

Self-Safeguard Guidance

What to Do During an Earthquake?

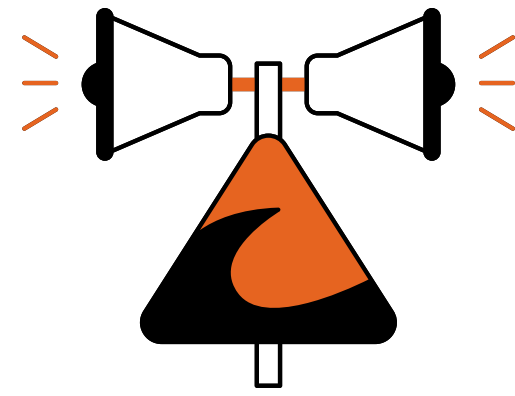
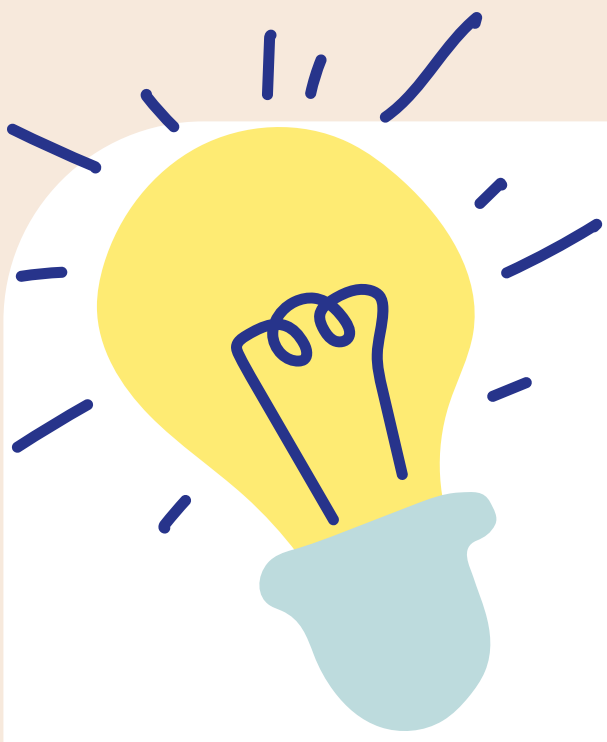
- ✓ 1. Drop, Cover, and Hold On!
Drop to your hands and knees.
Cover your head and neck under a table or desk.
Hold on to the table legs so it doesn't move.



- ✓ 2. Stay Away from Windows and Tall Things
Glass can break!
Bookshelves and cupboards can fall.

- ✓ 3. Stay Inside Until It's Safe
Do not run outside during shaking.
Wait until the earthquake stops.
Smong way to stay safe!"





What to Do If There's a Smong/Tsunami?



- ✓ 1. If the Earth Shakes Near the Sea...
Move to high ground quickly!
Don't wait for others.



- ✓ 2. Listen to Warnings
If there is a loud siren or announcement, follow what it says.
Teachers or adults will help—stay calm and listen.

- ✓ 3. Do Not Go Back Too Soon.
Wait until the “all clear” signal.
There may be more waves coming.



Remember:

"If the earth shakes and you're near the sea, run to the hills — that's the Smong way to stay safer"

