

# Earthquake Preparedness Guide

For KIMEP U students

KIMEP U, 2025

# I. BEFORE THE EARTHQUAKE

## **1. 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.

# I. BEFORE THE EARTHQUAKE

## **2. Emergency Kit**

We highly recommend to prepare the emergency kit in case if the earthquake happens when you are at home.

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.



# I. BEFORE THE EARTHQUAKE

## What to put

The Emergency Department of Almaty City recommends taking the following:

- **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.
- **Money.** Put cash and an additional bank card in your bag.
- **Water.** One person will need at least two liters of water. It is better to use plastic bottles as containers.
- **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.
- **Personal care products:** a small soap, toilet paper, wet wipes, antiseptic gel.

# I. BEFORE THE EARTHQUAKE

## What to put (contd.)

- **Thermal Blankets.**
- **Matches.** Matches should be waterproof.
- **Radio receiver** to contact rescue team in the absence of cellular connection.
- **Battery-powered flashlight** in case of power outbreak.
- **Additional batteries.**
- **Portable charger** (power-bank)
- **Whistle** to give a signal to the rescue team.
- **Emergency contacts of your relatives or/and friends**
- **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.

# I. BEFORE THE EARTHQUAKE

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

- ✓ Painkillers
- ✓ Nonsteroidal anti-inflammatory drugs
- ✓ Remedies for stomach infections
- ✓ Allergy medication
- ✓ Antiseptics
- ✓ Wound dressing: bandages, plasters, cotton pads.
- ✓ Tourniquet to stop bleeding.
- ✓ Broad-spectrum antibiotics

If you have any chronic diseases, be sure to put prescribed medications.



# I. BEFORE THE EARTHQUAKE

## **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 emergency kit, paying attention to the expiration dates of food, water and medicine.

## II. 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.**



# II. EARTHQUAKE GUIDE

## 1st or ground floor:

1. If you are close to the exit of the ground or first floor of the building, wait until the first quake is over and then leave it quickly, but carefully. Beware of falling objects and other hazards. It is important to remember: you have about **10-20 seconds** to get to a safe place before the aftershocks.
2. Move immediately away from the building, to an open place. If you are away from the exit, follow the instructions below.

# II. EARTHQUAKE GUIDE

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

1. Stay in the building
2. Stay away from the windows and glass walls
3. If you are in the class room, be sure that the door is opened, the doors may get warped or jammed.
4. Take the safest place in the classroom: away from windows, in between of the tables. Cover your head and neck with your hands.
5. If you are in the hallway, recreation area, dining halls, etc. go to a safe place indicated by the “UMBRELLA” sign.
6. As soon as the shaking stops, leave the building, following the instructions of the faculty/staff/ security. 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 1<sup>st</sup> aftershock.

# II. EARTHQUAKE GUIDE

## 2nd or upper floors (contd.):

7. Evacuation from the building premises shall be done by stairs **only**.
8. Using the elevator during evacuation **is strictly prohibited**.
9. Leave quickly, but without panic, observing safety measures.
10. Once outside, go to the emergency assembly point. **The emergency assembly point is an open area opposite the New Academic Building (Workout zone and open space around)**. Stay calm.
11. 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.