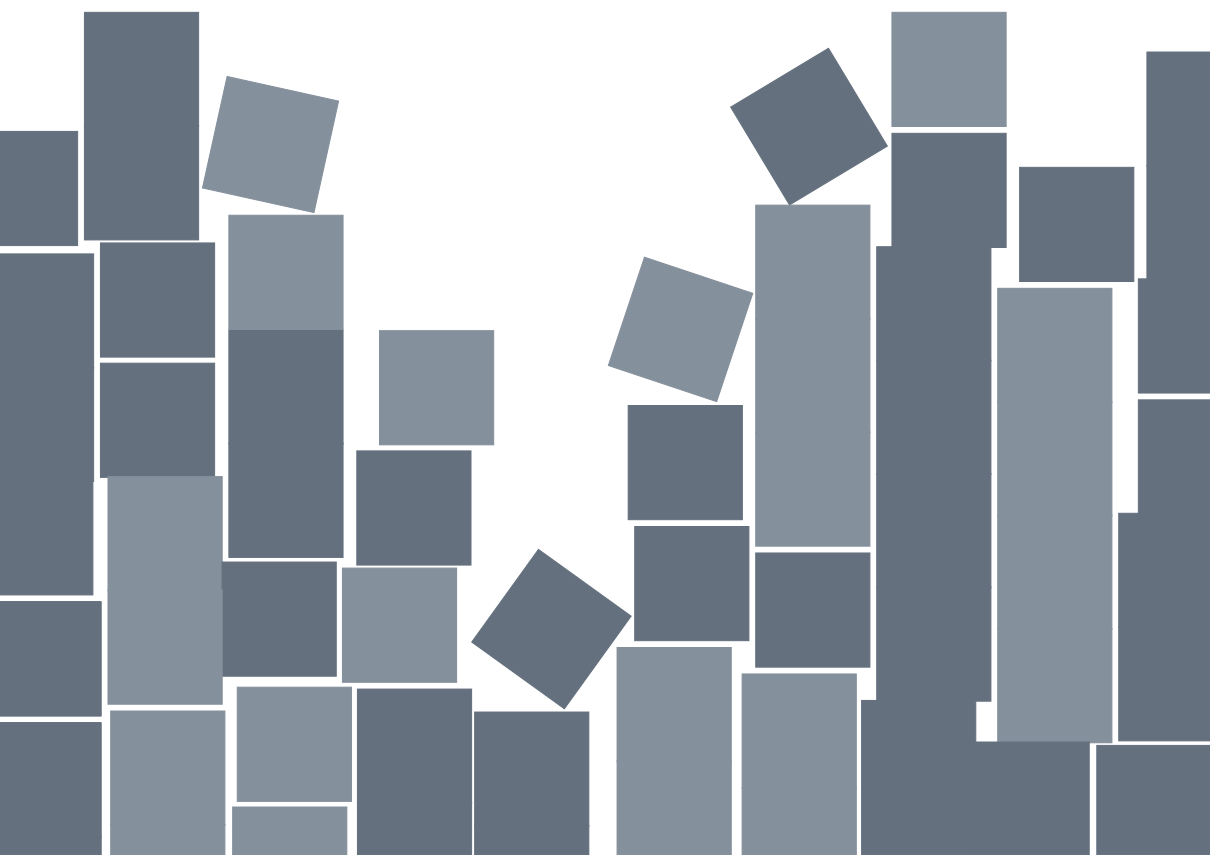


Are you prepared for an earthquake?



You cannot prevent an earthquake,
but you can prepare for it.

What to do before an earthquake?

Be informed

Slovenia lies within a seismic risk area, which is why earthquakes are common. Most of the earthquakes are very weak and cannot be detected, and only a very few are so powerful as to cause damage.

Check the earthquake intensity map to see which impacts of earthquakes you can expect in the area where you live.

A severe earthquake can cause:

- Interruptions to electricity and natural gas supplies;
- Disruptions to the supply of (drinking) water;
- Damage to the sewage system, making it unusable;
- Breakdown or unsafe use of your usual heating system;
- Breakdown of communication networks like landlines, mobile phones, and the internet, and similar problems.

