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- Keep on hand an emergency survival kit containing food, sleeping bags, medication, first aid supplies, and bottled water. Rotate food and water to ensure freshness. If you must leave home, take this kit and your portable radio and flashlight with you.

Mission staff who have received First Aid training should be identified to assist in the event of an emergency.

b) During an Earthquake

- Stay calm. Don't panic.
- If you are indoors, stay there. Do not run outside; you may be hit by falling glass and debris. If you are in a house, store or high-rise building, take cover under a heavy desk, table, or bed or stand in an inside doorway away from windows. (A door frame and inner core of a building are its strongest points and least likely to collapse.) Do not dash for exits, as stairways may be broken and jammed with people.
- If a building evacuation is ordered, avoid, if possible, routes where debris, broken glass or masonry may be falling. Avoid fallen electric wires.
- If you are outside, stay there. Move away from buildings to avoid crumbling walls and falling debris. Stay away from power lines and dangling electric wires.
- If you are driving your car, stop quickly and stay in your car. If possible do not stop on a bridge or overpass or where buildings can fall on you. Your car can provide protection from falling debris.

c) After an earthquake

- Listen to your battery-operated or car radio for instructions. Follow them.
- Do not re-enter damaged buildings. Walls may collapse after the original shaking has ceased.
- Stay away from waterfront areas. Large earthquakes at sea are often followed by tidal waves.
- Check for fires. In case of fire, if possible, notify the Fire Department.
- Check all utilities for broken water pipes, shorting, electrical circuits or leaking heating fuel. Do not use a match or open flame to find your way. If you find or suspect damage, shut off utilities at main valves or meter boxes. Turn off heating appliances.
- If water is off, use emergency water from water heaters, toilet tanks, melted ice cubes and canned vegetables.
- Check that sewage lines are intact before permitting continued flushing of toilets.
- Check chimneys for cracks, particularly in the attic and the roof line. Unnoticed damage could lead to a fire.
- Keep your emergency supplies, clothing and food handy in case you are ordered to evacuate. If it becomes necessary to evacuate homes, you will be advised.