

After the earthquake

1. **Keep calm**, provide **first aid** if necessary without endangering yourself.
2. Be prepared for **aftershocks**. Although these are usually weaker than the earthquake, they can cause further damage or even cause an already damaged building to collapse.
3. **Stay out of damaged areas** or highly affected buildings.
4. **Call for help** if necessary and **inform** the authorities if any family member or neighbour is missing.
5. Make **phone calls only in** the most urgent medical **emergencies** to prevent a breakdown of the telecommunication network. An overload of telephone connections endangers the rescue and relief operation.
6. **Help your family, neighbours**, especially the seriously **injured, children** and **elderly**.
7. Ensure that you **receive official information** about the situation by app, radio or TV.
8. **Inspect your building** from inside and outside when the situation is safe. Check your building and housing for cracks and damage. If there is major damage, stay outside the building as it might collapse.
9. **Check gas, water** and **sewer pipes** for leaks.
10. Be aware of **poisonous animals** (e.g. snakes: they come out from their hides after earthquakes).
11. **Talk** with your **neighbours** about whether they experienced any damage and organise security together.



Impact of the earthquake in Mandalay, 2025

Photo: Frauke Kraas

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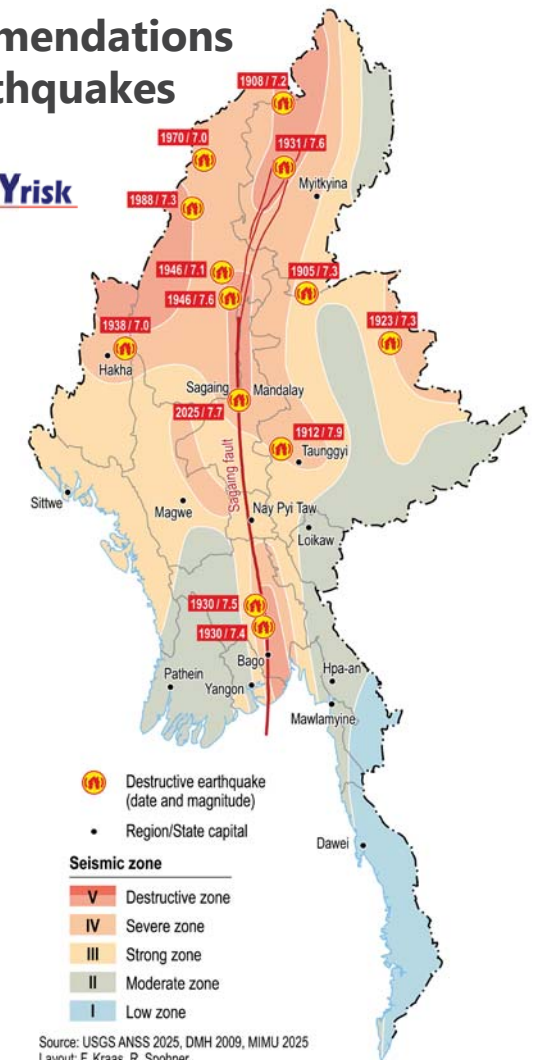
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Recommendations for earthquakes



Risk profile of Myanmar

Myanmar is exposed to a variety of natural hazards. These include earthquakes, floods, tropical cyclones, landslides, heatwaves, drought and fires. Thus it is important to **take precautionary measures**. This pamphlet contains information about **earthquake preparedness**.

Myanmar cities and towns located near the **Sagaing fault** (e.g. Yangon, Mandalay, Nay Pyi Taw, Myitkyina and Bago) and cities on other minor fault lines (e.g. Taunggyi, Kengtung, Hakha and Kalay) are particularly in danger.

Emergency numbers:

Police Department 199, Yangon: 01 549309
Fire Services Department 191, Yangon: 01 252011
Ambulance (YGH) 01 8256112

What is an earthquake?