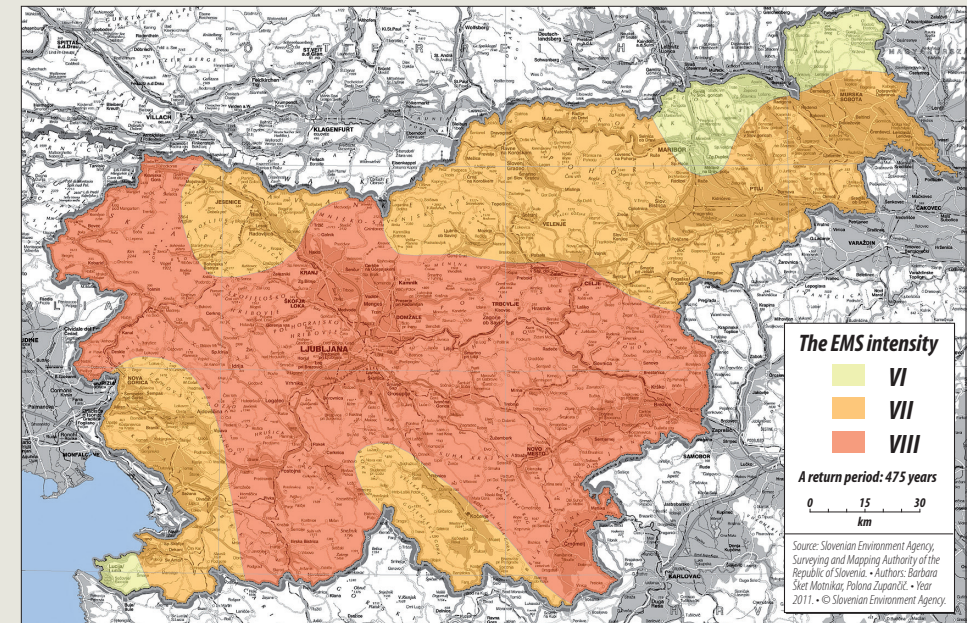
Therefore, prepare:

- A sufficient water supply – buy bottled water, and prepare a means of water purification.



Slovenia Earthquake Intensity Map

For a return period of 475 years *



The European Macroseismic Scale (EMS) is a 12-point scale. Source: Slovenian Environment Agency (ARSO)

VI – An earthquake causing small amount of damage, although many people are afraid and run out into the open. Some objects fall to the ground. Many buildings suffer slight non-structural damage (fine cracks in plaster, small pieces of plaster fall off).

VII – An earthquake causing moderate damage: most people are afraid and run out into the open. Stable furniture is shifted from its position and objects fall from shelves. Numerous well-constructed buildings suffer moderate damage, such as fine cracks in walls, and small pieces of plaster or chimneys fall off. In older buildings, cracks on walls may appear or partitions may collapse.

VIII – An earthquake with severe consequences: people have problems maintaining balance. Large cracks appear in the walls of numerous buildings. Walls can collapse in individual well-built buildings, while poorly constructed buildings could completely collapse.

* Earthquake effects may be intensified in areas with less favourable geological conditions, on steeper slopes, or in areas of high underground water.

What to do before an earthquake

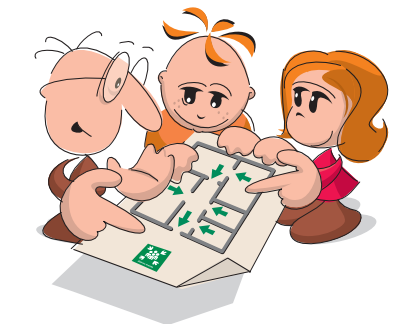
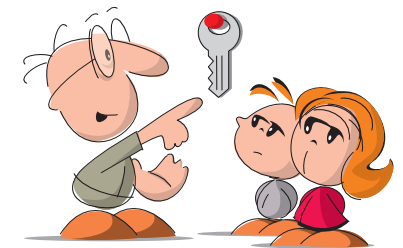
Did you know that an average of 7.5 litres of water per person per day is sufficient for drinking and basic washing and cooking?

