

## FAMILY PREPAREDNESS PLAN

Emergency meeting place \_\_\_\_\_ Outside your home \_\_\_\_\_  
 Meeting Place \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Outside your neighbourhood \_\_\_\_\_  
 Family Contact \_\_\_\_\_ Name \_\_\_\_\_  
 Phone \_\_\_\_\_ Outside the city \_\_\_\_\_

### EMERGENCY SUPPLIES

Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies kit with items you may need in an evacuation.

Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers. Include:

1. A three-day supply of water (4 litre per person per day) and food that won't spoil.
2. Change of clothing and footwear per person and one blanket or sleeping bag per person.
3. A first aid kit that includes your family's prescription medications.
4. Emergency tools including a battery powered radio, flashlight and plenty of extra batteries.
5. An extra set of car keys and or credit card, cash or traveler's checks.
6. Sanitation supplies.
7. Special items for infant, elderly or disabled family members.

### DURING

1. Remain calm ! The shaking usually lasts no more than a minute.
2. If inside,
3. Stay inside... "DROP, COVER and HOLD !"  
Drop under sturdy furniture. Cover as much of your head and upper body as you can. Hold onto the furniture. If you cannot get under sturdy furniture, move to an inside wall or archway and sit with your back to wall, bring your knees to your chest and cover your head.
4. Stay away from mirrors and windows.
5. Do not exit the building during the shaking.
6. If Outdoors,  
move to an open area away from all structures, especially building, bridges, and overhead power lines.
7. If driving,  
stop in an open area away from all structures especially bridges, overpasses, tunnels and overhead power lines. Stay as low as possible inside the vehicle.

## EARTHQUAKE EMERGENCY SURVIVAL GUIDE

*A Prepared Community*



*is a safe community*

**GOI-UNDP DRP PROGRAMME**

**DEPARTMENT OF DISASTER MANAGEMENT**  
 Govt. of Bihar  
 Old Secretariat, Patna, Bihar - 800014  
 Ph : 0612-2217945 / 2217500  
 Fax : 0612-2217786 / 2217305

### BEFORE

1. Develop a family emergency plan and practice it regularly.
2. Identify an out-of-area phone contact person to call and check in with.
3. Choose a couple of family meeting places; pick easy to identify, open and accessible places that you can likely walk to.
4. Prepare to be self-sufficient for a minimum of three days.
5. Assemble an emergency supply kit; include food, water, prescription medications and first aid supplies, a battery operated radio, flashlight, extra batteries, shelter, clothing sturdy shoes and personal toiletries.
6. Take an approved first aid course.
7. Quake-proof your house by securing heavy furniture and objects.

Important Telephone numbers

Police : 100  
 Fire : 101  
 Ambulance : 102

### AFTER

1. STAY CALM ! Count to 60 to allow time for objects to fall before moving.
2. Move cautiously and check for unstable objects and other hazards above and around you.
3. Check yourself for injuries.
4. Help those around you and provide first aid, if you are qualified.
5. Hang up all phones. Only use phones (including call phones) if a life is at stake.
6. Inspect gas, water and electric lines. If there are leaks or if there is any doubt about leaks, shut off mains; evacuate immediately if you hear or smell gas and can't shut it off. Report leaks to the authorities.
7. Anticipate aftershocks, especially if the shaking lasted longer than two minutes.
8. Stay out of damaged buildings.
9. Listen to the radio or watch local TV for emergency information and additional safety instructions.

An extra of glasses.

Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.

### UTILITIES

Locate the main electric fuse box and water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.

Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.

