

# UEA GEOHAZARDS EMERGENCY PREPAREDNESS

What should you do if you're caught in an earthquake or volcanic eruption? Staying safe means taking the right action for the hazards you face.

## Volcanic eruption

### If inside:

- Stay inside: be aware that ash fall can cause roof collapse.
- Listen for evacuation orders on the radio or TV.

### If outside:

- Cover eyes, nose and mouth, use a damp cloth or scarf if face masks are not available.
- Move out of valleys, get to high ground.
- Take shelter indoors.
- Protect your head and neck from volcanic debris.

## Earthquake

### If inside:

- DROP:** get low to avoid falling.
- COVER:** your head and neck and get under a sturdy object like a table.
- HOLD ON:** keep yourself stable and protected.

### If outside:

- Get away from buildings.
- Move to high ground if near the coast.

# EMERGENCY PREPAREDNESS SURVIVAL KIT

What should you do to prepare for an earthquake or volcanic eruption? What would you pack if you could only take a pillowcase? Use your new-found expertise to add a tick or a cross to the checklist below:

Item	Earthquake	Volcano
Drinking water		
Stay indoors		
Painkillers		
Breathing mask		
Sturdy shoes		
Goggles		
Wind-up torch and radio		
Food for 3 days		
Teddy bear		
First-aid kit		
Emergency blanket		
Move away from buildings		
Prescription medications		
Chocolate bars		

Look out for answers and top tips with  
#PackYourPillowcase and #UEAGeohazards