- Have a permanent stock of food for emergencies – this should include ready meals, which do not need cooking. If you have an allergy or if you are on a diet, consider this when preparing your stock, and consider the special needs of infants, the elderly and the sick. Also, make sure you stock up on food and water for pets;
- Have your medicines ready (especially those you take regularly) and a first aid kit;
- Have a stock of hygiene products, and do not forget PVC bags for faeces should the sewage system become unusable;
- Prepare a gas cooker, can opener and pocket knife;
- Prepare durable hiking boots, warm clothes and blankets;
- Prepare a battery radio receiver and a flashlight with spare batteries;
- Consider other things you may need.

Prepare your household

- In each area of the building, identify safe places where you can seek shelter and find all the possible exits from each space;
- Give children clear instructions on what to do during and after the earthquake;

- Explain to children that they must protect themselves during an earthquake, and not try to protect or rescue their favourite toys or pets;
- Think about ways to help household members and people in the neighbourhood who need assistance (infants, people with reduced mobility, the blind and partially sighted, the deaf and hard of hearing, people under the influence of medicines, the elderly, etc.);
- Keep the front door key in a place known and accessible to everyone;
- Show all members of the household where the main valves of the gas and plumbing installations and the mains switch of the electricity network are, and determine the duties of the household members;
- Prepare some cash and copies of important documents;
- If an assembly is not determined by an evacuation plan from the facility (this is obligatory only for large facilities or facilities at greater fire risk), determine an assembly point where the household members will meet after the earthquake;
- Enter the ICE (In Case of Emergency) in the household members' mobile phones next to the telephone numbers of the people to be notified if anything happens to each household member. One contact person should be someone who lives in another town.



Put a convenient rescue tool and an ABC fire extinguisher in an accessible location.



What to do before an earthquake

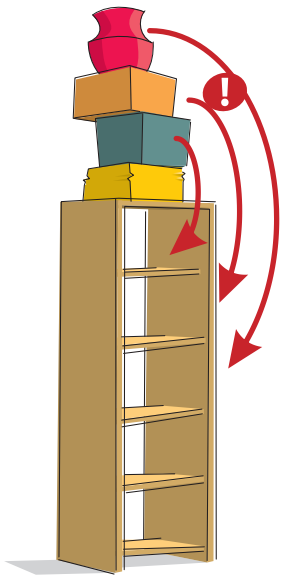
- You can find out more about the ICE at www.gov.si;
- Fill out a household emergency form and save it, together with photocopies of important documents, and prepare personal contact cards to keep with you at all times. You can find the household emergency form and personal contact cards at www.gov.si.

Prepare the apartment or building

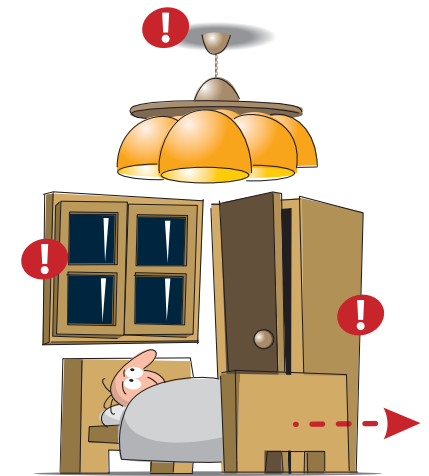
A building constructed in accordance with the principles of earthquake-resistant construction offers the best protection during an earthquake. Regularly maintain the building in which you live. Do not reduce the seismic resistance of the building through any work you carry out on it.

