

¿Qué hacer 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 ANTES



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.



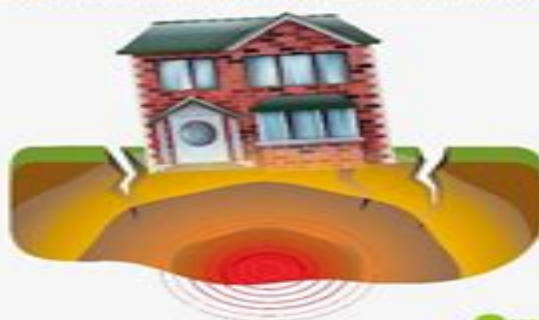
Comprueba que las salidas y los pasillos estén siempre libres de obstáculos y operen correctamente.



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.



Estacionate 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 únicamente para llamadas de emergencias.



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



Los Temblores

James Miller Guinn



Los Temblores:

Estudio sobre los temblores de tierra y las principales teorías emitidas Edmundo Larenas, 2025-08-07 Reimpresión del original primera publicación en 1881 La editorial Antigónos está especializada en la publicación de reediciones de libros históricos. Nos aseguramos de que estas obras se pongan a disposición del público en buen estado para preservar su patrimonio cultural.

Estudio sobre los temblores de tierra y las principales teorías emitidas para explicar su naturaleza física y las causas que los producen Edmundo Larenas, 1881

Catálogo de los temblores (macroseismos) sentidos en la República mexicana durante los años de 1904 a 1908 Instituto Geológico de México, 1909 (section II)

Astronomy, meteorology, and seismology. R.S. Woodward, chairman, 1917

Proceedings of the Second Pan American Scientific Congress, 1917

Astronomy, Meteorology, and Seismology, 1917

Los sismos en la historia de México: El análisis social Virginia García Acosta, Gerardo Suárez, 1996 Este segundo tomo de una serie de tres aborda desde una perspectiva social el fenómeno de los sismos a través de tres ensayos y dos estudios de caso se analiza el material original y de primera mano presentado en el primer tomo Este libro es resultado de varios proyectos de investigación relativos al estudio de los desastres en la historia desarrollado por el CIESAS

Proceedings of the second Pan American Scientific Congress, Washington, U.S.A., Monday, December 27, 1915 to Saturday, January 8, 1916 1915- 1916 v. 2, 1917

Proceedings of the Second Pan American Scientific Congress, Washington, U. S. A., Monday, December 27, 1915 to Saturday, January 8, 1916, 1917

Monthly Bulletins for the Year ... Philippines. Weather Bureau, 1910

Monthly Bulletin Philippines. Weather Bureau, 1905

Bulletin for ... Manila Central Observatory, 1903

El arte de construir en los países expuestos a temblores de tierra Fernand comte de Montessus de Ballore, 1907

Begin. Nueva y verdadera relación de un temblor muy grande que sucedió en la ciudad de Rimini ... à 14 de Abril ... 1672, etc Marco GALLIO (Bishop of Rimini.), 1672

Los temblores en Chile Miguel R. Machado, 1909

Programa de Formación Profesional del Paramédico. Nancy Caroline. Volumen 1 Impreso, Volumen 2 libro electrónico. En español. American Academy of Orthopaedic Surgeons (AAOS), 2023-11-08 El Programa de Formación Profesional del Paramédico de Nancy Caroline segunda edición es la evolución más reciente del principal programa de formación académica para paramédicos

Disaster in the Early Modern World Ovanes Akopyan, David Rosenthal, 2023-11-17 How did early modern societies think about disasters such as earthquakes or floods How did they represent disaster and how did they intervene to mitigate its destructive effects This collection showcases the breadth of new work on the period ca 1300 1750 Covering topics that range from new thinking about risk and securitisation to the protection of dikes from shipworm and with a geography that extends from Europe to Spanish America the volume places early modern disaster studies squarely at the intersection of intellectual cultural and socio economic history This period witnessed fresh speculation on nature the diffusion of disaster narratives and imagery and unprecedented attempts to control the physical world The book will be essential to specialists and students of

environmental history and disaster as well as general readers who seek to discover how pre industrial societies addressed some of the same foundational issues we grapple with today *Searching for Madre Matiana* Edward Wright-Rios,2014-12

Edward Wright Rios examines the much maligned and sometimes celebrated character of Madre Matiana and her position in the development of Mexico *A History of California and an Extended History of Los Angeles* James Miller Guinn,2016-10-17

Few states of the United States have a more varied a more interesting or a more instructive history than California and few have done so little to preserve their history In narrating the story of California the author has endeavored to deal justly with the different eras and episodes of its history to state facts to tell the truth without favoritism or prejudice to give credit where credit is due and censure where it is deserved This accounts also for the prominence of Los Angeles in the second half of this volume The consolidation of Los Angeles city and the cities of Wilmington San Pedro and Hollywood has merged the history of these three into that of the Greater Los Angeles The early history of these cities is given separately up to their consolidation All over this book is a real treasure chest and every single of its more than 400 pages is a must read for the people of California and Los Angeles County *A History of California and an Extended History of Los Angeles and Environs* James Miller Guinn,1915

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