

Are You Ready for an

EARTHQUAKE?

PREPAREDNESS IS KEY

Before An Earthquake...

- Always have an emergency kit for the home, school and office.
- Practice earthquake drills at the home, school and work place.
- Place objects that could fall and cause injury on the ground or lower shelves.
- Secure large furniture to the walls.

During An Earthquake...

- Be calm. If you are inside stay there.
- Get under a sturdy desk or table and ensure that your entire body is covered.
- Do not rush to exits.
- If you are outside, stay there. Stay away from trees, buildings & objects which may cause injury.
- If you are in a vehicle, drive away from bridges and power lines.



EARTHQUAKE SURVIVAL KIT

When You Feel The Quake



① Drop



② Cover & Hold



③ Or Stand In The Doorway and Brace.

After An Earthquake...

- As soon as the shaking stops, **EVACUATE** the building immediately to your assembly point or a safe area.
- Stay alert and be prepared for aftershocks.
- Listen to the radio for emergency instructions.

Be aware...you can prepare!

Contact: Office of Disaster Preparedness & Emergency Management
2-4 Haining Road, Kingston 5
Tel: 906 9674-5
Fax: 754 3229
Website: www.odpem.org.jm

Or contact your Parish Disaster Coordinator at Parish Council Offices in your area.

