



# EARTHQUAKE SURVIVAL GUIDE FOR RESIDENCE HALL STUDENTS

## EARTHQUAKE APPLICATION

We highly recommend you to download an earthquake application to monitor the location of the epicenter (for example, the 'Lastquake' app). The application shows all earthquakes that happen nearby and their epicenters. If the epicenter is located 100-150 kilometers away from Almaty and the magnitude is 7.0-7.5, most likely it would not cause severe consequences.

## EMERGENCY KIT

You will need a backpack, small suitcase, or bag that is waterproof and will help to protect its contents. It should be located next to your bed or close to the exit. In case of an emergency, you should carry the emergency kit in your hands, so it should be as small as possible and not too heavy.

## WHAT TO PUT

The Emergency Department of Almaty City recommends taking the following:

1. **Documents.** Make copies of ID cards, passports or/and birth certificates. You may also need a driver's license, marriage certificate, etc. All copies should preferably be notarized and laminated.
2. **Money.** Put cash and an additional bank card in your bag.
3. **Water.** One person will need at least two liters of water. It is better to use plastic bottles as containers.
4. **Food.** Food that requires no refrigeration or/and cooking, is high-calorie, hermetically packed and has a long shelf life. Sweet bars and canned goods are perfect.
5. **Personal care products:** a small soap, toilet paper, wet wipes, antiseptic gel.
6. **Blankets.** It is better to take synthetic products, they are light and do not take up much space.
7. **Matches.** Matches should be waterproof.
8. **Radio receiver.** Useful for contacting rescue team in the absence of cellular connection.
9. **Battery-powered flashlight.** Needed if there is a power outbreak.
10. **Additional batteries.**

**11. Portable charger** power-bank

**12. Whistle.** Give a signal to the rescue team.

**13. First aid kit.**

This is the minimum required for survival. You can add to it a watch, a rope, a knife, spoons, a spare set of underwear, sewing supplies, etc.

**First Aid Kit** is one of the most important component of the emergence kit. It should include:

- Painkillers (for example Analgin or any other medicine that you use).
- Antipyretic medicine (Paracetamol or any other medicine that contains it).
- Remedies for intestinal infections (Enterol or Loperamide, or any your medicine).
- Antiallergic medicine (Suprastin, Tavegil, Fenistil).
- Antiseptics: hydrogen peroxide, alcohol, chlorhexidine.
- Dressing materials: bandages, plasters, cotton pads.
- Tourniquet to stop bleeding.
- Broad-spectrum antibiotics (Amoxiclav).

If you have chronic diseases, be sure to put medications to treat in your first aid kit.

## WHERE TO KEEP

Emergency kit should be located next to your bed or close to the exit. If the Emergency Department informs on a possibility of emergency situation, do not ignore the message – it is best time to check the content of emergency kit, paying attention to the expiration dates of food and medicine.

## EARTHQUAKE GUIDE

If you feel that the building is shaking, see the lamps are swaying, the objects are falling, hear the growing sound, please do not panic.

### **1st or ground floor:**

1. If you are on the ground or first floor of the Residence Hall, it is better to leave it quickly. Get out quickly but carefully.  
Beware of falling objects and other hazards.

2. Move immediately away from the building, to an open place.

It is important to remember: you have about 10-20 seconds to get to a safe place.

### **2nd or upper floors:**

1. Stay in the building, be sure to wear shoes to protect your feet from glass fragments, open the room and the section doors, the doors may become warped or jammed.
2. Take the safest place in the room: away from windows, on the floor behind the bed, closer to the exit. Cover your head and neck with a pillow or blanket.
3. If you are in the corridor, take safe places indicated by the special "UMBRELLA" sign.
4. As soon as the shaking stops, leave the building, following the instructions of the Residential Assistants. Remember that after the main shock, the first aftershock occurs after 20 seconds. Subsequent aftershocks occur much later. It is necessary to leave the building after the 1st aftershock.
5. Evacuation from the Residence Hall premises shall be done by stairs only.
6. Using the elevator during evacuation is strictly prohibited.
7. Leave quickly, but without panic, observing safety measures.
8. Once outside, go to the emergency gathering place. The gathering place is an open area opposite the New Academic Building (Workout zone and open space around). Stay calm.
9. The nearest evacuation point is located on the territory of the Kazakh National Agrarian Research University. The evacuation center staff will provide you with food, medical and psychological assistance.