

EARTHQUAKE SAFETY

A short guide for adults, families and children

Earthquakes cannot be predicted.

But knowing what to do can reduce injuries and help everyone stay calmer.

DROP

COVER

HOLD ON

During shaking, stay calm and protect yourself. These three actions can save lives.

BEFORE

- Identify safe places and emergency exits at home, school and work.
- Secure shelves, mirrors, lamps and other objects that could fall.
- Do not store heavy objects on high shelves.
- Know how to turn off water, gas and electricity.
- Agree on a family meeting point and practise what to do.

KEEP READY

- Flashlight
- Bottled water
- First-aid kit
- Battery-powered radio
- Whistle
- Fire extinguisher

What is an earthquake? A sudden shaking of the ground caused by a release of energy in the Earth. Smaller earthquakes may follow afterwards; these are called **aftershocks**.

WHAT TO DO DURING AN EARTHQUAKE

INDOORS • Stay inside while the shaking continues. • Move away from windows, glass, shelves and furniture that could fall. • Drop, cover and hold on. Protect your head and neck. • Do not run outside during the shaking. OUTDOORS • Move to an open area away from buildings, walls, balconies and power lines. • Watch out for traffic.	IN A CAR • Stop in a safe place and remain inside the vehicle. WHEELCHAIR USERS • Lock the wheels and protect your head with your arms. IMPORTANT • Stay calm. Do not run, shout or push. • Do not use lifts/elevators. Use stairs when it is safe to evacuate.
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AFTER THE SHAKING

CHECK & PROTECT	LEAVE SAFELY
• Expect possible aftershocks. • Put on shoes before walking through debris. • Check for injuries. Do not move an injured person unless there is immediate danger. • If trapped, use a whistle or tap on something to signal your location.	• Stay away from damaged buildings and do not re-enter them. • Use stairs, never the lift/elevator. • If it is safe to do so, turn off water, electricity and gas. • Use the phone only for emergencies.

Emergency: call 112. Follow instructions from the authorities and official information channels. Do not share unverified rumours or alarming information.

CHILDREN, FAMILIES & SCHOOLS

FOR CHILDREN

- Listen to adults and stay calm.
- Do not run, shout or push.
- Stay away from windows and furniture that could fall.
- Drop, cover and hold on.
- If outside, move to an open area away from buildings.
- Afterwards, go to the agreed family meeting point.

AT SCHOOL

- Follow the teacher's instructions.
- Know the school's safe areas and take part in drills.
- If told to evacuate, leave in an orderly way.
- Protect your head, use the stairs and keep exits clear.
- Do not go back for belongings unless a teacher tells you to.

HELPING CHILDREN AFTER AN EARTHQUAKE

- Fear is a normal reaction. Stay close, answer questions and reassure children.
- Encourage them to express how they feel by talking, drawing, writing or playing.
- Avoid repeatedly showing distressing news, images of damage or casualties.
- Return to normal routines as far as possible.

LOOKING AFTER YOURSELF

- Try not to focus on catastrophic thoughts or distressing images.
- Learn what to do and make practical plans - preparation can reduce anxiety.
- If fear continues for several weeks or around a month, seek professional help.

Use reliable information.

Check the source and date before sharing information. Follow official authorities and emergency services. Avoid spreading rumours or exaggerated claims.

This concise English-language guide has been adapted from the earthquake guidance for adults and children issued by EMA 112 / Junta de Andalucía.