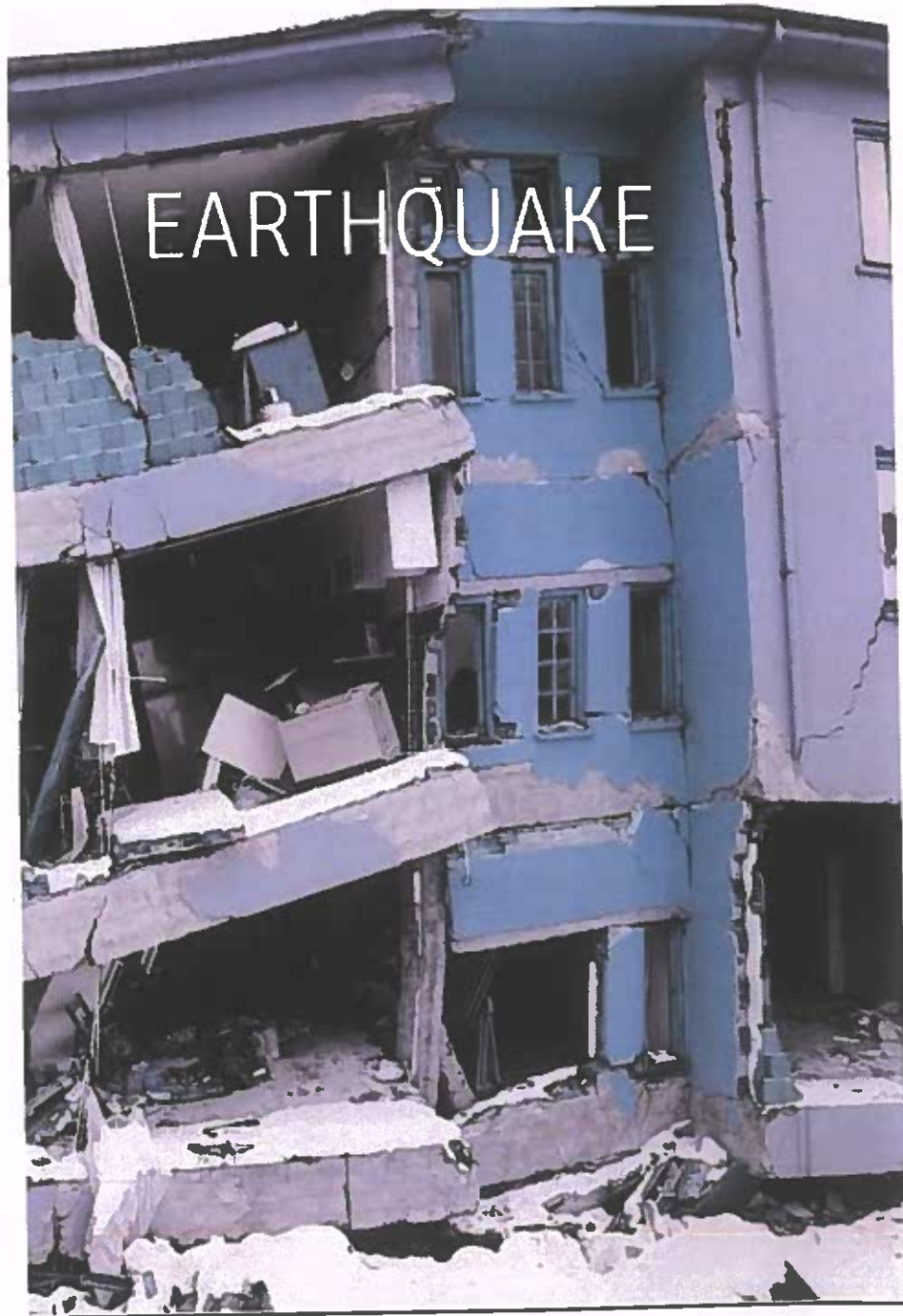


दिल्ली छावनी परिषद
Delhi Cantonment Board
सदर बाजार, दिल्ली छावनी - 10
Sadar Bazar, Delhi Cantt - 10.
Tel. No. : 25693837, 25695450
Email : ceodelhicantt@gmail.com
Website : www.cbdelhi.in

DO'S & DON'TS IN CASE OF EARTHQUAKE FOR THE GENERAL INFORMATION OF PUBLIC



FOR INDIVIDUALS

BEFORE

- Consult a structural engineer to make your house earthquake resilient.
- Know your seismic zone and carry out necessary structural changes in your house.
- Preserve the design and layout drawings of your house for future reference.
- Repair deep plaster cracks on walls and ceilings.
- Fasten shelves securely to walls; place heavy/ large objects on lower shelves.
- Provide strong support to power and gas appliances.
- Prepare an emergency kit with essential items for safety and survival.
- Develop an emergency communication and evacuation plan for your family.
- Learn the technique of 'Drop-Cover-Hold'.
- Avoid flood plains and filled-up areas for construction as far as possible.
- Educate yourself and family members about earthquake risk.

DURING

- Stay calm. Do Not Panic. If you're indoors, stay inside. If you're outside, stay outside.
- Don't use matches, candles, or any flame. Broken gas lines and fire don't mix.
- If you're in a car, stop the car and stay inside until the earthquake stops.
- Drop under a table; Cover your head with one hand and Hold the table till the tremors last.
- Stay away from mirrors and windows. Do not exit the building while the earth is still shaking.
- Move outside as soon as the tremors stop. Do not use a lift.
- When outside, move away from buildings, trees, walls and poles/electric lines.

- When inside a vehicle, pull over in an open place and remain inside; avoid bridges.
- When in a structurally safe building, stay inside until shaking stops.
- Protect yourself by staying in the corner/ under a strong table or bed/ an inside wall away from mirrors and windows.
- If near an exit, leave the building as soon as possible.
- If inside an old and weak structure, take the fastest and safest way out.

AFTER

- Do not enter damaged buildings.
- If trapped in rubble:
 - Do not light a matchstick.
 - Cover your mouth with a cloth.
 - Tap on a pipe or a wall.
 - Sound a whistle.
 - Shout only as a last resort. This will help you conserve energy.
- Use stairs and not lifts or elevators.
- Move cautiously, and check for unstable objects and other hazards above and around you. Check yourself for injuries.
- Anticipate aftershocks, especially after a major earthquake.
- Stay away from beaches. Tsunamis and seiches sometimes hit after the ground has stopped shaking.
- Do not spread and/ or believe in rumours.
- Leave a message stating where you are going if you must evacuate your house.
- Do not drive around the damaged areas as rescue and relief operations need roads for mobility.
- Do not attempt to cross bridges/flyovers, which may have been damaged.

COMMUNITY

- Practice Drop, Cover, Hold drills regularly.
- Practice evacuation drills regularly.
- Ensure that exit routes are marked and fire fighting equipment is working properly, especially in high-rise buildings.