

If You Have **Limitation to Move** During Earthquake

If we are on a wheelchair during the earthquake

Without leaving our sit we must **lock the wheelchair wheels** in a safe place.

We must **protect our head and neck** until the shaking is over.



If we are on our bed during the earthquake

We must **stay away from heavy and high objects** that can fall.

We should try to protect our head **through a pillow near us if there is**, as much as possible if there is not.



Do not forget!

It is in vital importance to always have our auxiliary equipment and medical devices within our reach.



AFAD

