



Natural Hazards Publication

AIRBNB

ECOEXPLORATORY: PUERTO RICO SCIENCE MUSEUM



Hurricanes

During a hurricane:

- ✚ Do not stay in unsafe structures to the forces of winds, flooding, storm surge or landslides.
- ✚ During the eye of the hurricane, stay in a safe room or location away from doors and windows.
- ✚ Stay in that location with emergency supplies and stay well informed of the tropical cyclone's progress.
- ✚ In the event that sea or river waters enter the residence, move as high as possible.
- ✚ At the end of the winds, assess the structural safety of the residence. Do not go out to distant places in case of possible flooding or landslides on the roads.
- ✚ Do not drive through areas that are flooded or near landslides. Flowing water has the ability to stop or wash away a vehicle. Areas with landslides are unstable and unsafe.
- ✚ Wash your hands with soap and water if you have been in contact with flood water. If soap and water are not available, use wet wipes or alcohol-based disinfectant. Flood water can contain many things that can harm your health, such as germs, dangerous chemicals, human and animal feces, wild or stray animals, downed power lines, and other contaminants that can make you sick.





Earthquakes

During an earthquake:

- ✚ If you feel vertical, lateral, and wavelike movement that prevents you from walking or running, cover your head and body. After the shaking is over, exit the structure with your emergency backpack.
- ✚ Inside a structure, get under a table or desk. Hold on tightly to its legs so you don't slip. If there is nowhere to shelter, crouch down, cover your face and head with your arms, and squat down and stay against the inside wall of the structure. If you are in bed, and there is no time to take shelter, put the pillow over your face or head.
- ✚ Do not run away. Wait for the shaking to stop and then get out of the structure immediately if there is damage.
- ✚ If you are in an apartment, you will feel the building move laterally, but do not panic, this movement is normal according to seismic waves. The higher the building is, the greater the movement will be. Do not use the elevators to get out, but the stairs.
- ✚ If you are outdoors, move away from buildings, trees, traffic lights, poles and power lines.
- ✚ If you are in the car, pull over and park as soon as possible to the edge of the street or road. Avoid stopping near or under buildings, trees, under bridges, poles or power lines. Stay inside the car and crouch down on the floor of the seats.
- ✚ It is possible that building, car, and fire sprinkler system alarms may activate during an earthquake.



Earthquakes

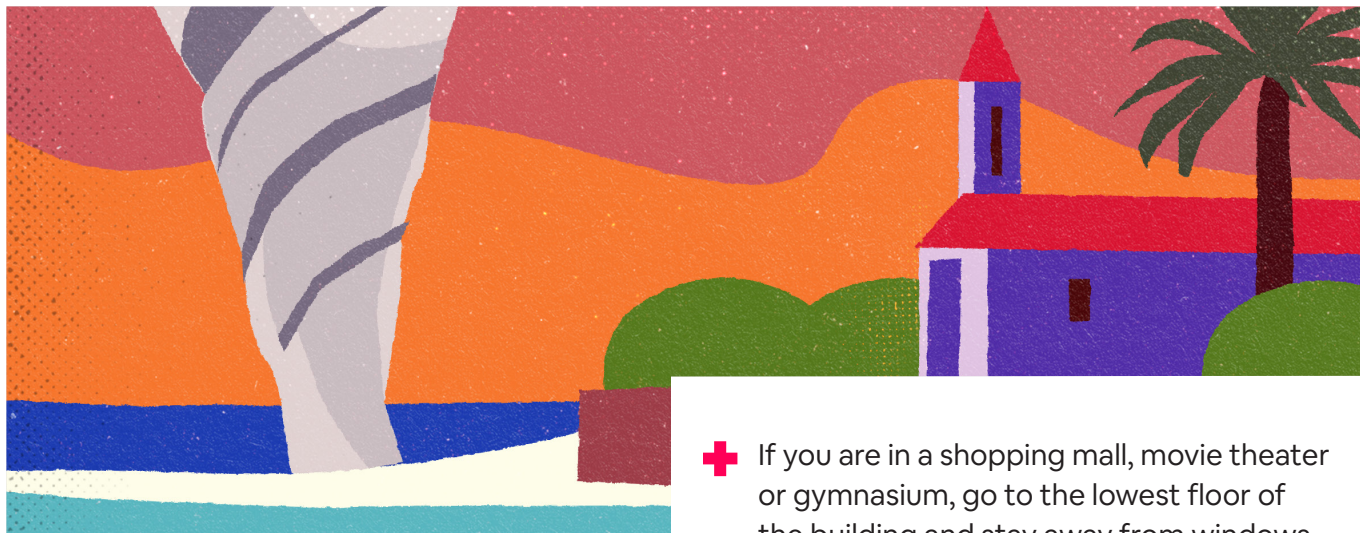
After the earthquake:

