Earthquakes often happen in Greece. All of us should know what to do when an earthquake strikes





MINISTRY OF INFRASTRUCTURE, TRANSPORT AND NETWORKS EARTHQUAKE PLANNING AND PROTECTION ORGANIZATION (E.P.P.O.)

> EUROPEAN CENTRE ON PREVENTION AND FORECASTING OF EARTHQUAKES (E.C.P.F.E.)

Earthquakes

- The ground we walk on and build our houses on is stable.
- Sometimes we feel the ground move. That's when an earthquake happens.
 An earthquake starts suddenly and does not last long.
 Sometimes the strength of an earthquake is very big.
- During an earthquake walls may crack, windows may break, heavy things may fall down. Electricity, water and telephone may be cut off.





This booklet was created using the «easy-to-read» method, for people who have difficulties with reading and understanding written text, in order to raise awareness about earthquakes.

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- When an earthquake happens and I am in a house, at school or at work,
 I go under a sturdy table or desk.
 I hold onto its leg.
- If there isn't a table or desk near me,
 I go to the middle
 of the room that I am in.
 I crouch down and
 cover my head with my hands.
- When an earthquake happens and I am outside,
 I stay away from buildings.







The earthquake stops What should I do?

I only use the stairs.



I exit the building.
 I do not run.



 I go to the meeting place to meet my family, teachers or co-workers.



If I cannot leave the building,
 I shout loudly so that
 other people can hear me
 and help me.



 I stay outside of buildings until I learn when
 I can go back inside.



I get ready for an earthquake I talk with my family and carers

We agree on

the open place to meet at when the earthquake stops and we leave the building.



 I make a card with my name and the telephone numbers of my family and carers.
 I keep this card with me at all times.



I ask to do earthquake drills.



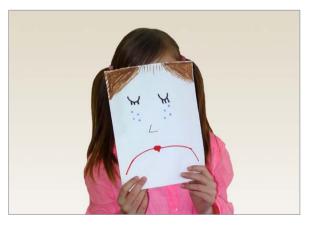
 I ask for bookcases, shelves, frames, mirrors and lighting fixtures to be secured to the walls.



 I ask for shelves and other heavy things to be removed from above my bed.



 I talk about my feelings.
 An earthquake may scare me because it starts suddenly.
 I will be sad if something bad happens.
 I will be happy when it stops and we are all well.



I am less afraid of earthquakes now because I know what to do





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