



PREPARE FOR

EARTHQUAKE

#READY360

#YourMove

IT'S YOUR MOVE!

PREPARE

TO PROTECT

Earthquakes, those tremors that shake the Earth!

Learn to recognize the signs, understand the causes, and act effectively when they happen.



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WHAT IS AN EARTHQUAKE?

An earthquake is a sudden movement of the Earth caused by a break beneath the surface, which causes vibrations in the ground.

Earthquakes occur where the plates of the Earth's crust are moving: areas of high activity coincide near mountains, volcanoes or faults.

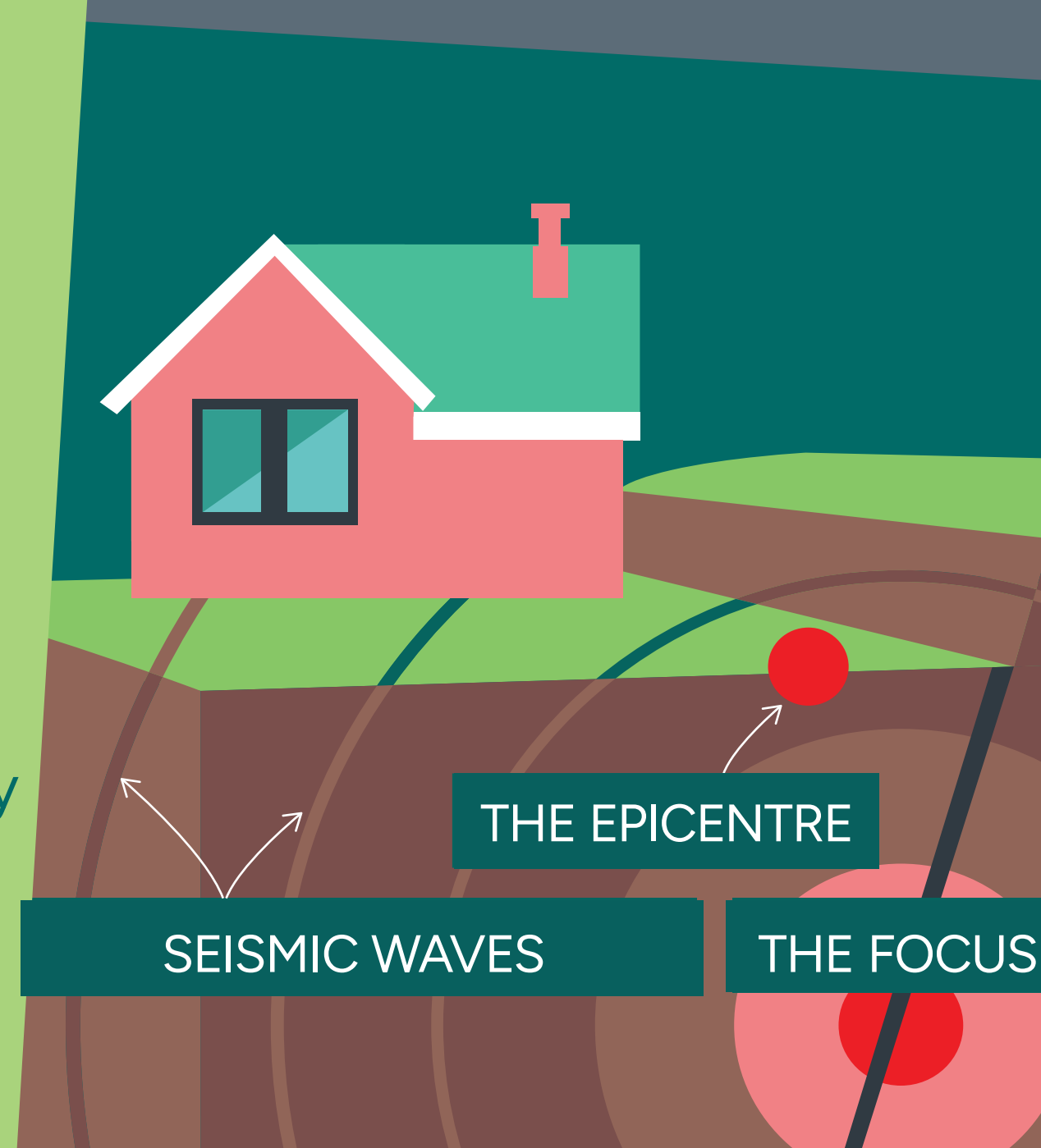
It can last a few seconds or a few minutes, and cause major damage.

