

# Earthquakes

## What is an Earthquake?

- Natural shaking of the earth's surface.
- Caused by movement of tectonic plates.
- Can range from mild to severe.

## During an Earthquake:

- **Indoor:** Find shelter under a sturdy table or doorframe.
- **Outdoor:** Stay away from buildings and trees.

## Safe Places at Home:

- Under a sturdy table.
- Next to an interior wall.
- Near a sturdy door (if outside).
- Away from windows.



## Practice 'Drop, Cover, and Hold':

1. Drop to the ground.
2. Take cover under a sturdy object.
3. Hold on until the shaking stops.



## Emergency Contact Numbers:

- **General Emergency:** 911
- **Firefighters:** 115
- **National Police:** 809-682-2151
- **Emergency Operations Center (COE):** 809-472-0909

## Stay Prepared, Stay Safe!

**Remember:** To review this guide regularly and practice your emergency plans with family and friends.



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Y4C is an initiative co-led by UNDP and the Italian Ministry of Environment.

# EMERGENCY PREPAREDNESS GUIDE

For Kids



**Increasing Disaster Risk Awareness through Strategic Training in Coastal Communities (IDRASTICC)**

# Welcome to the Emergency Preparedness Guide!

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## Floods and Storms

2

## Fires



### BEFORE

#### FLOOD AND STRONG WINDS PREPAREDNESS



Stay tuned to  
weather updates.



Pack a small bag with  
clothes, snacks, flashlight.



Create a family plan  
for where to go.

#### FIRE AND SMOKE PREPAREDNESS



Have a meeting  
spot outside.



Practice crawling  
low under smoke.



Know how to stop,  
drop, and roll!

#### EARTHQUAKE PREPAREDNESS



Practice "Drop, Cover,  
and Hold On."



Secure heavy  
furniture.



Make an  
emergency kit.

This guide is designed to help you stay safe and prepared for unexpected situations like **floods, storms, fires, or earthquakes**.

### Inside, you'll find:

- Important information on various emergencies.
- Practical tips for before, during, and after each type of emergency.
- How to identify hazards and protect yourself and your family.

**Remember:** Preparedness is the key to staying safe! Let's start learning and preparing together!

### Definitions:

- **Storms:** Atmospheric phenomena with heavy rain, thunder, lightning, and strong winds.
- **Hurricanes:** Super storms with extremely strong winds and heavy rainfall.
- **Flooding:** Overflow of water due to heavy rainfall, often following storms and hurricanes.

### Preparing for Floods and Storms:

1. Develop an emergency plan.
2. Create an emergency kit.
3. Identify safe evacuation routes.

### Emergency Kit Checklist:

- Water (1 gallon per person per day, for 3 days)
- Non-perishable foods
- Flashlight and extra batteries
- Portable radio
- First aid kit
- Blankets
- Important documents (in a waterproof bag)
- Personal hygiene items
- Multi-purpose tools

**Remember:** Review and update your kit annually!

### DURING



Get out of the house  
quickly, stay low to  
the ground.



Don't go back inside  
for anything.



Call 911 or  
yell for help if  
can't get out.

### AFTER



Stay away from home  
until firefighters say  
it's safe.



Talk to an adult if  
scared or sad.



Be thankful for  
firefighters and  
helpers.

### Fire Safety Tips:

- Don't play with fire or near stoves.
- Extinguish candles and cigarettes properly.
- Keep flammable objects away from heat sources.
- Know your escape routes.

### Fire Alarms:

- Learn where they are in your home.
- Respond immediately to the sound.
- Exit quickly if you hear an alarm.

### If Your Clothes Catch Fire:

- **Remember:** Stop, Drop, and Roll!
- Stop moving.
- Drop to the ground.
- Roll to smother the flames.
- Cover your face with your hands.
- Call for help immediately after.