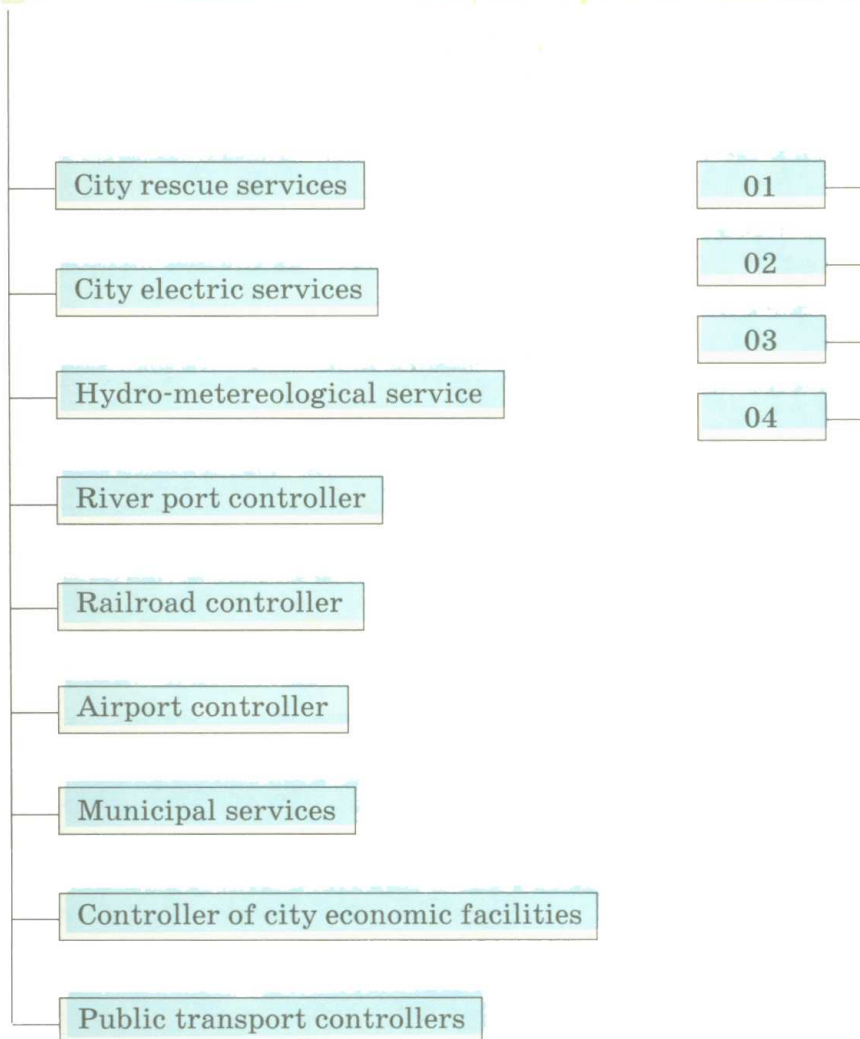




CITY EMERGENCY SERVICES

(PLEASE PUT YOUR LOCAL PHONE NUMBERS)

CITY INTEGRAL CONTROL SERVICE



How to contact the rescue service of the Russian EMERCOM

Moscow city telephone network: 937 99 11
 (multiple lines are open to report emergencies.)
 Moscow cellular phone network: 007
 Radio telephone network 'Altai' – 999
 Pager for Rescue Services: 974 01 11, 215 70 01,
 216 61 01. Number: 911

EMERGENCY SERVICES INCLUDE:

(01) fire department
 (02) police
 (03) ambulance
 (04) gas service

Apart from the above, there are also many other emergency services available in cities. Each service has it's own operator and is open round-the-clock.

A City Integral control Service is being set up in every town at the initiative of the Russian Ministry of Emergency Situations. The service is designed to co-ordinate the activities of the emergency services in the city and monitor information on the activities of said services in dealing with major accidents or natural disasters.

HOW ANIMALS FORECAST EARTHQUAKES

Icientists from various countries have noticed that many animals and plants can sense an earthquake before it happens.

Animals become agitated several hours or even several days in advance.

In north-east Italy for example, several hours before an earthquake struck on the 6th May 1976, the birds and animals literally seemed to go mad: dogs howled, cats yowled, cows were lowing in the fields, flocks of birds swirled around in the skies and rats and mice ran out of their holes and went running down the streets.

Long-term observation of the behaviour of spotted sheat-fish has shown that they begin to show agitation (swimming rapidly around in their tanks) for up to three hours before an earthquake occurs.

Scientists have also discovered that the leaves of flowers, bushes and trees change colour several weeks before an earthquake occurs because of the increased concentration of natural gases in the ground. After the earthquake the colour quickly returns to normal.

DOGS

From 2 hours to 2 days



FISH

Several hours to 10 days



PIGEONS

Several hours to 1 day



PARROTS AND CANARIES

Several minutes to several hours





WHAT TO DO DURING AN EARTHQUAKE

AT SCHOOL:

- follow the school emergency plan;
- give clear instructions to the students;
- check that all the students have left the premises by checking them off on a list;
- take school and pre-school children directly to a pre-arranged point where parents can collect them.

IN PUBLIC AREAS:

- avoid crowds;
- do not panic;
- try not to fall over;
- if you are drawn into a crowd protect yourself by crossing your arms.

IN THE STREETS:

- do not use public transport;
- avoid blocked streets;
- stay at a safe distance from buildings, electric cables, tall towers and water reservoirs;
- stay away from fires;
- watch out for falling cables and glass.

IN A CAR:

- do not stop under bridges, pipelines or electricity lines;
- drive in the middle of the road at a safe distance from trees.

IN THE METRO:

- be prepared for the electricity to go off in the compartment;
- underground metro stations provide a reliable shelter.

AT HOME:

- do not panic;
- hide under a table or near a wall or column;
- stay away from windows and electrical devices;
- move children to a safe place;
- open the doors and stand in the doorway;
- turn on the radio and listen to emergency information;
- do not use the lift or light a match;
- walk down the stairs staying close to the wall;
- if possible turn off the gas and electricity supplies;
- take documents and valuables with you.