

EARTHQUAKES

LIFE-SAVING GUIDELINES

INSIDE A BUILDING

- If you can leave the building within a few seconds - go outside immediately.
- If you cannot leave the building within a few seconds - enter the protected room and leave the door and window open.
- If you do not have a protected room (Mamad) - go out to the stairwell, and if possible, continue down until you exit the building. Do not use the elevator.
- Only if you cannot follow the above - sit in the inner corner of the room or under heavy furniture and protect your head with your hands.

OUTSIDE

- Stay out in the open and away from building, trees and electric cables and items that might fall and risk your lives.

IN A VEHICLE

- Immediately stop at the side of the road and wait inside the vehicle until the earthquake is over – the vehicle protects you.
- Avoid stopping under a bridge, on an intersection, near buildings or under a steep slope for fear of collapsing, and distance yourself from it by car or on foot.
- Use signs indicating the direction of the escape routes to the marked gathering areas

CLOSE TO THE BEACH

- Stay at least one kilometer away from the beach or go up to a fourth floor or higher, for fear of a Tsunami flooding the beach.
- Use signs indicating the direction of the escape routes to the marked gathering areas.

IMPORTANT

- Treat every earthquake as if it is a serious earthquake and immediately move to a safe place in accordance with the guidelines.
- Protect yourself as follows: Get down on your knees, stay on the ground and protect your head with your hands.
- Stay as far away from buildings, trees, electrical cables as possible, and from items that could fall and endanger you.
- Get updates from messages circulated in the media and wait for further instructions.