

# HOW TO PREPARE YOUR FAMILY FOR EARTHQUAKE?

**1. Check the location of your house** if along or near an active fault, prone to landslide, liquefaction and tsunami.

**2. Assess your house using the "How Safe is my House?"** - tool for self-check for earthquake safety

**3. Orient family members** about earthquake and its hazards.



**4. Teach each member** on what to do before, during and after an earthquake  
e.g during earthquake **"DUCK (DROP), COVER, and HOLD"**



**5. Conduct observation on safe and unsafe spots in your house.**

Have your family member identify each.

**6. Prepare family emergency supply kit.**



**7. Prepare family evacuation procedure.**

**8. Familiarize your family with the community earthquake evacuation plan.**

Walk-through the evacuation route going to the designated evacuation area (open space)



**9. Know the community emergency contact numbers and facilities**

such as police and fire stations, hospitals, schools, barangay hall, etc.



**10. Regularly conduct earthquake drill**

with your family and other household members. Actively participate during community-wide drill.

**11. Teach your family basic first aid,** how to use the **fire extinguisher,** switching off **waterlines, gas tanks,** and **circuit breaker.**



**12. Agree on how to reunite with family members and plan to communicate**

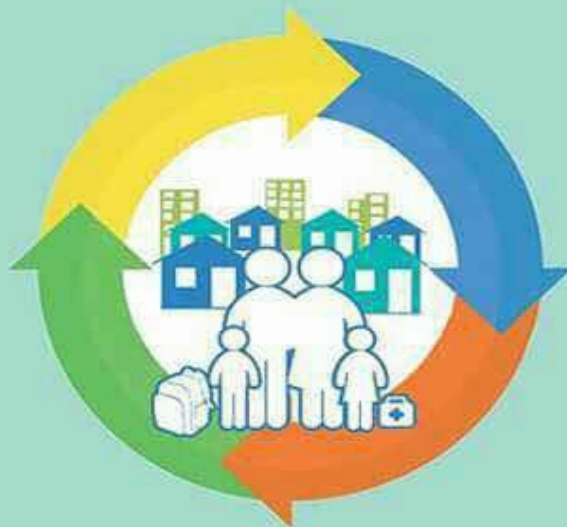


✓ Have an agreed meeting place.

✓ Designate a friend or relative outside your area to be contacted

✓ If you have children, inquire with the school administrators about their school policies during earthquakes.

✓ Know where the school-designated evacuation area.



## Community & Family EARTHQUAKE SAFETY GUIDE

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### WHAT'S INSIDE AN EMERGENCY SUPPLY KIT?

**Basic items** inside the emergency supply kit that could last for **3 days** or **72 hours**. It should be **water proof,** in **safe place** and **easy to find**.

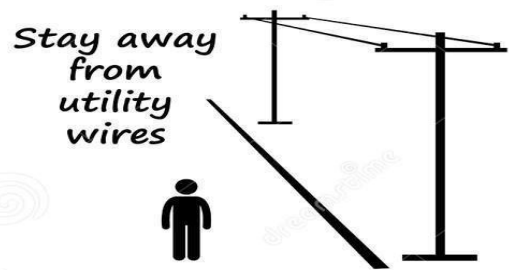
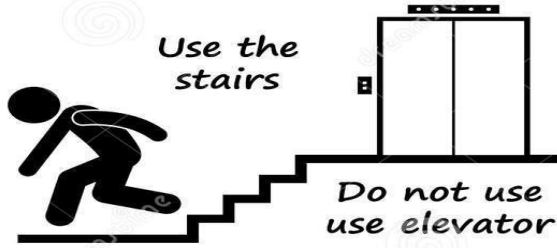
- First aid kit
- Food
- Bottled water
- Flashlight and spare batteries
- Battery-operated radio
- Candles and matches, lighter
- Whistle
- Knife
- Blankets, spare clothes and shoes
- Rope (at least seven (7) meters)
- Toiletries
- Permanent marker, pen and paper
- Emergency contact information
- Important documents
- Cash

If necessary

- Baby food
- Medication (those with special needs)

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# In Case of Earthquake



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## WHAT IF...



<p><b>TAYLOR</b></p> <p>...I CAN'T GET HOME?</p> <p><b>PLAN WHERE TO MEET UP WITH LOVED ONES AFTER AN EMERGENCY.</b></p>	<p><b>MOM</b></p> <p>...I CAN'T FIND MY LOVED ONES?</p> <p><b>CREATE A BACK UP PLAN IF YOU'RE LEFT WITHOUT PHONE OR INTERNET.</b></p>	<p><b>DAD</b></p> <p>...I'M STUCK AT HOME?</p> <p><b>HAVE THE SUPPLIES YOU NEED TO GET BY.</b></p>	<p><b>ALI</b></p> <p>...I HAVE TO LEAVE IN A HURRY?</p> <p><b>KNOW WHAT TO BRING AND WHERE TO GO.</b></p>	<p>...I CAN'T GET OUT?</p> <p><b>HAVE AN ALTERNATE ESCAPE IN CASE YOUR EXIT ROUTE IS BLOCKED.</b></p>
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# WHEN IT HITS Where will you be?

## BACKWOODS

Move away from cliffs and steep embankments where there might be falling debris or a landslide.

After the quake, get away from river beds, which may be carrying debris or surges of water and mud.

Avoid bridges and underpasses.

Parking garages are especially vulnerable during quakes.

## ON FOOT

If you're among high-rises, duck into a lobby. In other areas, move away from buildings. Falling bricks, debris and glass pose the greatest risks.

## IN TRANSIT

If you are driving, stop your vehicle away from buildings, bridges and utility lines. Set your parking brake. Stay inside the car until shaking stops.

## OUTSIDE

Move to an open area, away from buildings, streetlights and utility wires.

## COASTLINE

If you are near the water, move to high ground immediately to escape a potential tsunami. If the epicenter is near, you could have only a few minutes before the first wave hits.

## INDOORS

Avoid objects that could fall.

**Don't go outside**, or use stairs or elevators, until the shaking stops.

**In crowded public places**, such as a store, do not rush to the exit. Move away from shelves and other objects that could fall. In an auditorium or stadium, crouch down between the rows and cover your head and neck.

**Duck under a sturdy table**, desk or counter, and cover your head and neck to prevent injury from glass and debris. Hang onto a furniture leg and move with it if the shaking is severe.



**If there's no table**, go to an inside wall, a corner of the room or lie down next to a couch.

# What to Do After an Earthquake

## When the shaking stops, you should:



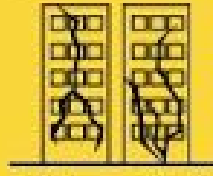
Expect aftershocks.



Check yourself and then others.



Look for fires.



Stay out of damaged buildings. Damaged buildings may be destroyed by aftershocks following the main quake.



If you were away from home, return only when authorities say it is safe.

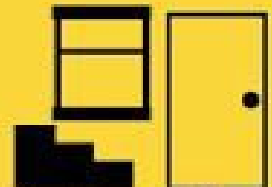
## When you return home:



Be alert for and observe official warnings.



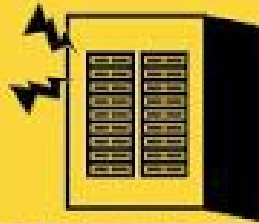
Use extreme caution. Check for damage outside your home. Then, if the structure appears safe to enter, check for damage inside.



Examine walls, floors, doors, staircases, and windows.



Check for gas leaks. If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas.



Look for damage to the electrical system. If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.



Check for damage to sewage and water lines. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap.



Watch for loose drywall and ceilings that could fall.