

Earthquake Safety during COVID-19

A guide for your family

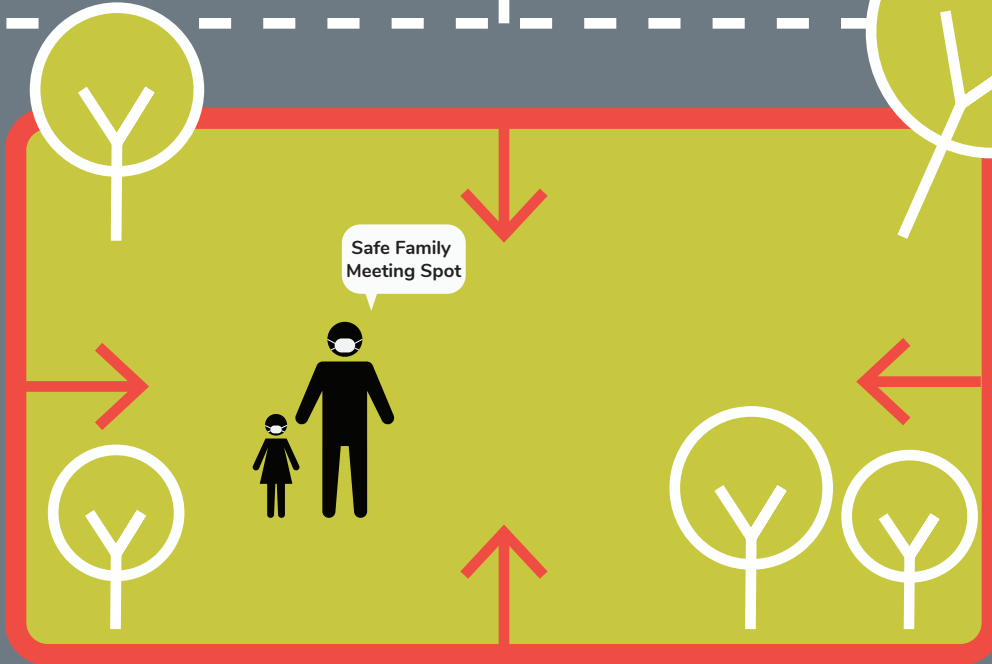
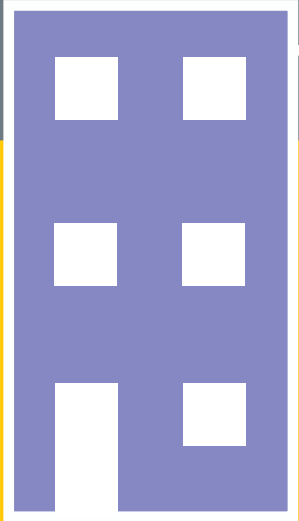
IF INDOORS

Drop.
Cover.
Hold.



**when
the earth
starts
shaking**

Don't panic!
Keep calm.



I have the
Go-Bag!



IF OUTDOORS

Stop the car at a safe
spot away from falling
poles, trees etc.

Off to the
park



earthquake risk

Movement of two major tectonic plates - the Indian Plate and its collision with the Eurasian Plate - has produced many large earthquakes in the Himalayan region.

Do you know about the Chamoli and Uttarkashi earthquakes which happened in 1991 and 1999 respectively?

uttarakhand

?

Has your home town faced a major earthquake yet?

