

# Earthquake

**EARTHQUAKE**  
Seismic Risk

**WHAT TO DO DURING AN EARTHQUAKE**

**If you are indoors**  
Stand in the doorway of a bearing wall, close to a bearing wall or under a beam, or find a shelter under the bed or a robust table.

**If you are indoors**  
At the centre of the room you might be hit by falling objects, wall pieces, false ceiling, furniture, etc. Don't rush outside, but wait for the end of the shock.

**If you are outdoors**  
Move away from buildings, trees, lampposts, power lines: you could be struck by vases, tiles and other materials that can

**If you are outdoors**  
Pay attention to other possible consequences of the earthquake: collapse of bridges, landslides, gas leaks.

**WHAT TO DO AFTER AN EARTHQUAKE**

Check the state of health of the people around you and, if necessary, be the First Aider.

Before leaving the house, turn off gas, water and electricity and wear shoes.

Going out, avoid taking the lift and be careful on the stairs, that might be damaged.

If you are in a zone exposed to tsunami risk, move away from the beach and reach a higher place.

Limit, as much as possible, the use of the phone. Limit also the use of the car to avoid obstructing the passage of emergency vehicles.

Reach the waiting areas provided by the Local Emergency Plan.

Stay informed and follow the instruction of the authorities

<http://www.protezionecivile.gov.it/attivita-rischi/rischio-sismico>  
<http://iononrischio.protezionecivile.it/terremoto/>  
<https://www.regione.marche.it/Regione-Utile/Protezione-Civile>

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- Sito del Dipartimento della Protezione Civile - Presidenza del Consiglio dei Ministri  
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**GUARDA IL VIDEO: IN ITALIANO**

**IN INGLESE**

