**“人与自然” Writing Workshop: A Brochure (2)**

Read the three brochures.

A

How to Survive an Earthquake

**If you’re indoors**

·Don’t run, but protect yourself. Don’t try to run out of the building during an earthquake. The most important thing is to protect yourself as much as you can.

·Drop, cover and hold on. DROP down onto your hands and knees. COVER your head and neck with your hands, arms or hard objects. If possible, find a strong shelter nearby which will cover your whole body. HOLD ON to your shelter until the shaking stops.

**If you’re outdoors**

·Move away from anything that can fall. Move to open areas. Buildings, trees, streetlights and power lines can fall down during an earthquake.

·Find a shelter where you can stay. If you are near objects that can fall, find a shelter to protect yourself from them.

·Wait before moving to another place. Objects may also fall after an earthquake and there are always strong aftershocks. Observe carefully before you move away.

**If you’re in a car**

·Stop. Stop your car as soon as you can, but avoid stopping near a building or under a tree.

·Stay seated. Stay calm in your car. The car’s metal body can protect you from falling objects.

·Drive carefully when the quake stops. Avoid bridges that have been damaged or may be damaged by the aftershocks.

B

How to Survive a Fire

**1. For small fire:**

·Try putting out a small fire with water. Water or fire extinguisher can control a small fire easily.

**2. For big fire:**

·Warn everyone else in the building. Hit the fire alarm or loudly yell “Fire!” and earn enough time for your family to get out.

·Call 119 as soon as possible. 119 can offer you emergency services. If you are missing someone, tell the firefighters where they might be located in the building.

·Touch doorknobs to test them before opening. If the doorknob or door itself is hot, leave it closed and pick another exit.

C

How to Prevent a Flu

**If you are at home**

·Clean and disinfect your house. Clean and disinfect frequently can protect your family from the virus.

·Open the windows and keep ventilation. Open the windows for at least 1 hour a day to refresh the air.

·Wash your hands with an alcohol-based hand cleaner. Washing your hands kills viruses that may be on your hands.

·Don’t get together. Getting together will increase the risk of infection because you cannot make sure whether your guest is healthy.

**If you are outdoors**

·Wear a face mask. Wear a face mask to cover your mouth and nose. Avoid touching the mask once it’s on and immediately discard（vt.丢弃） it after use and wash hands.

·Maintain social distancing. Stay at least one meter away from anyone who is coughing or sneezing. They may release small drops of liquid from their nose or mouth which may contain the virus.

·Don’t touch eyes, nose or mouth. Your hands touch many surfaces where viruses can survive. Once contaminated(vt. 污染，弄脏), hands can carry the virus to your eyes, nose or mouth.

·Don't spit everywhere. Pack your phlegm(痰) and throw it into dustbin.

**If you feel unwell**

·Stay at home. Stay at home even with mild signs(轻微的症状) of infection such as the headache and slight runny nose（流鼻涕）.

·Seek medical attention. If you have a fever, cough and difficulty breathing, seek medical attention and follow the direction of your doctors.

·Don't share towels with your family. Your towel may contain the viruses, which are dangerous for your family.