



Sometimes mother earth suddenly shakes. It is called an **EARTHQUAKE**. Earthquakes, just like floods, bring havoc to places, people and their property. Earthquakes are rare, but they can strike without any warning. The fire department makes safety rules on being safe when an earthquake strikes.

**Rule 1.** Drop, Cover, and Hold On if you are inside a building.

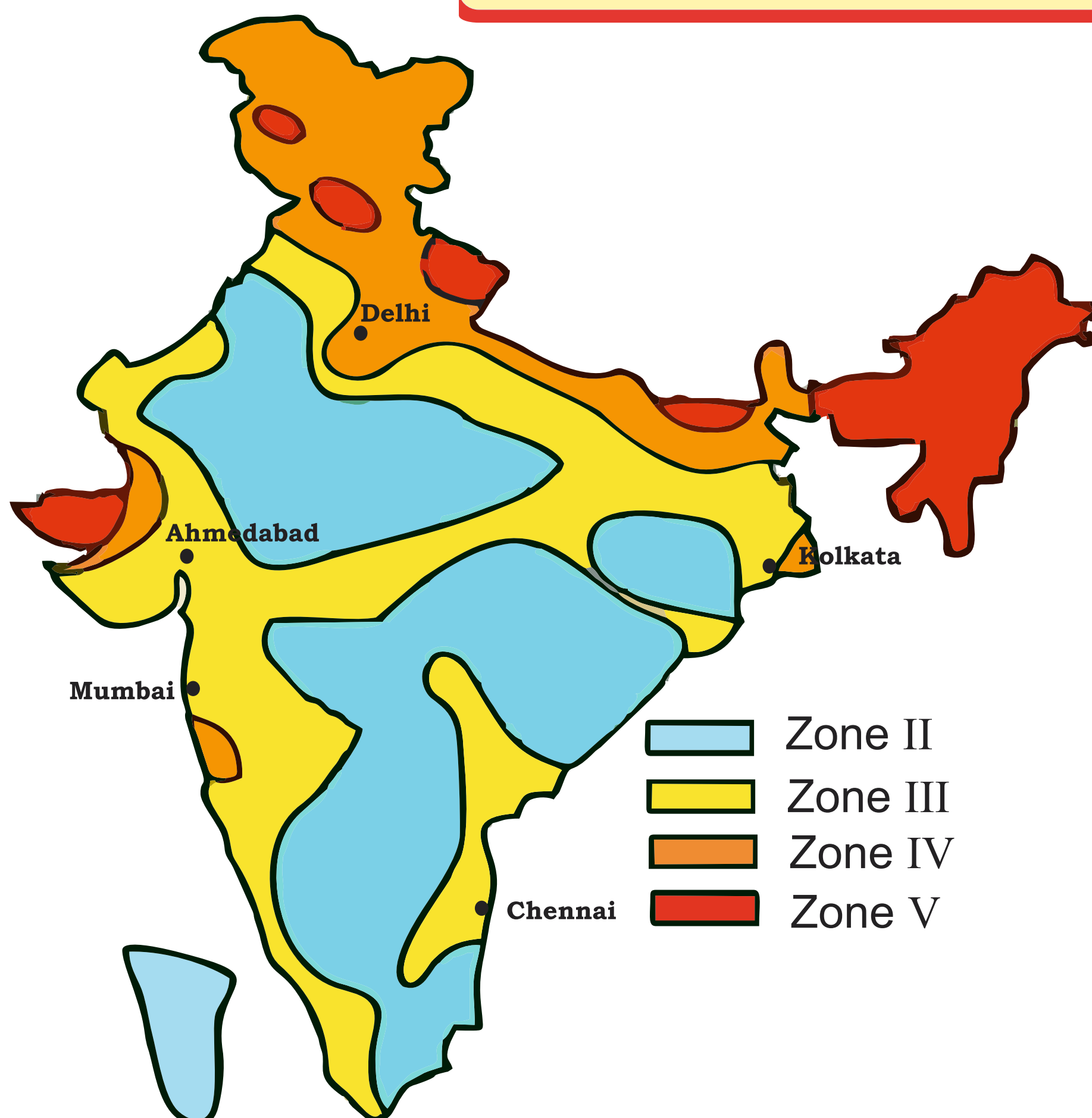
Drop to the ground, take cover under something sturdy, like a desk or table, and hold on to it.

**Rule 2.** If outside, find an open spot. Find a clear place away from buildings, trees, streetlights, power lines and towers. Drop to the ground and stay there until the shaking stops.

**Rule 3.** If in a car or a bus, the driver should stop and pull over the vehicle to a clear place.



Here is a map of India. It divides India into various earthquake zones II, III, IV and V. All places falling in zone II are prone to the least severe earthquakes and zone V to the most severe.



The National Disaster Response Force (**NDRF**) **Toll-Free Helpline 9711077372** is for natural calamities like earthquakes, floods, cyclones, tsunamis, etc.

**NIMHANS Toll-Free Helpline 080-46110007** provides psychosocial support and mental health services to survivors during disasters.