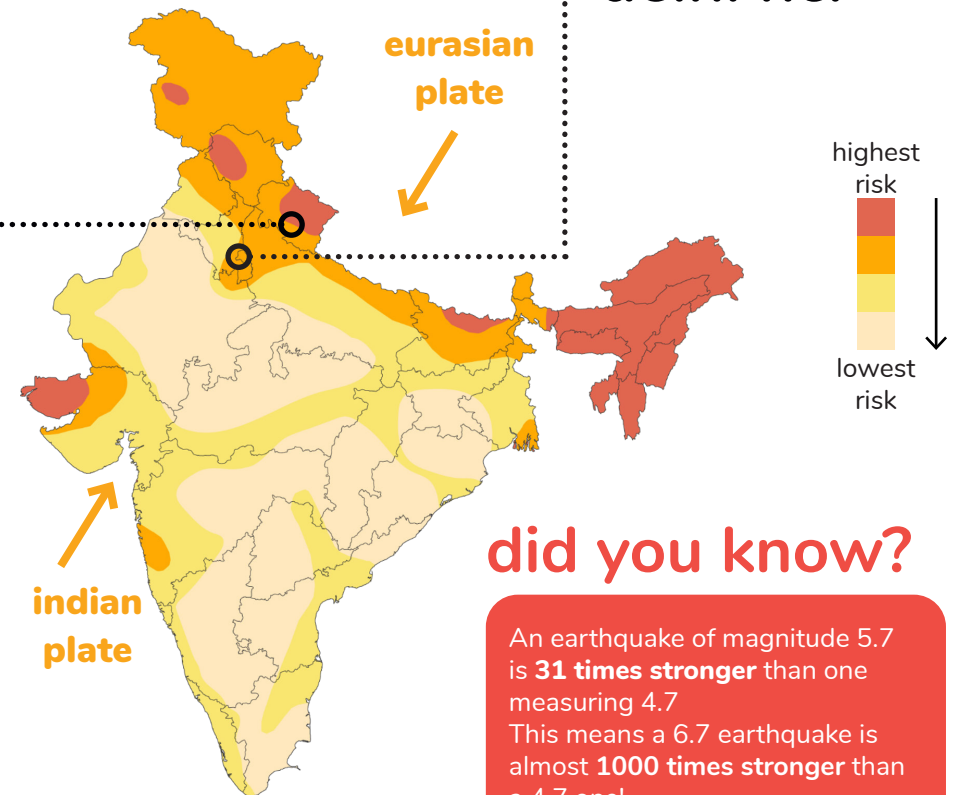
Yes No

What all do you know about it?

.....
.....
.....

Delhi NCR's risk of earthquakes stems from its location on the Gangetic plain, along fault-lines, and near the Himalayas. There are numerous faults in this region, like the Moradabad, Panipat and Sohna faults. The strongest earthquake till date has been the Bulandshahr event of 1956 with magnitude 6.7.

delhi ncr



did you know?

An earthquake of magnitude 5.7 is **31 times stronger** than one measuring 4.7. This means a 6.7 earthquake is almost **1000 times stronger** than a 4.7 one!

prepare your family

Earthquakes don't kill people, buildings do.

It is hence important for you to check your home and neighbourhood for possible hazards which could pose danger in case an earthquake strikes. Heavy movable furniture, glass objects, unclear exit routes, unsafe construction of buildings among other things are what make us vulnerable even inside our homes.

hazard hunt at home

Do a hazard hunt in your home with your family members to map and tickmark the following!

- Remove heavy objects from high walls
- Fasten all loose and movable objects properly
- Place objects such as heavy almirahs away from doors so that they don't fall and block exits



Once you have mapped the hazards within your home, identify hazards in the vicinity. Move out to do this activity only if required and don't forget to wear a mask and practice physical distancing!

hazard hunt in neighbourhood

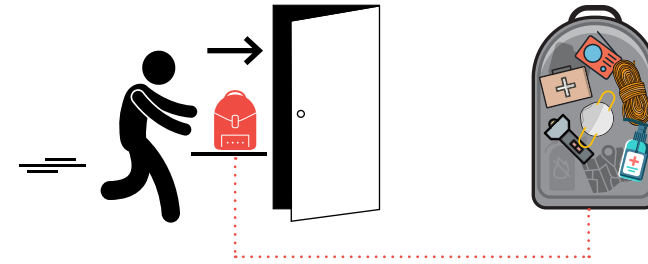
Put a tick mark in the applicable category:

