



## Leaflet on Earthquake

Attention: A more comprehensive **leaflet** on earthquake is available from this Embassy **in German and French**.

### During an earthquake

- Stay calm, panic never helps. Remember that a quake usually lasts less than a minute.
- Keep yourself informed with all available means (TV, radio, internet).
- Think in advance where you would seek refuge in case of an aftershock.
- At your home, make sure furniture cannot fall on you. Put on the ground objects that could hurt you when falling.
- Turn off gas and electric appliances.
- Prepare things that could be useful in case you need to be evacuated (some money, adequate clothing and shoes, mobile phone, identity documents).
- Do not take the lift during an earthquake.
- Rather stay home than go outside during an earthquake and protect yourself (usually, doorframes and bathrooms offer good protection). If you are outside, move away from high buildings and places where things could fall on you.

### After a major quake

- Check whether a fire has been caused by the earthquake.
- Help injured people around you.
- If you have not done it yet, turn off gas and all electric appliances.
- Do not use the lift.
- Regroup with other foreigners so that you can help each other. Should you speak Chinese, help others who do not speak the language.
- Once in a safe place, please contact the Embassy of Switzerland in Beijing to inform us about:
  - your condition
  - your whereabouts
  - the situation where you are
  - ways to contact you

### Embassy contact details

Phone: (010) 8532 8888  
E-mail: [bei.vertretung@eda.admin.ch](mailto:bei.vertretung@eda.admin.ch)

### Further Information

- For more information in English visit <http://earthquake.usgs.gov/learn/preparedness.php>