

EIGHTH RULE

IF YOU ARE MOVING TO A SAFE PLACE, CHOOSE TO WALK RATHER THAN USING YOUR VEHICLE

If you are moving to safer places, it is advisable to walk as there may be excessive traffic jam. Huge number of Vehicles on the road can hamper relief measures.



NINTH RULE

DO NOT SPREAD RUMOURS

Do not spread rumours or give attention to rumours. Get correct information from radio, television, newspaper etc. If these are not available, get correct information from the nearest police station, fire station, municipal corporation etc.



TENTH RULE

ALWAYS KEEP AN EMERGENCY BAG/KIT READY

Remember to keep the following things in your emergency bag /kit:

1. Drinking water
2. Non-perishable food items
3. Special items for infant, elderly, or disabled family members
4. First aid kit and essential medicines
5. Pocket radio, torch, extra batteries etc.
6. Protective clothing, rainwear, and bedding or sleeping bags
7. Money, photocopies of important documents like health related insurance papers, important telephone numbers etc.



IN CASE OF EMERGENCY
Call **1070** STATE EMERGENCY
OPERATION CENTRE



Nagaland State Disaster Management Authority
Home Department
Nagaland Civil Secretariat,
Kohima - 797001, Nagaland
Tel: 0370-2270050, 2291120 Fax: 0370-2270050
Email: sdma.nagaland@gmail.com

www.nsdma.gov.in

EARTHQUAKE

TEN RULES To Protect Yourself & Your Community



FIRST RULE

PROTECT YOURSELF AND YOUR FAMILY

The first big tremor/shock of an earthquake may last for one minute.

During this period hide below a sturdy table or bed to protect your head from falling objects. Cover your head with one hand and grip the furniture with the other hand.



THIRD RULE

DO NOT RUN OUT DURING AN EARTHQUAKE

It is dangerous to run outside as soon as you feel the tremors of an earthquake. Remember you may be hit by falling objects.



FOURTH RULE

DEVELOP AN EMERGENCY COMMUNICATION PLAN

In case family members are separated from one another during an earthquake, develop a plan for reuniting after the disaster



FIFTH RULE

HELP YOUR NEIGHBOURS

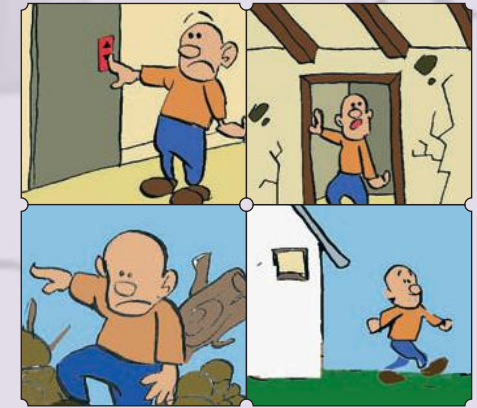
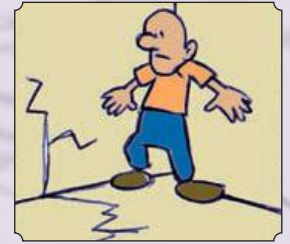
If you know that people have been buried tell the rescue teams. Do not rush and do not worsen the situation of injured persons or your own situation



SIXTH RULE

DO NOT PANIC

Some people can panic in crowded areas and cause a stampede. Save yourself from a stampede by staying calm.



SEVENTH RULE

IF YOU ARE IN A VEHICLE, STOP YOUR CAR

If you feel the tremors of an earthquake while driving, stop your vehicle on the left side and come out of your vehicle.

Remember to leave way for ambulance and fire brigade etc .



SECOND RULE

CLOSE/SWITCH OFF ALL ELECTRICAL APPLIANCES

Close/switch off all the Electric and Gas appliances as soon as you feel the tremors of an earthquake. Make it a rule to close the cylinder after every use and always close it properly at night.