Damage can also be prevented by:

- Attaching (screwing) cupboards to the walls, and similarly securing electric and electronic devices (TVs, computers, and similar items);
- Place large or heavy objects and objects that can break on lower shelves.
- Use safety glass, net glass or films for the protection of glass, and use ring screws to attach mirrors to walls;



- Secure elements of suspended and cassette ceilings, including lights and other elements attached to such ceilings;
- Do not hang pictures, mirrors, sharp or fragile objects on walls or place them on shelves directly above beds, sofas, or places below which somebody could sit or lie down; move beds away from windows, partitions, and high or heavy furniture; do not place them under heavy chandeliers;
- Attach window boxes and flower pots to outside windowsills, balconies or terraces;
- Connect unsecured, freestanding gas appliances (cookers, boilers, stoves and heaters) to the gas installation of the building with flexible inlet hoses longer than the minimum length required for connection;
- Install gas cylinders in such a way that the flexible inlet hose cannot be damaged or broken;
- Protect freestanding stoves and fireplaces to prevent them from tipping over and causing a fire during an earthquake;
- Put freestanding heaters and hot water storage tanks against the load-bearing walls and fix them accordingly;



What to do before an earthquake

- Do not place boxes and cup boards, which could tip over during an earthquake and prevent exit from the building, near doors and in corridors;



!
Consider earthquake insurance to reduce your costs following earthquake damage!

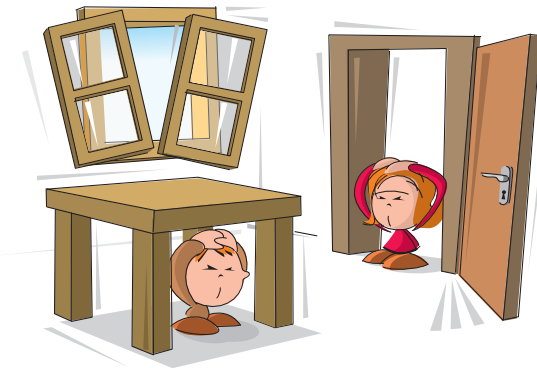
- store flammable liquids and toxic substances (pest poisons, pesticides, strong cleaners, and similar agents) in their original packaging, if possible on lower shelves outside buildings and vehicles;
- Keep valuables in compact, non-combustible boxes.

What to do during an earthquake

Stay calm during an earthquake! Stop your activities immediately, look around, quickly assess the situation, and take appropriate action.

At home, in the office or at school:

- Stay in the room you are in;
- Step away from windows and other glass surfaces;



- Indoors, find shelter under massive tables and benches, desks, or under the doorframes on load-bearing walls; if you do not have these options, find shelter in a corner next to the interior load-bearing walls of the room; protect your head;
- In corridors, press yourself against the inner load-bearing walls and protect your head;
- If you are in a bed in a safe place, stay in bed and cover your head with a pillow.

!
Do not run out of a building during an earthquake!
Do not use lifts or stairs and do not jump out of the windows!

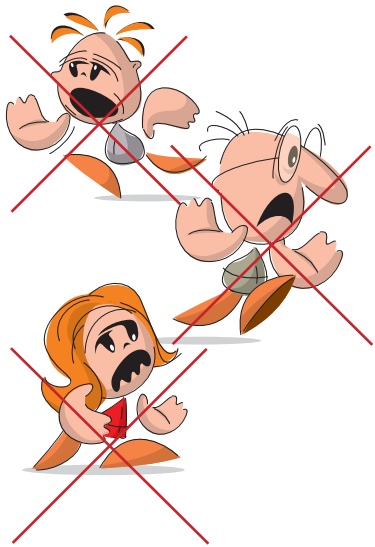
!
Protect your head, eyes and neck with your hands, a bag, clothes, a blanket or any other resources at hand.



What to do during an earthquake

In facilities with many people:

- Stay calm and do not join people who are panicking;
- Do not push against the exit door, but wait for the earthquake to pass and then calmly leave the facility;
- If you are sitting during an earthquake, remain in your seat until the shaking ends and protect your head;
- If you are not seated, protect your head and stay away from large glass surfaces, electric appliances (vending machines, ATMs, power cables, and similar items), shelves with objects that could fall, and large items that could tip over.



In a wheelchair:

- Retreat to a safe place, put the brake on, and protect your head.



