

What to do DURING an earthquake



If you are indoors

Stand in the doorway of a bearing wall (the thickest one), close to a bearing wall or under a beam, or find a shelter under the bed or a robust table. At the centre of the room you might be hit by falling objects, wall pieces, false ceiling, furniture, etc. Don't rush outside, but wait for the end of the shock.

Watch out for things that could fall and hit you (plaster, ceilings, windows, furniture, etc.).

Pay attention to the stairs: in general they are not very resistant and can be damaged.

Avoid taking the lift: it can get stuck.



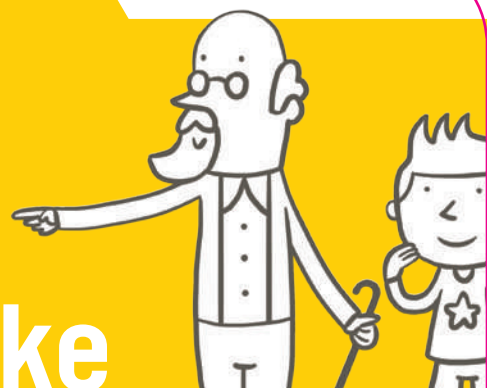
If you are outdoors

Move away from buildings, trees, lampposts, power lines: you could be struck by vases, tiles and other materials that can fall.



Pay attention to other possible consequences of the earthquake: collapse of bridges, landslides, gas leaks, etc.

What to do AFTER an earthquake



Check the state of health of the people around you and, if necessary, be the First Aider. →

← Before leaving the house, turn off gas, water and electricity and wear shoes. Going out, avoid taking the lift and be careful on the stairs, that might be damaged. Once outside, be cautious.



If you are in a zone exposed to tsunami risk, move away from the beach and reach a higher place. →



Limit, as much as possible, ↑ the use of the phone.

Limit the use of the car to avoid obstructing the passage of emergency vehicles.

Reach the waiting areas provided by the Local Emergency Plan. →



■ www.protezionecivile.gov.it

■ www.ingv.it

■ www.anpas.org

■ www.reluis.it

■ www.ogs.trieste.it