

BE PREPARED AND REACT



to mitigate the seismic risk

While it is not possible to predict earthquakes, there are ways to reduce risks through preventive actions.

BEFORE be ready



Anticipate!

Check and strengthen the non-structural parts of your house (like the chimneys). Secure your furniture to the walls and remove heavy objects placed at height.



Identify safe areas

Identify in advance the areas where you can protect yourself (e.g. a solid door frame, under a table). Make sure exits are clear. Find out if there are assembly points nearby.



The emergency kit

Prepare an emergency kit: first aid kit, water, high-calorie food, flashlight, whistle, radio, batteries, warm clothes, copy of your documents, money, etc.

DURING protect yourself



Indoors: take shelter!

At the first quake, drop, cover and hold on. To protect your head, choose a solid piece of furniture, a supporting wall or a corner. Stay away from anything that can fall and glass surfaces.



When to evacuate?

Evacuate (calmly) as soon as physically possible, especially if you are on the ground floor and close to an exit. If this proves impossible (if the shaking is too strong or the exit too far), continue to shelter on site. Attention! Never use the elevators.



Outdoors: move away!

Outside, stay away from buildings, electrical poles and wires, trees and rugged terrain. When driving, stop in a clear area and stay in the vehicle.

AFTER react



Leave the building!

As soon as the shaking stops, take only your emergency kit and evacuate the building.



Stay alert

Only return to a building with the green light from the authorities. Beware of aftershocks and side effects (fire, landslide, tsunami, etc.).



Stay informed

Listen to a public radio to find out the instructions from the authorities. In order to avoid congesting the networks, only use your phone for emergencies. Go to an assembly point if there is one nearby.