



ONE THING AT THE TIME

BEHAVIOURS

BEFORE

- Identify hazardous areas
- Assess the seismic exposure and vulnerability of your territory
- Study seismic precursors
- Know the effects of a possible earthquake in your territory
- Check the stability of buildings
- Know the actions to be taken when an earthquake occurs
- Act on the quality of buildings
- Reduce risk factors
- Increase knowledge on the subject
- Implement appropriate vulnerability reduction policies
- Update legislation
- Inform the population

DURING

- Take shelter under a sturdy bed or table or stand near a load-bearing wall
- Waiting. Do not leave the house before the shock is over
- Outdoors, move away from buildings, street lamps, trees and anything that can fall

AFTER

- Know the consequences of the seismic event on the territory
- Assess damage
- Provide first aid
- Check the health of people near you
- Get out and avoid using the lift and take care of any damage on the stairs
- Turn off gas, water and electricity
- Go to the waiting areas foreseen by the Civil Protection Plan
- Limit use of the telephone
- Limit the use of the car so as not to obstruct rescue vehicles