

How to prepare for an earthquake - instructions for people with disabilities

There have been strong earthquakes in Israel in the past

These are expected to occur in the future too.

Earthquakes can cause great damage and devastation across the country.

Earthquakes take place within a few seconds

We can save lives only if we prepare ahead.

Here are three simple rules that can save lives in case of an earthquake

It's important to prepare them now.

Prepare an exit route in advance that is fast and clear, because open spaces are the safest.

If you're unable to go out into the open, follow the following steps: Go into a security room or stairwell, or take cover in an inner corner of the room.

Make sure the path is clear of objects that may interfere along the way. Secure furniture to the wall which may move or fall.

It is important to practice these rules several times a year.

In addition, be sure to practice the ways that help calm you down in stressful situations.

Prepare emergency supplies. Prepare a bag with emergency supplies that holds everything you need for your daily routine, including medications, assistive devices and important documents. Remember to check the expiration dates of the supplies and refresh them as needed.

Be prepared to get by on your own for at least three days, because emergency forces will not be able to reach everyone immediately, and choose a contact person to assist you.

Ask one of the people who are usually around you to help you in case of an earthquake. If you live alone in an apartment, arrange in advance, with a neighbor

or with someone else in town to help you in an emergency. Share with them the emergency plan you have prepared, make sure they have a key to your home and that they know where your emergency supplies are.

To recap briefly, the three lifesaving rules for preparation during normal times are:

1. Prepare an exit route - open spaces are the safest.
2. Prepare emergency supplies.
3. Choose a contact person to assist you.

Practice your earthquake preparedness guidelines several times a year.

For more details contact the Israel Police emergency and rescue hotlines -

The 100 Emergency Call Center or the 110 Help Center,

The Home Front Command National Emergency Portal or the 104 call center,

The Israel Police internet websites,

The Inter-Ministerial Steering Committee for Earthquake Preparedness of the National Emergency Management Authority,

The Justice Ministry's Equal Rights Commission for People with Disabilities

And the websites of the ministries of Health, Education and Welfare and Social Affairs