



# General explanations and information for the public



## Earthquake

During an earthquake you will feel that the floor is shaking beneath your feet, windows will rattle on their rails and glass will shatter, furniture will move in a strange manner, lamps will sway on the ceiling and tremors will make stability and movement difficult.

The first seconds are critical and provide the best chance for survival Therefore it is important to remain calm and to react quickly

### **While you are in a building:**

1. If it is possible to exit the building quickly, go outside into an open area
2. If it is not possible to leave the building, go into a safe room and leave the door open
3. If there is no safe room, go into the stairwell and if it is possible go down the stairs and exit the building.
4. If neither of those options is possible, take cover under a heavy piece of furniture or sit on the floor next to an interior wall.

### **While you are outside:**

The right reaction during an earthquake saves lives. Remember, “open ground is the safest” and act accordingly. Stay as long as you can in open ground and stay away from buildings, bridges, and electricity pylons.

### **While you are in a vehicle:**

Switch of the engine and remain in the vehicle. Do not stop near bridges and interchanges.

### **While you are at the beach:**

Immediately leave the beach as there may be a tsunami wave that floods the beach, stay at least one kilometer away from the beach.

If you are unable to leave the beach area, it is advisable to go up to at least the fourth floor of a nearby building.

Pay attention, a strong and sudden retreat of the waterline is a sign of an approaching tsunami. Therefore, even after an earthquake, do not return to a damaged building and do not approach the beach.

## **Further guidelines:**

- On your way to a safe place, stay away from external walls, windows and shelves.
- Do not use an elevator during an earthquake or after the quake. You may get stuck inside the elevator.
- Do not stand under the lintel.
- Do not go into an underground shelter.
- If you are in a wheelchair, lock it and protect your head (after reaching a safe place).
- If possible, disconnect power and gas.

## **Preparing for an earthquake**

Don't wait until the last minute. If you live in a condominium make sure that the building meets the Israeli earthquake standards.

As a rule, buildings built before 1980 most likely do not meet earthquake standards and should be strengthened.

Buildings built after 1980 most likely meet earthquake standards and are expected to withstand tremors.

Buildings with protected spaces are considered particularly durable and have improved durability.

## **Preparing the home:**

In order to avoid loss of life and injury it is advisable to prepare today:

- Remove pictures or shelves hanging above beds and endangering household members in their sleep.
- Ensure that any new installation, for walls or ceilings, of shelves, air conditioners or any other item - is done properly.
- Secure existing items to the walls: Bookshelves, Tvs and shelves.
- Make sure items such as solar water heaters, gas cylinders, air conditioning units and compressors are properly supported.
- Store toxic and flammable materials in a locked place away from heat sources.
- Place heavy objects in low places.

## **Preparing the family:**

- Find the safest place in the house ahead of time.
- Determine an agreed spot in an open area for all the family to gather.
- Agree on a contact person outside of the family who you can turn to if communications are cut off.

## **Family emergency equipment:**

- Have media available to stay up-to-date (computer, TV, radio on batteries) and cellular phone (including backup batteries / portable charger).
- Water - 3 liters per day per person in sealed bottles. It is recommended to prepare water for three days.
- Food - in closed packaging such as canned food and snacks).
- Emergency lighting (LED), flashlight and batteries.
- First aid kit, medications.
- Fire extinguisher.
- Copies of important documents, medical documents, drug prescriptions for regular medications, identification documents, personal documents and financial documents.
- A personal equipment bag that will last for several days.
- Additional equipment needed for your family according to family characteristics and needs.

Pay attention,

- Make sure you are familiar with the location of the main circuit breaker and gas faucet and practice and how to turn them off.
- It is advisable to conduct a family drill in earthquake preparedness from time to time.

## **Following an earthquake:**

- Exit the building and remain in an open area far away from buildings and torn electricity lines.
- Take your family emergency bag with you.
- Do not light fires or turn on electricity due to concerns that gas leaks may cause an explosion.
- If possible, turn off the cooking gas faucet and main apartment electric circuit breaker. It is recommended to turn off the main gas faucet for the entire building.
- Renewing gas/electricity supply should only be done by a licensed technician.
- Do not enter damaged buildings without the authorization of building engineer.
- Listen to the media for information and instructions.

## **Trapped under the rubble:**

If you are trapped under the rubble, try to extract yourself.

- Cover your airways with an item of clothing to protect yourself against dust.
- Do not tire yourself out by shouting for help.
- Knock on piping or walls to enable rescuers to locate you.
- Do not light fire!

If you identify anyone trapped under rubble, at your discretion use home-based means to lift heavy objects (car jack or iron rod). Deliver first aid if possible and call for help.

## **Aftershocks:**

Often, after a strong earthquake, additional earthquakes will occur, appearing minutes or days after the first earthquake, and may collapse weakened structures. Do not go inside damaged structures, unless it is for life-saving purposes