

## KAHANDAAN AT KALIGTASAN KUNG MAY TSUNAMI



Sa pag-urong ng tubig dagat, kakatuwang tanawin ang kadalasang masasaksihan. Ang mga isda ay maaaring maiwan sa buhanginan na makaakit sa mga tao upang ito'y kunin. Ang gam "sandbars" at "coral flats" ay maaaring malantad. Ang mga ito'y makahahalina sa mga tao upang magtipon sa tabing dagat na lalong maglalagay sa panganib sa higit na nakararaming buhay.

**Lumayo sa mapanganib na lugar hangga't hindi naglalabas ng hudyat na "ligtas na" o "all clear" mula sa mga kinauukulan.**

- Magsagawa ng mga pahatid kaalaman sa mga pamayanang tungkol sa lindol at tsunami na tumatalakay sa mga likas na palatandaan ng paparating na tsunami, gayundin ang pagbibigay babala at paraan ng paglikas.
- Alamin ang matataas na lugar sa inyong paligid at piliin ang mga ligtas na daan patungo doon.
- Magkabit mga karatulang babala at paalala.

Huwag manatili sa mabababang lugar na malapit sa dagat pagkatapos ng isang malakas na lindol. Agad magtungo sa higit na mataas na lugar.

Kung makapansin ng kakaiba sa dagat tulad ng biglaang pagbaba ng tubig, kaagad lumikas patungo sa mataas na lugar.

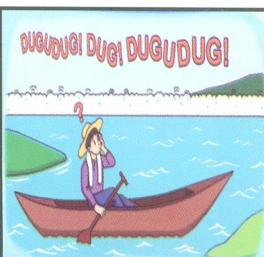
Huwag bumaba sa dalampasigan upang panoorin ang tsunami. Kapag abot-tanaw mo na ang mga alon, labis ka nang malapit upang maiwasan pa ito.



### MGA LIKAS NA PALATANDAAN NG ISANG PADATING NA "LOKAL NA TSUNAMI"



1. Lindol na may sapat na lakas upang maramdaman



2. Kakaibang pagbabago sa antas ng tubig dagat: bilaang pagbaba o pagtaas

3. Dagundong na likha ng papalapit na mga alon



# EARTHQUAKE!!!

(Are you prepared?)

## BEFORE

The key to effective disaster prevention is planning:



- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

Prepare your homes, workplace or schools:

- ✓ Strap or bolt heavy furnitures/cabins to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals, and flammable materials should be stored properly in the lowermost secured shelves.
- ✓ Always turn off the gas tanks when not in use.



Familiarize yourself with the exit routes and places where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

- ✓ Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights, and extra batteries.
- ✓ Conduct and participate in regular earthquake drills.

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Do you know that about 20 earthquakes are recorded daily in the Philippines? Most of these earthquakes however, are unfelt and can only be detected by an instrument called seismograph.

Earthquakes cannot be prevented, but we can prepare for them.

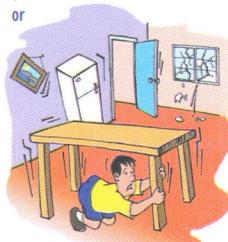
Always remember these basic things to do before, during, and after a strong earthquake:

## DURING

STAY CALM.

When you are INSIDE a structurally sound building or home.... STAY THERE!

Do the "DUCK, COVER and HOLD"...



- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets, and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

If you're OUTSIDE... move to an open area!



- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis (giant sea waves) might follow.

If you're in a moving vehicle, STOP and get out! Do not attempt to cross bridges, overpass, or flyovers which may have been damaged.



Check...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic, and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.



Keep updated on disaster prevention instructions from battery-operated radios.

