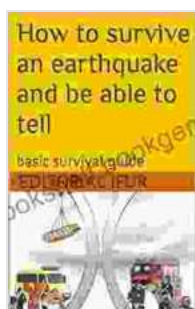


How to Survive an Earthquake and Be Able to Tell

Earthquakes are one of the most powerful and destructive forces of nature. They can strike without warning, and they can cause widespread damage and loss of life. But there are things you can do to survive an earthquake and be able to tell the story.



How to survive an earthquake and be able to tell: basic survival guide (Emergency Book 1)

★★★★★ 5 out of 5

Language : English
File size : 3900 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 106 pages



Before an Earthquake

The best way to survive an earthquake is to be prepared. Here are some things you can do before an earthquake strikes:

- **Make an earthquake plan.** Decide where you will go and what you will do if an earthquake strikes. Practice your plan with your family and friends.

- **Secure your home.** Bolt bookcases and other furniture to the walls. Place heavy objects on lower shelves. Secure loose wires and pipes.
- **Stock up on emergency supplies.** Keep a supply of food, water, first aid supplies, and other essentials on hand in case of an earthquake.
- **Know your evacuation routes.** Identify multiple evacuation routes from your home and workplace. Practice these routes with your family and friends.

During an Earthquake

If an earthquake strikes, the most important thing to do is to stay calm. Here are some things you can do to protect yourself during an earthquake:

- **Drop, cover, and hold on.** Drop to the ground, take cover under a sturdy table or desk, and hold on until the shaking stops.
- **Stay away from windows and outside doors.** Glass windows can shatter and outside doors can be blocked by debris.
- **If you are in a car, pull over to the side of the road and stop.** Stay in your car and wait for the shaking to stop.
- **If you are outdoors, find a clear area and drop to the ground.** Stay away from buildings, power lines, and other hazards.

After an Earthquake

Once the earthquake has stopped, there are several things you should do to ensure your safety and well-being:

- **Check for injuries.** Check yourself and others for injuries. If you are injured, seek medical attention immediately.

- **Check for damage to your home.** If your home has been damaged, do not enter it until it has been inspected by a qualified professional.
- **Turn off utilities.** If your home has been damaged, turn off the gas, electricity, and water at the main shutoff valves.
- **Stay informed.** Listen to the radio or television for updates on the earthquake and instructions from local authorities.

Telling Your Story

If you survive an earthquake, you may be able to tell your story to help others. Here are some tips for telling your story:

- **Be clear and concise.** When telling your story, be as clear and concise as possible. Stick to the facts and avoid using technical jargon.
- **Focus on the human element.** When telling your story, focus on the human element. Share your experiences and emotions, and how the earthquake affected you.
- **Be prepared to answer questions.** When telling your story, be prepared to answer questions from the media and others. Be honest and forthright, but avoid sharing personal information that you are not comfortable with.

Earthquakes can be terrifying, but there are things you can do to survive and be able to tell the story. By being prepared, staying calm during an earthquake, and taking the necessary steps after an earthquake, you can increase your chances of survival and help others.



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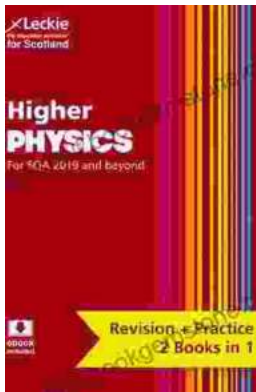
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