

# Kapag Nakaramdam Ka ng Pagyanig o Nakatanggap ng Alerto:

Kung  
Maaari



**DUMAPA O  
LUMUHOD!**



**SUMILONG!**



**HUMAWAK!**

Kung Naka-  
Tungkod



**DUMAPA O  
LUMUHOD!**



**SUMILONG!**

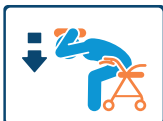


**HUMAWAK!**

Kung  
Naka-Walker



**IKANDADO!**



**MAGKUBLI!**



**HUMAWAK!**

Kung Naka-  
Wheelchair



**IKANDADO!**



**MAGKUBLI!**



**HUMAWAK!**

[EarthquakeCountry.org/step5](https://EarthquakeCountry.org/step5)