

What to do DURING an earthquake



If you are indoors

Stand in the doorway of a bearing wall (the thicker one), close to a bearing wall or under a beam, or find a shelter under the bed or a robust table. At the centre of the room you might be hit by falling objects, wall pieces, false ceiling, furniture, etc. Don't rush outside, but wait for the end of the shock.

Watch out for things that could fall and hit you (plaster, ceilings, windows, furniture, etc.).

Pay attention to the stairs: in general they are not very resistant and can be damaged.

Avoid taking the lift: it can get stuck.



If you are outdoors

Move away from buildings, trees, lampposts, power lines: you could be struck by vases, tiles and other materials that can fall.



← Pay attention to other possible consequences of the earthquake: collapse of bridges, landslides, gas leaks, etc.

What to do AFTER an earthquake



Check the state of health of the people around you and, if necessary, be the First Aider. →

← Before leaving the house, turn off the gas, water and electricity supplies and wear shoes. Going out, avoid taking the lift and be careful on the stairs, that might be damaged. Once outside, be cautious



Limit, as much as possible, ↑
the use of the phone.

Limit the use of the car to avoid
obstructing the passage
of emergency vehicles.

If you are in a zone exposed
to tsunami risk, move away
from the beach and reach
a higher place. →



Reach the waiting areas
provided by the Local
Emergency Plan →



- www.protezionecivile.gov.it
- www.ingv.it

- www.anpas.org
- www.reluiv.it