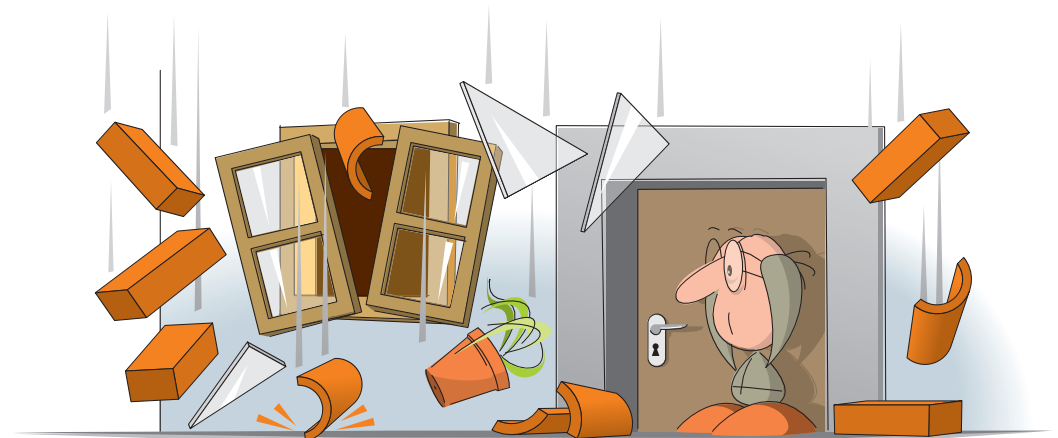
In a lift:

- If you are in a lift during an earthquake and it does not stop automatically, immediately press the key for the next floor or the keys for all floors;
- When the lift door opens, carefully step out, wait in a safe place nearby until the shaking ends, and then leave the building calmly down the stairs;

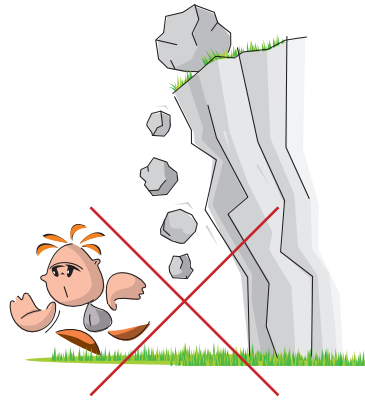
- If the lift door does not open, do not force it. Use the dedicated button in the lift cabin to alert customer service.

Outdoors:

- Go to an open space, away from buildings, river banks and lake shores, water barriers, trees, traffic signs and billboards, traffic lights, street lamps, electric wires, power lines and other installations and similar things;
- If you are in a tightly built-up area and cannot move away from buildings, seek protection from falling objects (roofing, chimney and plaster parts, window boxes and flower pots, broken glass, and similar things) in nearby door openings and protect your head.



What to do during an earthquake

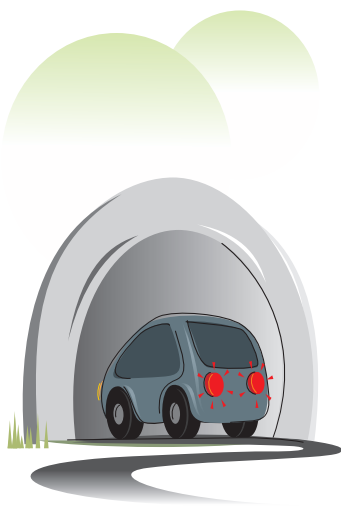


In the mountains or on steep slopes and near them:

- Do not approach the edges of cliffs, and pay attention to possible rock fall and landslides, the possibility of avalanches, newly-opened crevasses and large cracks, etc.

In a car, train or bus:

- In an open place, slow down, drive safely to the edge of the road, stop at a place where you will not reduce the traffic flow, and wait in the car until the end of the earthquake;
- Do not stop the car on or in tunnels, underpasses, overpasses or bridges, or in their immediate vicinity;
- Avoid electrical wires and power lines, large signboards, buildings, and other things that could collapse;
- If you need to leave the car, move it away from the road and leave your data in a visible place;
- If you are standing on a train or on a bus, hold firmly to make sure you do not fall; if you are sitting, protect yourself from falling objects. Also, be prepared for the possibility that the vehicle could suddenly stop.



