

EARTHQUAKES

BEFORE THE EARTHQUAKE

- Fix shelves and bookcases to the walls.
- Screw fuel and water tanks as well as heaters to the walls.
- Put heavy objects to lower shelves.
- Remove heavy objects from above beds and sofas.
- Fix all lights.
- Specify well protected spaces in each room of the house
 - Under steady desks or tables.
 - Away from glass surfaces and bookcases.
 - Away from exterior walls.
- Specify safe spaces outside the house
 - Away from buildings and trees.
 - Electric and telephone cables.
- Check the correct function of the electric network as well as all connections of the gas network.
- Inform all family members of how to turn off the switches/valves (water supply, electricity, gas).
- Inform all family members of the above mentioned measures.
- Get a portable radio with batteries, a torch and a first aid kit.
- Inform, especially the children of the family, of the emergency numbers (112, 100, 166, 199, etc).
- Agree on a specific place to meet after the earthquake.

DURING THE EARTHQUAKE

- **If you are inside the house**
 - Remain calm.
 - Cover yourself under any steady furniture and protect your eyes using the interior side of your hand.
 - If there isn't any steady furniture around you, sit on the floor turning your face towards the interior wall, away from windows and furniture which could fall on you.
 - If you are in bed, do not move and protect your head using a pillow.
 - Do not try to move away from the house.
 - Do not use the elevator.
 - Do not go out in the balconies.

If you are on a tall building move away from glasses and exterior walls.

If you are in a recreation place or in a store or mall, remain calm and avoid panic. Stay away from the crowd which could probably be moving irregularly to exits.

- **If you are outside the house**
 - Move away from neighbouring buildings as well as from electric or telephone cables.
 - Cover your head using a briefcase or a purse that may be available.
 - Stay in an open space until the earthquake shock stops.
- **If you are using a vehicle**
 - Drive to an open space and stop the car immediately.
 - Stay inside the car until shaking stops.

- Avoid bridges or pedestrian overpasses.

AFTER THE EARTHQUAKE

- Be prepared for the aftershocks.
- Check for possible injuries to you or anyone around you.
- Do not move seriously injured persons.
- Follow the instructions of the authorities and do not believe in ungrounded rumors.
- Use the telephone only in emergency to avoid an overload of the telephone network.
- Do not use the car, impeding the rescue parties.
- Avoid entering the house especially if you see damages, smell gas or see any cables destroyed.

If you are close to the seaside (tsunami)

- The earthquake constitutes a natural warning for an oncoming tsunami. After a strong earthquake, move away from the seashore or from areas of low altitude next to the sea.
- Stay away from seaside areas until you are informed by the competent Service that risk is over. A tsunami is not only a wave but a series of waves with different time of arrival at the seashore.
- Do not approach the shore in order to watch a tsunami coming. When you see the tsunami coming, it will probably be too late to avoid it.
- In many cases, an oncoming tsunami is preceded by an important increase or decrease of the water level. This phenomenon constitutes a warning of the nature and should be seriously taken into consideration.
 - Not all earthquakes cause a tsunami. However, when you feel an earthquake, stay alert. A warning for an oncoming tsunami may follow.
 - A relatively small-sized tsunami could be transformed to an extremely dangerous tsunami in a distance of several kilometers.

AT SCHOOL

- **During the earthquake indoors**
 - Cover yourself quickly under the desk.
 - Fall on the knees and cover your head with your hands.
 - Stay away from the windows.
 - Stay where you are until you are given more instructions by your teachers.
- **During the earthquake in an open space**
 - Listen carefully to the instructions of your teachers and stay away from other buildings, trees and cables.
 - Sit on the ground and cover your head with your hands.
 - Stay outdoors.
 - If you are in the way to school, do not change your itinerary and go on in the same direction.
 - If you return home from school, do not change your itinerary and go on in the same direction.