An earthquake occurs without any warning and cannot be predicted. An earthquake can happen at any time, day or night.

It is characterized by :

- **The focus** is the place underground where the fracture occurs and the earthquake begins.
- **The epicentre** is the point just above the focus, at the surface, where the earthquake is most intense.
- **Seismic waves** are vibrations that propagate underground.

Geologists use "seismometers" to identify the waves and their power, and to locate the epicentre of earthquakes.



PHENOMENON

Earthquakes can cause collapses, fires, landslides and even tsunamis. Sometimes you don't feel anything, but the ground has moved.

Scientists measure the **strength of the earthquake on the Richter scale (1 to 9)**

9

EXAMPLES FROM RECENT YEARS

8

August 1946: Dominican Republic (M=8)

February 1843: Lesser Antilles archipelago (M=8.5)

7

August 2021: Haïti (M=7.2)

January 2010: Haïti (M=7.3)

January 1839: Martinique (M=7.7)

6

August 2018: Gulf of Paria, Trinidad and Tobago (M=6.9)

November 2004: Les Saintes - Guadeloupe (M=6.3)

January 1907: Jamaica (M=6.2)

5

4

3

2

1



BEHAVIOURS TO ADOPT

BEFORE

AN EARTHQUAKE



Secure your home:

- ✓ Check the structure of your house. If you have any doubts, you can have your home diagnosed by a qualified engineer.
- ✓ Don't wait to carry out the necessary maintenance work: repair cracks, reinforce foundations, check the roof, etc.
- ✓ Fix heavy furniture and objects to the wall or ceiling using strong pegs, straps or metal brackets.
- ✓ Don't hang anything heavy or fragile above beds, sitting areas or passageways. Store heavy objects as close to the floor as possible.
- ✓ Clear corridors and exits so that you can evacuate easily.

TO REMEMBER

Locate safe places in the house: under a solid table, door frame, or against a load-bearing wall, where you can take shelter in the event of tremors.

BEHAVIOURS TO ADOPT

BEFORE

AN EARTHQUAKE

- ✓ **Prepare a shelter plan** with and for the members of your household, which will include an outdoor meeting point.
- ✓ **Know the shelter and evacuation areas where you often go** (school, work, shopping centre, etc.).
- ✓ **Keep a whistle handy** and close by, such as near your bed or armchair.
- ✓ **An earthquake can cause a tsunami.** If you live in a coastal area at risk, **find out about evacuation routes and refuge areas.**



BEHAVIOURS TO ADOPT

BEFORE

AN EARTHQUAKE

Check out the special infographic on the emergency kit!

Prepare your emergency kit for a period of 3 days, to cover your five essential needs:

- ✓ **Hydration** (drinking water)
- ✓ **Food** (non-perishable food)
- ✓ **Care** (first aid kit and medicine)
- ✓ **Protection** (lamp, clothing, and survival blanket)
- ✓ **Communication** (means of signaling your presence).

Adapt the contents of the kit to the specific needs of each member of your household.

Turn off gas, electricity, and water if recommended.



