

Emergency numbers:

Police 199 or 01 549309

Fire Service, Rescue 191 or 01 252011

Ambulance (YGH) 192 or 01 295133

After the earthquake

1. **Keep calm**, provide **first aid** if necessary without endangering yourself.
2. **Stay out of damaged areas** or highly affected buildings.
3. **Call for help** if necessary and **inform** those responsible, if any family member is missing.
4. Make **phone calls only in** the most urgent medical **emergencies** to prevent a breakdown of the telecommunication network. An overload of telephone connections endangers the rescue and relief operation.
5. **Help your family, neighbours**, especially the seriously **injured, children**, and **elderly**.
6. Ensure that you **receive official information** about the situation by app, radio or TV.
7. **Inspect your building** from inside and outside: Check your building and housing for cracks and damages. If there are major damages, stay outside the building as it might collapse.
8. **Check gas, water and sewer pipes** for leaks.
9. Be prepared for **aftershocks**. Although these are usually weaker than the earthquake, they can cause further damage or even collapse an already damaged building.
10. **Talk** with your **direct neighbours** about whether they experienced any damages.

Publisher of the pamphlet

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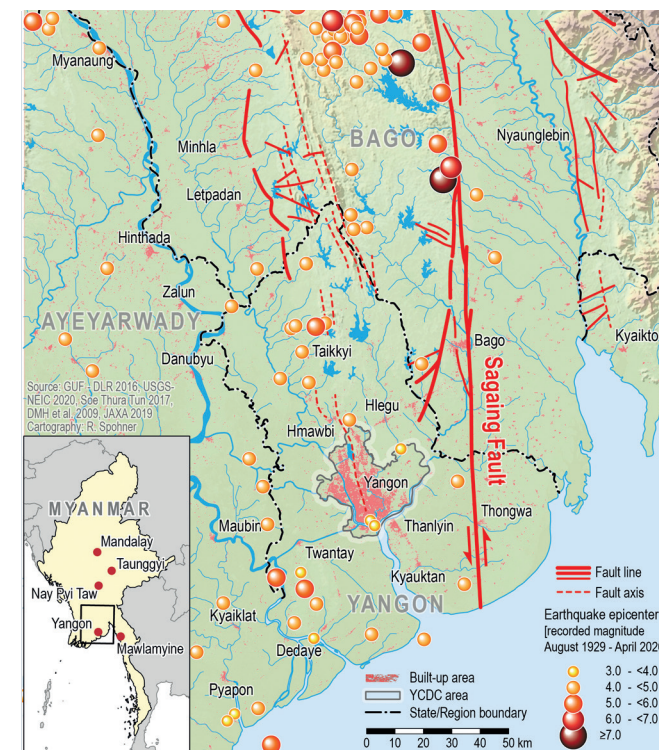


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Recommendations for earthquakes



Yangon risk profile

Yangon is exposed to a variety of natural hazards. These include earthquakes, floods, tropical cyclones, landslides, and fires. Thus it is important to **take precautionary measures**. This pamphlet contains information about **earthquake preparedness**.

Yangon City is about 30 kilometers west of the **Sagaing fault**. It is located in a high-probability area for earthquakes in the future due to the presence of small faults such as Thanlyin, Dedaye and Taiky.

What is an earthquake

An earthquake is the **shaking of the earth's surface**. Earthquakes can be caused by the **movement of either faults or plates** in the earth's crust by **volcanic eruptions** or by the **falling of meteorites** from space. Earthquakes can also be caused by **human activities** (for example, underground bombings, atomic test bombings, and changes in the properties of subterranean rocks due to reservoir water).

Earthquakes can last from a **few seconds to several minutes**. They are often followed by **aftershocks**. It is **not possible to forecast** when an earthquake will happen; do not believe or spread rumours. **Thus, preparing is of crucial importance.**

Possible hazards: earthquakes do not kill people, collapsing houses do

The shaking of an earthquake may cause windows to break, houses to collapse or the outburst of fire due to damaged power lines. An earthquake can cause also **additional hazards** such as landslides, mud volcano eruptions, tsunamis and flooding.



Impact of earthquake in Mingun Pahtodawgyi Temple

Precautionary measures

1. **Check** your home fitness **with a professional**.
2. **Secure your furniture** (e.g. cabinets, shelves) to the wall.
3. Check if all **heavy objects** are secured to the walls, such as water heater, TV, computers, water tanks, flower pots. Alternatively, you can store the heavy objects in lower shelves.
4. Keep **escape routes** inside and outside of buildings (stairs, corridors, etc.) **free**. Do not place heavy furniture or shelves near exits as they might fall and block the exits.
5. Look for **main taps and main switches**, which are important for gas, water and electricity. Turn them **off** when there is an earthquake.
6. Explore **suitable safe places** in your home, e.g. under a table, bed or a reinforced door frame on a load-bearing interior wall.
7. Find out about **escape routes** and **emergency exits**.
8. Know the community **emergency contact numbers** and facilities, such as police and fire stations, hospitals, schools, etc.
9. **Inform family members** about emergency measures. Teach them what to do before, during and after an earthquake. Also inform the neighbours about emergency plans and cooperate with each other.
10. Establish a **disaster communication plan** in the event that family members are separated and somewhere they can **meet** again, if possible outside the disaster area.
11. Prepare an **emergency kit** for your protection and comfort. The emergency supply kit should be waterproof, easy to find, and have enough supplies to last three days.
12. **Learn first aid techniques** and store the necessary medications and equipment.

During an earthquake

The **safety tips** in case of emergency vary depending on whether you are inside or outside a building.

Inside a building



1. **Do not panic**, try to stay calm.
2. If you can get out of the building in 5 seconds, run. If not, **protect yourself**: Drop to the floor, cover your head and face, hide below a table or below a stable door frame and hold on to it to avoid it moving away from you.
3. Stay alert to your surroundings, **stay away** from windows, glass doors or objects that may break or fall and cause injuries.
4. Do not use elevators. Instead, **take stairs**.
5. **Extinguish** open **fires** and turn off **gas** taps.
6. Do not leave the house while the ground is still shaking. Wait to see whether there are any **aftershocks** following the earthquake. Check if it is safe to go outside.

Outside a building

1. Do not rush into buildings.
2. If you are **in a car or bus**, stop the vehicle and stay inside. Stay away from bridges and buildings.
3. Look for open spaces for evacuation **far away from** buildings, power lines, big trees, bridges, street lights, tunnels as you might be hurt by falling objects.
4. If you are in a **mountainous area** or close to steep slopes, move away. Pay attention to landslides, falling rocks and other debris.
5. If you are on a **boat/ship** on the sea, you are relatively safe during the earthquake, but be aware that a tsunami could occur afterwards.