# EN CASO DE SISMO?







Los sismos no son predecibles, por tal razón debemos estar preparados para saber como actuar, antes, durante y después.



México está en una zona altamente sísmica, con cinco placas tectónicas que interactúan entre sí. La Placa de Cocos, en el Océano Pacífico, produce la mayor cantidad de sismos al hundirse (subducción) por debajo de la Placa Continental de Norteamérica.

Infórmate y practica las medidas de prevención y autoprotección que difunden las autoridades de Protección Civil.

# PREPÁRATE





Prepara tu plan familiar de Protección Civil.



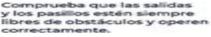
Ten lista tu mochila de emergencias.



Organiza y participa en simulacros de evacuación.



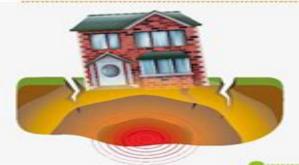
Evita colocar objetos pesados en sitios altos.



Identifica las zonas de menor riesgo, salidas principales y alternas.

Revisa las instalaciones de gas, luz y asigna responsabilidades a cada persona.





#### ACTÚA DURANTE



Conserva la calma y mantén el orden: no correr, no empujar, no gritar.



Identifica y ubícate en la zona de menor riesgo.



Si es posible, evacua el inmueble de forma ágil y segura solo si estás cerca de la salida de emergencia.



Evita el uso de escaleras o elevador durante el sismo.



Aléjate de ventanas y objetos que puedan caer.



En la calle, aléjate de postes, cables, árboles, marquesinas o cualquier otro objeto que pueda caer.



Estaciónate alejado de edificios altos.

#### REVISA DESPUÉS



Efectúa una revisión de los posibles daños de la casa, escuela o centro de trabajo.



NO hagas uso del inmueble si presenta daños.



No enciendas cerillos o velas hasta asegurarte que no hay fugas de gas.



Auxilia a los miembros de la familia o comunidad que lo requieran.



Usa el teléfono unicamente para llamadas de emergencias.



Recuerda que se pueden presentar réplicas. por lo que es importante mantenerse alerta.



# **Los Temblores**

Marcel A. Müller



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