

If you are in bed when you feel the shaking:

Stay there and cover your head and neck with a pillow. At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed.

If you are outside when you feel the shaking:

Move away from buildings, streetlights, and utility wires. Once in the open, **"Drop, Cover, and Hold On."** Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.



If you are in a moving vehicle when you feel the shaking:

Stop as quickly and safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that the earthquake may have damaged.

After an Earthquake

- When the shaking stops, look around. If there is a clear path to safety, leave the building and go to an open space away from damaged areas.
- If you are trapped, do not move about or kick up dust.
- If you have a cell phone with you, use it to call or text for help.
- Tap on a pipe or wall or use a whistle, if you have one, so that rescuers can locate you.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
- Be prepared to "Drop, Cover, and Hold on" in the likely event of aftershocks.
- Listen to Local Officials.
- Learn about the emergency plans that have been established in your area by your city and local government. In any emergency, always listen to the instructions given by local emergency management officials.

Sources: <https://www.ready.gov/earthquakes>

<http://www.clipartpanda.com/categories/earthquake-clipart>

<https://www.123rf.com/clipart-vector/earthquake.html>

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DEPARTMENT OF ENERGY

NATURAL DISASTERS

EARTHQUAKE SAFETY AT HOME

PART 3 of 5



Consumer Welfare and Promotion Office

Earthquakes



Unlike typhoons, floods and some other natural hazards, earthquakes strike suddenly and without warning. Nevertheless, if you live in an area at risk for earthquakes, there are things that you can do to reduce the chances that you and other

members of your household will be injured, that your property will be damaged, or that your home life will be unduly disrupted by an earthquake. These things all fit under the term **preparedness**, because to be effective, they must be done *before* earthquakes occur.

Preparing for earthquakes involves (1) learning what people should do before, during, and after earthquakes; and (2) doing or preparing to do those things, before the next earthquake.

Prepare Your Home

Make your home safer to live in during earthquakes and more resistant to earthquake damage by assessing its structure and contents. Depending on when and how it was designed and built, the structure you live in may have weaknesses that make it more vulnerable to earthquakes. Common examples include structures not anchored to their foundations or having weak crawl space walls, unbraced pier-and-post foundations, or unreinforced masonry walls or foundations.

If you own your home, find and correct any such weaknesses, yourself or with professional help. If you are a renter, ask what has been done to strengthen the property against earthquakes, and consider this information in deciding where to rent. If you are building or buying a home, make sure that it complies with the seismic provisions of your local building code.

What is in your home can be as or more dangerous and damage-prone than the structure itself. Walk through each room of your home and make a list of these items, paying particular attention to tall, heavy, or expensive objects such as bookcases, home electronics, appliances, and items hanging from walls or ceilings. Secure these items with flexible fasteners, such as nylon straps, or with closed hooks, or by relocating them away from beds, to lower shelves, or to cabinets with latched doors.

Prepare Yourself and Your Family to React Safely

Learn what to do during an earthquake. Hold periodic family drills to practice what you have learned. Through practice, you can condition yourselves to react spontaneously and safely when the first jolt or shaking is felt.

Take Cover

In each room of your home, identify the safest places to “drop, cover, and hold on” during an earthquake.

Practice going to these safe spots during family drills to ensure that everyone learns where they are.



Survive on Your Own

Assemble and maintain a household emergency supply kit, and be sure that all family members know where it is stored. The kit should consist of one or two portable containers (e.g., plastic tubs, backpacks, duffel bags) holding the supplies that your family would need to survive without outside assistance for at least three (3) days following an earthquake or other disaster. Make additional, smaller kits to keep in your car(s) and at your place(s) of work.

Stay in Contact

List addresses, telephone numbers, and evacuation sites for all places frequented by family members (e.g., home, workplaces, schools). Ensure that family members carry a copy of this list, and include copies in your emergency supply kits.

Care for People, Pets, and Property

Get training in first aid and cardiopulmonary resuscitation (CPR) through your local chapter of the Philippine Red Cross. Find out where you could shelter your pet should it become necessary to evacuate your home. Ensure that family members know how and when to call **1623**, how to use your home fire extinguisher, and how, where, and when to shut off your home's utilities (water, lpg, and electricity).

If you are inside a building:

Stay where you are until the shaking stops. Do not run outside. Do not get in a doorway as this does not provide protection from falling or flying objects, and you may not be able to remain standing.

During an Earthquake

- Drop down onto your hands and knees so the earthquake doesn't knock you down. Drop to the ground (before the earthquake drops you!)
- Cover your head and neck with your arms to protect yourself from falling debris.
- If you are in danger from falling objects, and you can move safely, crawl for additional cover under a sturdy desk or table.
- If there is low furniture or an interior wall or corner nearby, and the path is clear, these may also provide some additional cover.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures or furniture.
- Hold on to any sturdy covering so you can move with it until the shaking stops. Stay where you are until the shaking stops.



If getting safely to the floor to take cover won't be possible:

Identify an inside corner of the room away from windows and objects that could fall on you. People who use wheelchairs or other mobility devices should lock their wheels and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available.