

# 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.



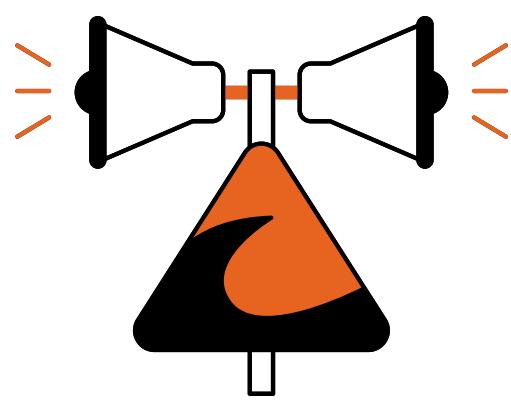
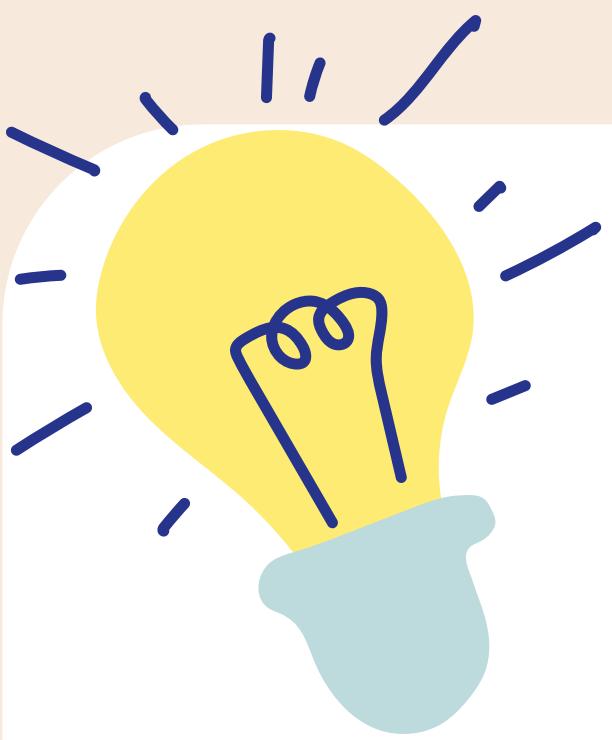
### ✓ 3. Stay Inside Until It's Safe

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"

