

Get ready for an Earthquake

Guidelines for people with mobility impairments

Before an earthquake



- ▶ Be informed about the earthquake, the seismicity of your region and the self - protection measures.



- ▶ Create your Personal Support Network.



- ▶ Learn about what you should do in order to protect yourself in case of an earthquake.



- ▶ Cooperate with your Personal Support Network to make safe your place.



- ▶ Take part in earthquake drills.

Protection Measures during an earthquake



- ▶ Remain calm.
- ▶ Stay where you are, as far as possible from hazards.

- ▶ Lock immediately the brake of your wheelchair or of the walking aids you use if it has wheels.



- ▶ Crouch towards your knees as much as possible and cover your head and your back neck with your arms.
- ▶ Stay at this position until the shaking stops.

After an Earthquake



- ▶ Stay calm and apply your emergency plan.
- ▶ Be sure that you have taken with you your disaster supply kit which you have already prepared.
- ▶ Evacuate carefully the building if you are able to do it by yourself. Otherwise, ask from your Personal Support Network or other people who are close to you, to help you or call immediately the emergency services.



- ▶ Go carefully to the open, safe place you have predetermined.
- ▶ You have to know that aftershocks may follow the main shock.
- ▶ Get guidelines only by competent authorities.

Personal Support Network

It is a network consisted of at least 3 persons that the individual can absolutely trust. Members of the network can be persons from his familiar environment (family, friends or workplace). The purpose of the network is to support people in case of an emergency.

