

What to do after an earthquake?

If you find yourself under the rubble:

- Do not light a match.
- Do not move.
- Cover your mouth with a tissue or cloth.
- Hit a pipe or wall so that rescue teams could find you. If you have a whistle, use it. Shout only as a last resort because shouting can cause inhaling the dangerously large amounts of dust.
- Keep calm and try to get proper orientation.
- If you find yourself pressed by lighter material, start with its easy removal, try to save energy and beware of sharp objects and possible injury.

In other situations:

- Be prepared for more earthquakes. Due to the possible occurrence of additional earthquakes, if the building is damaged, leave it calmly, do not panic and do it in the following order: mothers with children, elderly, sick, disabled, etc.
- Bring with you only the most important things.
- If you are in the damaged facility and you smell gas or see a broken cable, do not light a candle and matches because of the danger of fire and explosion.
- Turn off electricity at the main fuse; close the gas and water at the main valve.
- Check if someone is injured.
- Do not move seriously injured persons.
- Use the phone only in case of emergency so that the phone lines do not get blocked.
- Do not use vehicles because the roads need to stay open for rescuers.
- Avoid entering the house / apartment, especially if there is damage.
- Drink only bottled water.
- Do not obstruct the work of the rescuers.
- Follow the instructions of the competent authority.
- If there is a fire, try to put it out and notify the local protection and rescue office.
- If necessary and if you are able, join the teams of rescuers of persons stuck under the rubble, join the search and provide assistance to the victims under the rubble of destroyed buildings.



OPŠTINA ULCINJ
KOMUNA E ULQINIT



CRNA GORA
MINISTARSTVO UNUTRAŠNJIH POSLOVA
DIREKTORAT ZA VANREDNE SITUACIJE



OSCE Organization for Security and Co-operation in Europe

EUROPA
INTEGRATION
ÄUSSERES
BUNDESMINISTERIUM
REPUBLIK ÖSTERREICH

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

What to do before the earthquake?

Check out all the potential dangers:

- Fix the shelves, boilers, chandeliers, mirrors, etc. to the wall;
- Avoid placing cabinets, shelves, pictures, mirrors, etc. over the places where people live and sleep;
- place hazardous and flammable materials in a safe place.

Identify safe places inside and outside the building:

- In the house, flat, school, designate one or more safe places to find shelter in case of an earthquake. The shelter should be away from windows, large glass surfaces and walls;
- In the open, stay away from the buildings, trees, telephone and electrical lines, bridges, tunnels and the like.

One should have at hand:







- A flashlight, transistor with spare batteries, cell phone, first aid kit, medication, identification documents, fire extinguisher, multifunctional knife, sleeping bag etc.;
- Certain stocks of canned food and bottled water.

Provide continuous education:

- Upgrade the knowledge and skills about the necessary protective actions before, during and after the earthquake;
- At school and at workplace obtain the information about the planned protection and rescue measures in case of earthquake.



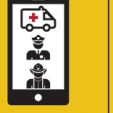
What to do **before** an earthquake

You must have available



 First Aid Kit	 Dynamo Flashlights	 Bottled Water and Nonperishable Food
 Whistle	 Radio with Batteries	 Fire Extinguisher

Talk, plan and practice

Do simulations and talk to your family about what to do in case of earthquake

 Have always identified the safe areas and emergency exits in your home, school or workplace	 Know how to turn off water, gas and electricity. Check electrical sockets	 Know the emergency phone numbers (ambulances, police, firefighters)
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Reduce risks

 Attach securely objects that could cause injuries: pictures, mirrors, lamps, wardrobes, shelves, etc...	 Do not place in the heights any heavy objects as pots, vases, bottles, books, TV sets, etc...
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What to do during an earthquake?

If you are indoors during the earthquake:

- Stay calm and composed - do not panic. Be aware that some earthquakes are just the initial earthquakes and they can soon be followed by more powerful earthquakes.
- Find shelter in a safe place at home, such as: door frame, load-bearing wall, under the table, solid furniture, and stay there for the duration of an earthquake. Cover your face and head with hands and move to the corner of the interior walls of the room.
- You must not stay in the center of the room.
- Do not attempt to flee.
- Move away from glass, windows, outside walls and doors or anything that could fall, such as chandeliers or shelves.
- If you are in bed, get down beside the bed and protect your head.
- Stay indoors until the shaking stops and it is safe for you to exit (studies have shown that most injuries occur when people try to leave the building during an earthquake). From the ground-floor of the building or from the first floor you can go out to an open space (not a window or balcony / terrace), but make sure that you are at the safe distance from the buildings.
- Until the earthquake stops avoid stairs and elevators.
- If you are in a public building (school, company, shopping center, leisure center or shop), remain calm and avoid panic. Stay away from crowds of people who are panicking and moving toward the exits.
- Be aware that there may be a power failure and that the alarms (fire, etc.) can be switched on.

If you are outdoor during the earthquake:

- Stay away from buildings, bridges, tunnels, street lights, electrical poles and cables; the greatest danger is in the vicinity of buildings, at exits and along the outer walls.
- If you are in the street, make sure to avoid the facilities that can fall on you, such as chimneys, roof tiles, broken window glass, etc.
- Protect your head with your hands or handbag.
- Stay where you are until you receive official instructions.

If you in a vehicle in motion during an earthquake:

- Stop if the traffic safety permits it and stay in the vehicle.
- Avoid stopping near buildings, trees, overpasses or electrical cables.
- Proceed with caution when the earthquake stops. Avoid roads, bridges, viaducts, tunnels, ramps which may be damaged by the earthquake, as well as the sites which have been registered to be at risk of landslides and rockslides.

WHAT TO DO DURING AN EARTHQUAKE?



DROP 	COVER 	HOLD ON 
CALM DOWN  Try to stay as calm as possible	INSIDE  Stay away from furniture, windows and lamps	OUTSIDE  Stay away from buildings, walls and power poles
WHILE DRIVING  If you are driving, stop in a safe place, turn on the hazard lights and stay inside the vehicle	WHILE ON WHEEL CHAIR  If you use a wheelchair, put the brakes on in a safe place and protect your head with your arms	WHILE AT CROWDED PLACE  If you are in a crowded place protect your head with your arms or take cover under seats and tables