- ✚ Don't despair. Think calmly for a moment so you can make good decisions.
- ✚ Seek or give help, only if you know how.
- ✚ Immediately try to contact or leave a message for a family member (if possible outside of P.R.) with your cell phone, according to your Emergency List, so that they know where you are and if you are well. Do not make unnecessary calls.
- ✚ Inside the residence, if you detect gas leakage, close the main valve, if you can, open the windows and leave immediately.
- ✚ If you are in the car, do not try to drive over bridges that may have been damaged, and drive carefully because of debris in the road. Do not use the car if it is not necessary.
- ✚ Leave the roads clear for emergency vehicles.
- ✚ If you are trapped under debris, do not light matches in case of possible gas leaks. Move slowly, only if possible. Avoid spraying dust from building debris that may suffocate you. Try to cover your mouth and nose with a piece of cloth from clothing or a mask. Use a whistle, and if not, hit nearby pipes or walls so rescuers can reach you. Shout only if extremely necessary, because when you shout, you inhale large amounts of dust that are dangerous.

Tsunami

- ✚ You may hear or see a tsunami warning after an earthquake occurs. You need to act quickly, but after the quake is over. Follow the tsunami evacuation routes that are marked in your community.
- ✚ If you are near the sea, there is a possibility of a tsunami after a strong earthquake. Whether you have heard the warning or not, immediately move away from the beach or move to a high and safe place. If you are in the car, get out of the car when the shaking stops, and seek to move to the highest place away from the sea.
- ✚ If you are at sea, do not return to port until you know the status of the marina or port facility as it may have been damaged. Boats will be safe more than 200 fathoms (1,200 feet or 400 meters) from shore. Do not attempt to take your boat out into deep water if a tsunami warning has been issued.





Tornado

- ✚ If a tornado warning is issued, or if you see a tornado, it is important to save your life. Seek shelter immediately - stay away from windows and doors!
- ✚ If you are in a house, go to the basement or an interior room that has no windows, and is on the lowest floor of the house. This could be a center hallway, bathroom or closet. Windows and doors can explode and cause injury or death.
- ✚ Avoid sheltering in a location where there are heavy objects on the floor immediately above. Heavy objects, such as refrigerators or pianos, could fall through the floor if a tornado strikes your home.
- ✚ For additional protection, get under something sturdy, such as a heavy table or workbench. If possible, cover your body with a blanket, sleeping bag or mattress and protect your head with anything within reach, including your hands.
- ✚ If you live in a mobile home, go to a nearby building. Do not stay in this structure. Even those secured with tie-down systems cannot withstand the force of tornado winds.
- ✚ If you are at school or work, do not go into large open rooms such as cafeterias, gymnasiums or auditoriums.
- ✚ If you are in a shopping mall, movie theater or gymnasium, go to the lowest floor of the building and stay away from windows. Buildings that have very wide roofs such as shopping malls, movie theaters and gyms are especially dangerous because the roof structure is supported only by the exterior walls. Most of these buildings cannot withstand the pressure of a tornado; they simply collapse.
- ✚ Go to the lowest floor of the building (basement if possible).
- ✚ If you are in a vehicle, DO NOT try to outrun a tornado. Drive to the nearest tornado shelter. The least desirable place for you to be during a tornado is in a motor vehicle. Cars, buses and trucks are easily tossed into the air by tornadoes. However, if you have no choice, duck and drop to ground level, or below window level. Try to protect your head and neck. In the event of severe tornadoes, get out of your vehicle and seek shelter in a low area such as a ditch or ravine.
- ✚ Stay away from overpasses and highway bridges.
- ✚ If you use a wheelchair, move away from windows and into an interior room of the house. If you can, get under a sturdy table or desk. Cover your head with anything within reach, including your hands.
- ✚ If you are unable to move from a bed or chair, and there is no one to help you, protect yourself from falling objects by covering yourself with blankets and pillows.



Undertow Currents

- ✚ Check weather and sea conditions before going for a walk on the beach.
- ✚ If there is a moderate risk of rip currents, stay close to shore. If the risk is high, do not enter the sea. Stay out of the water.
- ✚ If you are caught in an rip current and cannot swim, raise your arms and signal for help so others can see you.
- ✚ If you are trapped and can swim, do not swim against the current, it will exhaust you. Always try to swim parallel to the shore. This is the only way to get out of an undertow.



Extreme Heat

- + Stay in cool places, preferably with air conditioning.
- + Set your air conditioner temperature to no lower than 78 degrees to conserve energy.
- + Wear light, loose-fitting, light-colored clothing.
- + Avoid intense physical activity during hours of intense heat from 10:00 am-5:00 pm. Take regular breaks.
- + Protect yourself from direct sunlight and use sunscreen with SPF 15.
- + Drink plenty of water. Avoid alcoholic and caffeinated beverages.
- + Monitor the health condition of your loved ones because in intense heat events, they may need assistance, including children, older adults, and people with chronic health problems or special needs.
- + Never leave children, pets or people requiring special care inside a vehicle locked up, much less without air.

