

NEMO



BE PREPARED

PREPAREDNESS FOR AN EARTHQUAKE

<p>Prepare an evacuation plan</p>	<p>Identify safe spots & exits in your house</p>	<p>Have the 72 hour emergency kit ready</p>	<p>Have regular safety drills with your family</p>
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RESPONSE TO AN EARTHQUAKE

<p>If an earthquake strikes, drop down on your hands and knees, cover yourself underneath a sturdy table or desks</p>	<p>Crouch by a steady wall away from windows and shelves</p>	<p>Stay clear of electricity lines and falling objects</p>
<p>Protect your family at the evacuation centre</p>	<p>Keep food & drinking water safe</p>	<p>Practice good hygiene</p>
<p>Provide emotional support to children & the vulnerable</p>	<p>Secure your surroundings</p>	

EMERGENCY CONTACTS

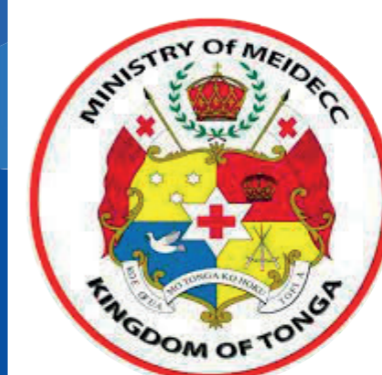
NEMO

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TOLL FREE NUMBER

08006366

Be Prepared, Be Safe



unicef 
for every child