An earthquake is the **shaking of the earth's surface**. Earthquakes can be caused by the **movement of either faults or plates** in the earth's crust, by **volcanic eruptions** or by the **falling of meteorites** from space. Earthquakes can also be caused by **human activities** (for example, underground bombings, atomic test bombings and changes in the properties of subterranean rocks due to reservoir water).

Earthquakes can last from a **few seconds to several minutes**. They are often followed by **aftershocks**. It is **not possible to forecast** when an earthquake will happen; do not believe or spread rumours. **Thus, preparing is of crucial importance.**

Possible hazards: earthquakes do not kill people, collapsing houses do

The shaking of an **earthquake** may cause windows to break, **houses to collapse** or the outburst of **fire** due to damaged power lines or open fires that can get out of control during an earthquake. An earthquake can cause also **additional hazards**, such as landslides, mud volcano eruptions, tsunamis and flooding.



Impact of the earthquake in Mandalay, 2025

Photo: Frauke Kraas

Precautionary measures

1. **Check** your home fitness **with a professional** (e.g. engineer or architect).
2. **Secure your furniture** (e.g. cabinets, shelves) to the wall.
3. Check if all **heavy objects** are secured to the walls, such as water heater, TV, computers, water tanks, flower pots. Alternatively, you can store the heavy objects in lower shelves.
4. Keep **escape routes** inside and outside of buildings (stairs, corridors, etc.) **free**. Do not place heavy furniture or shelves near exits as they might fall and block the exits.
5. Look for **main taps and main switches**, which are important for gas, water and electricity. **Turn them off** when there is an earthquake.
6. Explore **suitable safe places** in your home, e.g. under a table, bed or a reinforced door frame on a load-bearing interior wall.
7. Find out about **escape routes** and **emergency exits**.
8. Know the community **emergency contact numbers** and facilities, such as police and fire stations, hospitals, schools etc.
9. **Inform family members** about emergency measures. Teach them what to do before, during and after an earthquake. Also inform the neighbours about emergency plans and cooperate with each other.
10. Establish a **disaster communication plan** for the event that family members are separated and decide where they can **meet** again, if possible outside the disaster area.
11. Prepare an **emergency kit** (e.g. torch light, water, radio, candle, lighter, money and ID card) for your protection and comfort. The emergency kit should be waterproof, easy to find and have enough supplies for a few days.
12. Keep **important personal documents** in a safe place and have **copies or scans** of documents in **other safe places**.
13. **Learn first aid techniques** and store the necessary medications and equipment.

During an earthquake

The **safety tips** in case of emergency vary depending on whether you are inside or outside a building.

Inside a building



1. **Do not panic**, try to stay calm.
2. If you can get out of the building in 5 seconds, run. If not, **protect yourself**: Drop to the floor, cover your head and face, hide below a table and hold on to it to avoid it moving away from you. Safer places are also door frames and life-saving triangles.
3. Stay alert to your surroundings, **stay away** from **windows**, glass doors or objects that may break or fall and cause injuries.
4. Do not use elevators. Instead, **take stairs**.
5. **Extinguish** open **fires** and turn off **electricity and gas** taps.
6. Do not leave the house while the ground is still shaking. Wait to see whether there are any **aftershocks** following the earthquake. Check if it is safe to go outside. Objects may fall from facades, roofs and ceilings.

Outside a building

1. Do not rush into buildings.
2. If you are **in a car or bus**, **stop** the vehicle and stay inside. Stay away from bridges and buildings.
3. **Look for open spaces** for evacuation **far away from buildings**, power lines, big trees, bridges, street lights, tunnels as you might be hurt by falling objects.
4. If you are in a **mountainous area** or close to steep slopes, move away. Pay attention to **landslides, falling rocks** and other debris.
5. If you are on a **boat/ship** on the sea, you are relatively safe during the earthquake, but be aware that a **tsunami** could occur afterwards.