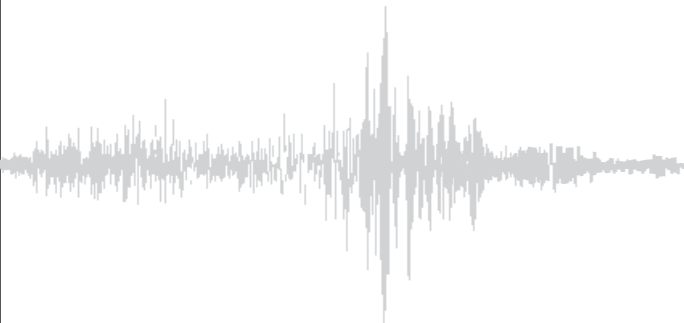
*Crouch* in the center of the room  
and cover your head and  
your back neck with your arms...



- 4** Stay away from coastal areas, move to higher ground immediately. A strong earthquake may cause tsunamis.
- 5** If you are in a moving vehicle slow down, pull over to the side of the road and stop. Avoid buildings overpasses, bridges, electrical wires, etc.

*Stay where you  
are until the  
shaking stops.*

**Drop!  
Cover!  
Hold On!**



*EPPO's Advice  
is Very Wise!*





## After the earthquake:

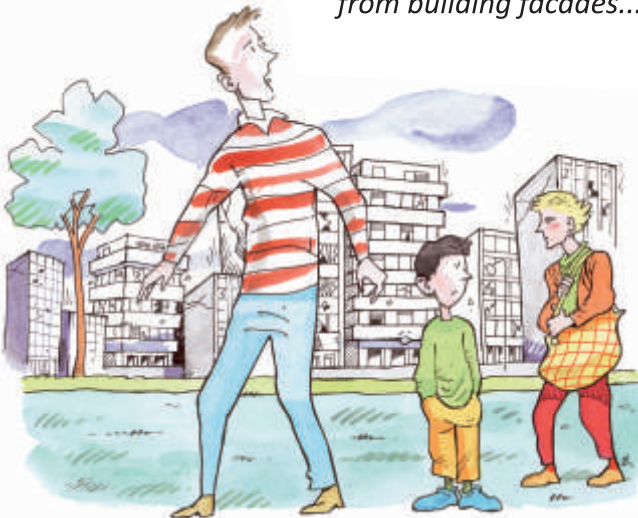
# Follow your earthquake disaster emergency plan ...

*Evacuate the building using the stairs. Do not use the elevator...*

- 1 Turn off the gas, power and water** at main switches. Protect yourself by wearing sturdy shoes and clothes. Take your emergency supply kit and evacuate the building using the stairs.
- 2 Use the telephone only for emergency** calls. Do not use your car unless it is necessary.
- 3 Go to the open and designated meeting place.** Keep away from building facades and other dangerous spots.
- 4 Expect aftershocks.** These secondary shockwaves are usually less violent than the main quake but can be strong enough to do additional damage to weakened structures.



*Go to the open, safe and designated meeting point. Stay away from building facades...*



- 5 Help persons in need.** Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help (Fire Service: 199, Emergency Ambulance Service: 166)

Earthquakes are natural phenomena and happen all the time. Greece is located in one of the most active tectonic regions of the world. This means that a lot of earthquakes usually happen in this area, but the most of them are not even felt.

**Get ready**, so you can protect yourself during the earthquake and behave appropriately after the earthquake.

*EPPO's Advice  
is Very Wise!*



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