

EMERGENCY EARTHQUAKE INSTRUCTIONS  
INSTRUSAUN BA RAI NAKNAKDOKO EMERGENSIA

In case of an earthquake....

Iha situasaun akontese rai nakdoko

**INDOORSU(UMA LARAN)**

- If you can leave the building within a few seconds - go outside immediately.

Karik ita possivel atu halai sai husi uma laran iha segundus (detik) balun nia laran-bele halai sai imediatamente

- If you cannot leave the building within a few seconds - enter the protected room and leave the door and window open.

Karik ita la possivel atu halai sai husi uma laran iha segundus(detik) balun nia laran-ita bele halai tama ba iha sala (kuartu)ruma atu halo protesau ba ita nia a'an no husik odamatan no janela nakloke.

- If you do not have a protected room (Mamad) - go out to the stairwell, and if possible, continue down until you exit the building. Do not use the elevator.

Karik ita la iha sala (kuartu) protezidu hodi bele proteze ita nian a'an – bele halai sai liu uma maibe liu husi eskada -labele halai sai husi liu husi elevator

- Only if you cannot follow the above - sit in the inner corner of the room or under heavy furniture and protect your head with your hands.

Karik asaun sira ne'ebe mensiona iha leten ita la possivel hotu maka bele buka fatin iha kantu internu(sudut dalam) ruma ka bele tu'ur iha sasan balun ne'ebe metin nia okos no taka ita nia liman ba ita nia ulun.

**OUTDOORS(IHA LIUR)**

- Stay out in the open and away from building, trees and electric cables and items that might fall and risk your lives.

Karik ita hela iha liur (laos iha uma laran)bele halai do'ok husi konstrusaun uma, ai-horis,kabel elektrika no sasan seluk ne'ebe posive atu monu no fo risku ba ita nia moris.

**In a vehicle(IHA VEIKULU LARAN)**

- Immediately stop at the side of the road and wait inside the vehicle until the earthquake is over – the vehicle protects you.

Hapara veikulu imediatamente iha dalan ninin maibe tu'ur nafatin iha veikulu nia laran atu nu'une veikulu refere bele proteze ita to'o situasaun rai nakdoko ne'e para.

- Avoid stopping under a bridge, on an intersection, near buildings or under a steep slope for fear of collapsing, and distance yourself from it by car or on foot.

Labele para kareta iha ponte okos, iha kruzamentu, besik konstrusaun ruma, rai ne'ebé a'as no fasíl atu monu ka halai no asegura distansia entre ita ho veikulu ka ema ruma ne'ebé halo sirkulasaun

- Use signs indicating the direction of the escape routes to the marked gathering areas.

Uza sinál indikasaun ruma atu hatudu marka ba diresaun ka área sira ne'ebé ema sira hamutuk.

### **Close to the beach( BESIK TASI)**

- Stay at least one kilometer away from the beach or go up to a fourth floor or higher, for fear of a Tsunami flooding the beach.

Halai do'ok husi tasi ± kilometru ida ka halai sa'e ba uma andar ruma ka rai foho ne'ebé a'as hodi proteze a'an husi Tsunami ka tasi sa'e

- Use signs indicating the direction of the escape routes to the marked gathering areas.

Uza sinál indikasaun ruma atu hatudu marka ba diresaun ka área sira ne'ebé ema sira hamutuk.

### **Important highlights(asuntu importante sira ne'ebé presiza ta'u atensaun)**

- Treat every earthquake as if it is a serious earthquake and immediately move to a safe place in accordance with the guidelines.

Halo atuasaun ne'ebé seriu ba iha situasaun rai-nakdoko hodi buka fatin ne'ebé seguru tuir matadalan ne'ebé iha.

- Protect yourself as follows: Get down on your knees, stay on the ground and protect your head with your hands.

Proteze ita nia a'an liu husi hakneak ka toba iha rai leten no taka ita nia liman ba ita nia ulun.

- If you are in a wheelchair - lock it and protect your head.

Karik ita uza kursi roda –bele tu'un no tu'ur iha rai leten no proteze ita nia ulun

- Stay as far away from buildings, trees, electrical cables as possible, and from items that could fall and endanger you.

Halai do'ok husi konstrusaun ruma, ai-horis, kabél eletrika no sasan seluk ne'ebé fasíl atu monu no fó risku ba ita nia moris.

- Get updates from messages circulated in the media and wait for further instructions.

Buka no hetan informasian foun sira ne'ebé sirkula iha media no hein instrusaun tuir mai.