

NEMO



BE PREPARED

PREPAREDNESS FOR AN EARTHQUAKE

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

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

EMERGENCY CONTACTS

| | |
|-------------------------|-----------------|
| NEMO | 26340 |
| TOLL FREE NUMBER | 08006366 |

Be Prepared, Be Safe



unicef 
for every child