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## AFTER

Be prepared for aftershocks. Once the shaking stops, take the fastest and safest way out of the building.

### Don't...

- ...use elevators.
- ...enter damaged buildings.
- ...use telephones unless necessary.
- ...PANIC.

### Check...



- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.

- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.



Keep updated on disaster prevention instructions from battery-operated radios.

Philippine Institute of Volcanology and Seismology  
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# EARTHQUAKE PREPAREDNESS GUIDE

*What to do Before,  
During and After an  
earthquake*

## BEFORE

### The key to effective disaster prevention is planning:

- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

### Prepare your homes, workplace or schools:

- ✓ Strap or bolt heavy furnitures/ cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowermost secured shelves.



### Familiarize yourself with the exit routes.

Know where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights and extra batteries.



**Conduct and participate in regular earthquake drills.**

## DURING

### STAY CALM.

When you are **INSIDE** a structurally sound building or home...  
**STAY THERE!**

- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.



- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

**If you're OUTSIDE..move to an open area!**

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.

- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis might follow.



**If you're in a moving vehicle, STOP and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.**