

遇地震保命5招

MEMORIZE THE FIVE TIPS FOR SURVIVAL IN EARTHQUAKE



1 身處室內時應躲到堅固傢俬下面，並要遠離玻璃或容易墜下嘅物件

If the earthquake catches you indoors, stay indoors. Take cover under a sturdy piece of furniture. Stay away from glass or loose hanging objects.



2 身處戶外的話，應遠離建築物、斜坡同架空電線等地方

If you are outside, move away from buildings, steep slopes and utility wires.



3 千祈唔好從高處跳下

Never jump off the building



4 當被埋壓瓦礫下不能掙脫時，切忌大聲呼叫，應使用敲擊聲或吹口哨求救

When you are trapped under rubbles, do not shout. You should seek help by making noises such as knocking or whistling.



5 盡量遠離海岸，如遇上地震或海嘯，須向高地逃走

Stay away from coastal areas and move to the highland in case an earthquake or tsunami occurred.

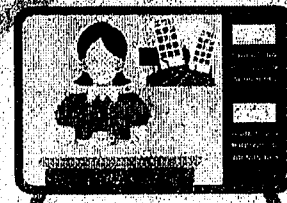
地震後3個行動

THREE ACTIONS AFTER AN EARTHQUAKE



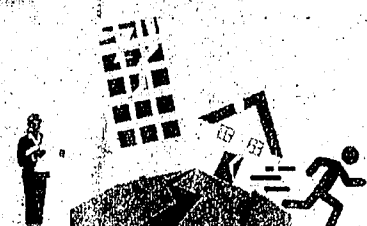
1 留意餘震、山泥傾瀉、海嘯

Beware of aftershocks, landslides or tsunami



2 留意電台、電視，有關最新消息嘅公佈

Listen to radio or television announcements about the updates



3 檢查損毀同容易墜下嘅物件，遠離已損毀嘅建築物

Check for damaged or loose hanging objects, and stay out of damaged buildings