

What to do in case of an earthquake?

General directions during the earthquake:

1.-IF YOU ARE INSIDE A BUILDING, STAY THERE.

You must stay away from windows that can be broken, top shelves and other objects that can fall. Be alert for falling objects, like lighting devices, detachment of ceiling pieces, etc.

2.-IF POSSIBLE, SEEK FOR SHELTER.

If possible get under a strong table, desk, or counter. Sometimes, these pieces of furniture move, be ready to move along with them. Keep calm, panic is the worst enemy in these cases. Do not run.

3.- IF YOU ARE OUTSIDE A BUILDING, STAY THERE.

Stay away from buildings and power lines, many injuries are caused by pieces falling over the bystanders, or over those leaving the buildings. Lie on the floor, or get in your vehicle, which is very safe place.

4.-INSTRUCTORS AND STUDENTS IN CLASS

If you cannot get under a desk, be seated in the desk, flexing the neck down and covering the head with notebooks and books. If your desk is next to a window, calmly get up and stay by a wall that does not have a board or window, protecting your head and neck with hands and arms. The student who is closer to the door must open it and stay under the door frame.

When the earthquake ends:

Avoid wasting time by gathering your personal belongings. Leave, in order, when no movement can be felt. Do not run, yell or joke. Follow the signs that indicate the evacuation route towards the safety zone or the meeting points. Do not go back to the facility to rescue your personal belongings, remember that there may be replicas. Wait for instructions. Do not attempt to leave immediately in your car, nor to use the phone. Report injured people to the search and rescue brigade, but do not move unconscious or fractured people, or those who are stuck.

IN CASE YOU ARE STUCK:

Do not despair, remember: there are people who will rescue you; wait for help. Keep your mind busy. Make noise from time to time to orient the rescuers. Try to keep air, save efforts. If you cannot move, do not pull yourself. Do not try to light matches or lighters to see.