



# FEEL SAFE



## FEEL SAFE... AT HOME: CORRECT BEHAVIOURS

- Find out about the seismic zone you belong to, so that you know how dangerous your area is.
- Ask an adult to fix bookshelves and heavy furniture to a wall, either at home or at school.
- Put heavy objects on low shelves; on high shelves, you can fix objects with double-sided tape.
- Learn where and how to turn off gas, water and light switches.
- Keep an emergency kit with a first-aid kit, a torch and a battery-powered radio in the house and make sure everyone knows where they are.
- With an adult, find out if the Civil Protection Plan of your municipality exists and what it provides so that you know what to do in an emergency.
- Identify the safe places in the house where you can take shelter during an earthquake.
- If you are in an enclosed area during an earthquake, seek shelter under a beam, in a doorway in the thickest wall (load-bearing wall), under a bed or a heavy table.
- Do not leave the building during the tremor, but wait until it is over.





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- If you are outside during an earthquake, keep away from buildings, street lamps and power lines and be careful walking on bridges and uneven roads as they may collapse.
- Do not use the lift to leave a building and pay attention to the condition of the stairs before taking them out.
- If you are able, try to give first aid to the people around you.
- If you live in a tsunami-prone area, stay away from the coast to avoid being hit by a possible tsunami.
- Beware of the effects that can result from an earthquake, such as landslides, fires and gas leaks.
- Follow the instructions of your municipality's civil protection plan and reach the designated waiting areas with your family.
- If you are at school, shelter under your desk and follow the directions of the school Emergency Plan.
- Limit your smartphone use as much as possible.
- Remind your family not to use the car to escape to avoid slowing down rescue.
- Share what you know about proper behaviour.
- Always listen to and follow the instructions of emergency management personnel.