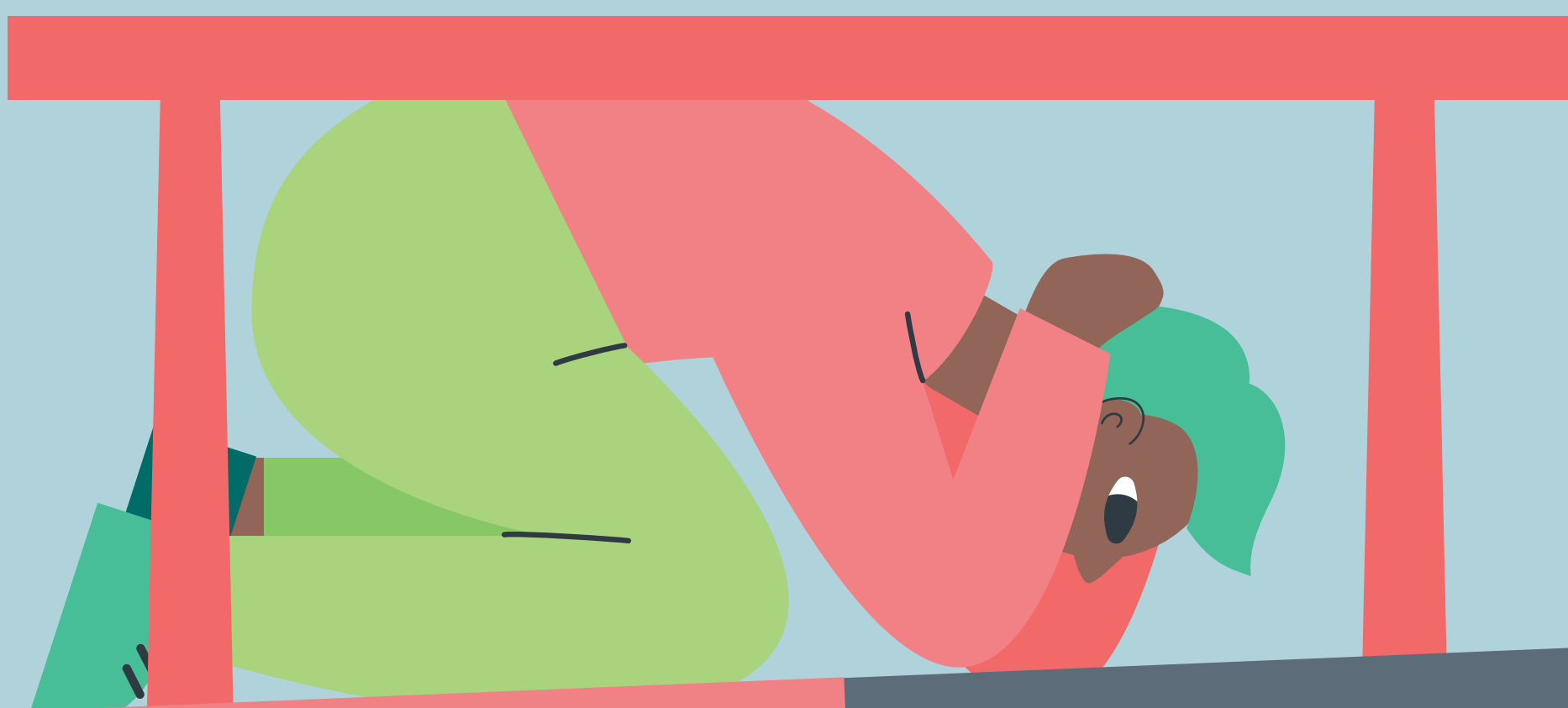
BEHAVIOURS TO ADOPT

DURING

AN EARTHQUAKE

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PREPARE TO PROTECT

- 1 Inside, on the ground floor, if there is a quick way out, evacuate to the outside. Otherwise, I take refuge in the safe place identified beforehand.
- 2 Keep away from windows, heavy furniture or hanging objects.
- 3 Protect your head and curl up under a solid piece of furniture or next to a wall.



DID YOU KNOW?

If you are on the upper floor of a building, never use the stairs or lift to evacuate. Stay indoors until the tremors have stopped. Staircases may collapse and lifts may jam.

BEHAVIOURS TO ADOPT

DURING

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OUTSIDE stay away from buildings, poles, trees and electricity wires: they could collapse or fall on you during an earthquake.

WHEN DRIVING stop safely, at the side of the road, away from buildings and power lines, so as not to block the way for the fire brigade and emergency services. Stay inside and protect your head.

If you're in a **WHEELCHAIR** if possible go to a safe place, put on the brake and protect your head and neck.



BEHAVIOURS TO ADOPT

AFTER

AN EARTHQUAKE

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WARNING

Prepare for possible aftershocks: these are tremors that follow a main earthquake. They can occur in the following hours or days, and can sometimes be almost as strong, causing further damage.



When the tremor is over:

- Evacuate your home by closing off water, gas and electricity points.
- Evacuate carefully, away from buildings, power lines and unstable slopes.
- If you are on the upper floor of a building, do not evacuate by lift or stairs without advice from the authorities and without the danger having been removed.
- Don't use open flames (lighters, matches, etc.): you could start a fire.
- Listen carefully to official instructions and beware of rumours or unverified advice.
- If you have any doubts, call in a building expert before returning to your home: cracks may indicate serious damage caused by an earthquake.

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CREATE YOUR FOLDER



EMERGENCY

**AND SAVE THIS POST NOW!
YOU'LL FIND IT EASILY IF NEEDED**



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