



**Earthquakes often
happen in Greece.
All of us should
know what to do
when an earthquake
strikes**



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EARTHQUAKE PLANNING AND PROTECTION ORGANIZATION (E.P.P.O.)



EUROPEAN CENTRE ON PREVENTION AND FORECASTING
OF EARTHQUAKES (E.C.P.F.E.)

Earthquakes

- ▶ The ground we walk on and build our houses on is stable.
- ▶ Sometimes we feel the ground move. That's when an earthquake happens. An earthquake starts suddenly and does not last long. Sometimes the strength of an earthquake is very big.
- ▶ During an earthquake walls may crack, windows may break, heavy things may fall down. Electricity, water and telephone may be cut off.



This booklet was created using the «easy-to-read» method, for people who have difficulties with reading and understanding written text, in order to raise awareness about earthquakes.

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An earthquake is happening

What should I do?

- ▶ When an earthquake happens and I am in a house, at school or at work,
I go under a sturdy table or desk.
I hold onto its leg.



- ▶ If there isn't a table or desk near me,
I go to the middle of the room that I am in.
I crouch down and cover my head with my hands.



- ▶ When an earthquake happens and I am outside,
I stay away from buildings.



The earthquake stops

What should I do?

- ▶ I only use the stairs.



- ▶ I exit the building.
I do not run.



- ▶ I go to the meeting place
to meet my family,
teachers or co-workers.



- ▶ If I cannot leave the building, I shout loudly so that other people can hear me and help me.



- ▶ I stay outside of buildings until I learn when I can go back inside.



I get ready for an earthquake

I talk with my family and carers

- ▶ We agree on the open place to meet at when the earthquake stops and we leave the building.



- ▶ I make a card with my name and the telephone numbers of my family and carers. I keep this card with me at all times.



- ▶ I ask to do earthquake drills.



- ▶ I ask for bookcases, shelves, frames, mirrors and lighting fixtures to be secured to the walls.



- ▶ I ask for shelves and other heavy things to be removed from above my bed.



- ▶ I talk about my feelings. An earthquake may scare me because it starts suddenly. I will be sad if something bad happens. I will be happy when it stops and we are all well.



I am less afraid of earthquakes now because I know what to do



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