Hazards	Very close to my home (<1km away)	Close to my home (1-2km away)	Far from my home (>2km away)
Busy road			
Narrow lanes			
Transformer / High tension wire			
Open/ blocked/ unclean drains			
Landslide zone			
Inflammable material			
Others			

before earthquake

do's and don'ts

1. Identify safe spaces in each room of the house. The spaces should be near interior walls and should not be close to windows or falling hazards.
2. Practice drop, cover, hold in each safe location identified in the house
3. Identify safe evacuation place outside house along with safe escape routes
4. Discuss a common meeting point for all family members such as a neighbourhood park, in case communication drops or one gets lost
5. Discuss actions to be taken during an earthquake within the family like first aid instructions, how to turn off electricity, gas etc.
6. Secure heavy objects like clocks and fixtures to the wall. Secure sliding objects using fasteners. Hanging objects should be properly tied.
7. Store heavy objects on lower shelves of cupboards and away from exits
8. Doors and windows must open outwards. They must have stoppers.
9. Keep a Go-Bag ready which should contain all essential items. The family needs to carry the bag with them in case of an emergency evacuation.



Each family should have an emergency Go-Bag ready with:

- **Medical and hygiene supplies:** First aid kit, chlorine tablets for purifying drinking water, personal medicines, hand sanitiser, reusable mask, soap, toothpaste, toothbrush, feminine hygiene products, towel, oil, moisturizing cream
- **Storage for essentials:** Waterproof pouch with cash, important documents in waterproof folders, identity cards, notebook, ballpen
- **Life supporting essentials:** Torch, whistle, safety pins, battery-operated radio, matchbox, candles, keychain with home and car keys, multipurpose knife, waterproof sheet, static ropes, bleaching powder, portable fire extinguisher
- **Other items:** Clothes, shoes, blankets, dry food like roasted chana/cornflakes

during earthquake

do's and don'ts

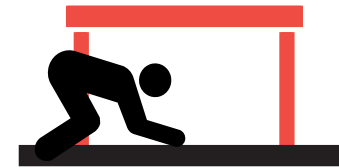
If indoors

1. Keep calm. Avoid rushing outdoors when shaking starts.
2. Drop, cover and hold: Drop to the ground, cover yourself under a table/bed and hold the legs till the shaking stops
3. In case there is no such furniture, move to the identified safe spaces in each room
4. Stay away from glass windows and mirrors
5. If in bed, cover your head with a pillow to protect yourself from falling objects
6. Stay indoors until the shaking stops
7. Avoid using elevators if exiting the building

If outdoors

1. Move to an open space available nearby
2. Stay away from trees, electrical poles, bridges and flyovers
3. If in a car, find a safe place away from falling hazards and stop

1



Drop

2



Cover

3



Hold

after earthquake

do's and don'ts

1. Evacuate in an orderly manner
2. Switch off electric and gas supplies
3. Get your injuries checked before helping others
4. Check for fires and try to extinguish small fires
5. Be prepared for 'aftershocks' after major earthquake
6. Listen to radio for earthquake updates and obey instructions given by the local administration
7. Do not crowd damaged areas
8. Don't forget to follow COVID-19 safety measures: hand hygiene, social distancing and wearing mask

Before re-entering house

- Get a structural safety check done of your house from an architect/ structural engineer
- Check for falling hazards, short circuits or gas leaks when re-entering the house



Get your own injuries checked first



Try to extinguish small fires



Follow COVID-19 safety measures

emergency contact list

Complete the following contact details for quick reference during an earthquake emergency:



	Name and Address	Distance from House	Telephone Numbers
Emergency control room (state/district/local)			
Child helpline and women safety helpline			
Local hospital			
Nearest chemist			
Fire station			
Police station			
Neighbour 1			
Neighbour 2			
Relative			
Others			

checklist

Put a tick against all the tasks completed by you and your family to calculate your earthquake safety score:

- Complete hazard hunt in and around the house
- List down important contact details
- Identify safe spaces in and around house along with unobstructed evacuation routes
- Have a first aid kit at home
- Have a Go-Bag with essentials ready to take in case of evacuation
- Ensure that you are aware and have planned on what to do before, during and after an earthquake
- Discuss family disaster management plan with all family members

safety score:

1-3



4-7



disasters can happen
at any time in our lives,
what we can do is plan
for them!

safety first 

aaj ki tayarri kal ki suraksha

A Family Earthquake Safety Initiative

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