

# How do you prepare ahead of time for an earthquake?



## BUILDING RESILIENCE:

- Make sure your house or apartment complies with the Israeli national standard (“teken”) for structural durability in an earthquake (IS 413).  
(Buildings built prior to 1980 probably do not comply with the standard. Buildings with a reinforced security room (“mamad”) are considered especially durable!)
- Reinforce any building found not to comply with the standard.  
(The Israeli government provides assistance in strengthening buildings, based on the National Outline Plan (“Tama” 38). For details, please visit the Ministry of Interior website: [www.moin.gov.il/tama38](http://www.moin.gov.il/tama38))



## PREPARING YOUR FAMILY:

- Hold a family discussion, and practice the rules for proper defense during an earthquake at least once a year.
- Decide on a meeting point in an open area, and on a contact person, in case the family gets separated during an earthquake.



## PREPARING YOUR HOUSE AND WORKPLACE:

- Tighten the screws fastening cupboards, shelves and air conditioning units to the walls.
- Prepare a supply of food and water, a first-aid kit, and a battery-operated radio and lighting. It is advisable to back up important documents.
- Based on the above instructions, determine in advance safe places in your home and workplace that you can reach in a hurry during an earthquake.
- Make sure you know where the main electrical switch and gas shutoff valve are located.



## FOR FURTHER INFORMATION:

Earthquake Preparedness website: [www.eqred.gov.il](http://www.eqred.gov.il)  
Home Front Command website: [www.oref.org.il](http://www.oref.org.il)  
Home Front Command telephone information center: 1207



State of Israel  
Inter-Ministerial Steering Committee for Earthquake Preparedness



Home Front Command

# PREPARING FOR AN EARTHQUAKE IN ISRAEL

Devastating earthquakes have struck our region in the past, and the occurrence of another severe earthquake is just a matter of time. If we get ready for it today, we will save lives.

## How do we know when there is an earthquake?

During an earthquake, you feel the floor shaking and hear the windows rattling. Objects and furniture move about strangely, the light fixtures on the ceiling sway, and the shaking makes it hard to stand up steadily or move around normally.

**Don't just freeze on the spot! Immediately go to a safe place, according to the following instructions.**



# PROPER CONDUCT DURING AN EARTHQUAKE:

## When you are inside:

If you are indoors when an earthquake strikes, quickly go to a safe place, **according to the following priorities:**



1. If you can get out of the building within seconds

**Exit the building to an open area.**

(Especially if you are in a one-story building or on the ground floor)

2. If you cannot get out of the building quickly

**Go to the reinforced security room (mamad).**

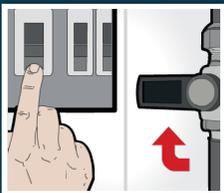
**Leave the mamad door open.**

3. If you cannot get out of the building quickly and there is no security room

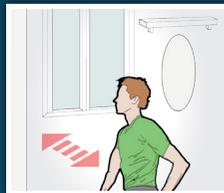
**Go to the stairwell and, if possible, keep going down towards the exit of the building.**

4. Only if you cannot do any of these, **Take cover under a heavy piece of furniture, or sit on the floor, close to an interior wall.**

## ADDITIONAL INSTRUCTIONS:



Before leaving the building, turn off the main gas valve and electricity switch.



Make your way to a safe place, keep clear of exterior walls, windows and shelves.



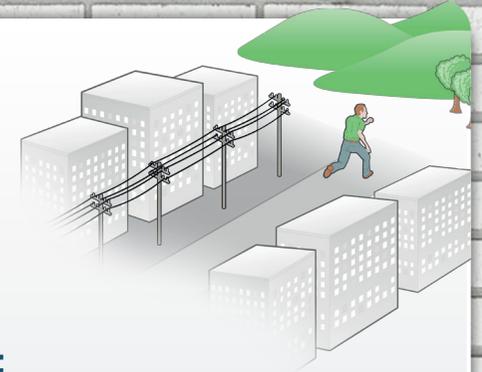
Don't use the elevator during or following an earthquake; you could get trapped inside.



If you are in a wheelchair, once you reach a safe place, lock the wheels and keep your head protected.

## WHEN YOU ARE OUTSIDE:

If you are outdoors when an earthquake strikes, stay in an open area and keep away from buildings, bridges and electricity poles.



## WHEN YOU ARE AT THE BEACH:

If you are at the beach when an earthquake strikes, leave immediately, in case a tsunami strikes you. Go at least one kilometer inland from the beach. If you cannot leave the shore area, enter a nearby building and go up to at least the 4<sup>th</sup> floor. Do not return to the beach for 12 hours following an earthquake. A powerful, sudden receding tide is a sign of an approaching tsunami.

## PROPER CONDUCT AFTER AN EARTHQUAKE:



Leave the building and make sure you remain in an open area far away from buildings and torn electrical lines.



Take the family emergency kit with you.



Listen to the media for information and instructions.

## TRAPPED UNDER WRECKAGE:

If there are people trapped under debris in the vicinity, try to rescue them using anything handy, at your own discretion, such as a car jack or iron rod. Administer first aid to the best of your knowledge.

## AFTERSHOCKS:

Be prepared for aftershocks, which may occur anytime from a few minutes to a few days after the primary quake, and can bring down buildings that were weakened. Don't enter damaged buildings except to save lives.