What to do after an earthquake

An earthquake can be followed by strong aftershocks. Consider what to do when they occur.

Stay calm!

If you are caught in rubble:

- If it is dusty, use a protective resource at hand (a tissue, cloth, part of a garment) and cover your mouth and nose;
- If you are not injured, try to remove the rubble in the direction that the air is coming from, but save your energy;
- If you cannot remove the rubble and you are injured, move as little as possible to avoid raising dust. Strike an object against a metal installation or wall at regular intervals;
- Use your mobile phone if you have one with you. However, the telephone networks may not work after the earthquake. Turn it off periodically and try to preserve battery power for as long as possible.



If you are not injured and not caught in rubble:

- Help yourself, your loved ones, and those who need special assistance (infants, people with reduced mobility, the blind and partially sighted, the deaf and hard of hearing, people



What to do after an earthquake



Do not light a fire!

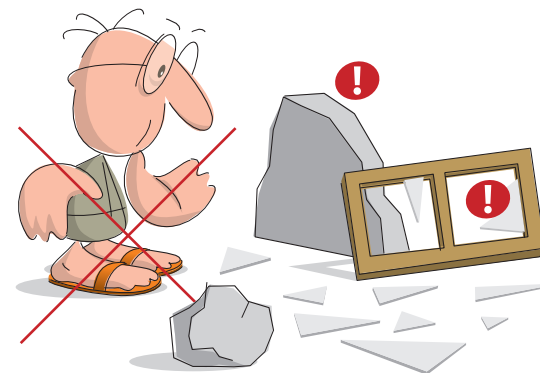
- under the influence of medicines, the elderly, households with many children, etc.);
- If you need assistance, seek it from your nearest neighbours or friends;
- Use flashlights or chemical glow sticks; do not light matches or candles and do not use open flames;
- Do not smoke;
- If you smell gas, try to open the windows;
- Switch off all gas and electrical appliances and heating sources that could cause a fire or an explosion; close the main valve of the gas installation and turn off the mains switch of the electricity network;
- Close the main valve of the plumbing network of the building, because after an earthquake water may be contaminated by damage to the pipes of the external plumbing network;
- Take precautions to prevent fire. If a fire breaks out, try to extinguish it; if you cannot, call the emergency number 112;
- Try to clean up any spilled dangerous substances (cleaners and chemicals, thinners, petrol, and other agents). Notify the competent authorities of any potential for poisoning and leave the danger area;
- Leave the damaged building by the safest route, and take with you the most necessary clothing, documents, money and urgent medicines;



- If you were separated from your loved ones during the earthquake, try to contact them;
- Take care of pets.

Examine the condition of your building and the damage to it:

- If you can see from the outside that the structure of the building is damaged, do not enter the building, but wait for the evaluation of qualified professional teams;
- If damage to the structure of the building cannot be seen from the outside, enter the building very carefully and pay attention when checking the condition of the interior;
- Wear appropriate shoes for moving around the building, being aware of shards, rubble and other collapsed material and dangerous objects;



Open cupboards carefully.

Do you know that a car is not a suitable shelter because prolonged sitting in a forced posture can lead to deep vein thrombosis?

What to do after an earthquake

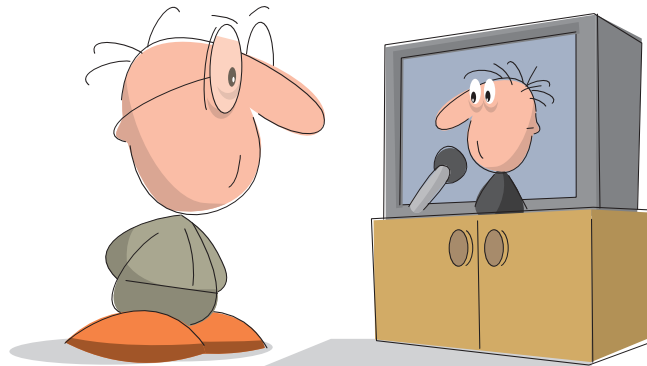


- Ask for an expert inspection of the plumbing, sewage, gas and electrical installations, the chimney and other things if necessary;
- Take photos of the damage to the building, equipment, and items to report a loss event.



Since telephone lines will be overloaded after the earthquake, do not call your relatives, but send them an SMS instead.

Instructions in the media



- Turn on the radio or television;
- Follow the instructions of the competent authorities and services.

During evacuation:

- Follow the evacuation measures and instructions;

- Only take the essentials with you (clothing, hygiene products, documents, money, and medicines);
- Take care of pets;
- When you are in a safe place, let your relatives know where you are.

Life after an earthquake

- You can expect disruptions to your drinking water supply, so you must boil or otherwise purify water before use. If possible, get bottled water;
- Use food sensibly, consuming perishable foods first, and only then food from emergency stocks.



Help your children deal with the earthquake and its consequences

Because of the fear that children experience during an earthquake, they may start to behave differently. Changes in behaviour depend on the child's age, character, exposure to earthquake impacts, type of personal loss (family member, good friend, pet) and also to what extent the child is exposed to other impacts after the earthquake (temporary

What to do after an earthquake

stay away from home, loss of contact with friends, acquaintances and neighbours, loss of the things that they liked, how their parents and other family members tolerate the consequences of the earthquake). After such an experience, children may be afraid that an earthquake will happen again, that any of their relatives will suffer injuries, or that they will be left alone or separated from the family.

The following may occur in children:

- Eating disorders (they eat more or less than prior to the earthquake);
- Reservedness or desire for closeness of other people;
- Numbness, shock, confusion, sadness, restlessness or fear, irritability or aggression;
- Fear of darkness, difficulty sleeping, and nightmares.

Depending on the age of the child, the expected reactions are:

- **Up to the age of 6:**
Although infants and toddlers cannot describe their experiences in words, they retain them in their memories. They may react by being more irritable, crying more than usual or requiring more attention, cuddles and direct contact. Preschool children may feel powerless, helpless and scared;

- **Ages 7-10:**
Older children can understand the permanence of loss. They may be overwhelmed by a traumatic event and want to talk about it all the time. They may hear inaccurate information from their peers, which is why they should get explanations and accurate information from their parents or guardians. They may be sad or angry for fear of another earthquake;
- **Ages 11-18:**
As a child grows up, their reaction becomes similar to that of adults. Older children and teenagers may experience decreased concentration, increased aggression and other risky behavioural patterns after an earthquake.

Explain to the children that what happened is not their fault! Seek professional assistance if necessary.

Most children feel better over time, and gradually life goes back to its usual rhythm. It is important that children sleep well, eat properly, drink plenty of fluids, are physically active, and spend part of their time playing and having fun. They should spend as much time as possible with their families and the peers they hung out with before the earthquake. It also helps if children take on some tasks and become actively involved in family life and the daily chores.





Emergency call: 112



Do not call 112 unless it is really necessary, as someone else may need it more than you at that time.

In the event of a major earthquake, the telephone network could be overloaded and may not work.

You can call or send an SMS to the 112 emergency number if:

you need the assistance of firefighters, emergency medical assistance, other emergency services, or the Police.

In all EU countries, you can call 112 free from a landline or mobile phone (even if your account is empty).

When calling 112, please specify:

- **WHO** is calling;
- **WHAT** has happened;
- **WHERE** it happened;
- **HOW MANY** people are injured;
- What the **INJURIES** are;
- What the **CIRCUMSTANCES** at the scene of the emergency are;
- What kind of **ASSISTANCE** you need.

Further information can be found at:

www.gov.si

GET INFECTED WITH GOOD HABITS
GET VACCINATED

Regular hand washing and disinfection

Social distance 2 m

#OstaniZdrav app always on

Wearing a face mask

I HAVE A CHOICE TO STAY HEALTHY. I ACT RESPONSIBLY.