



BEFORE: PREPARE

Develop an Emergency Plan
Take action now, before an earthquake hits.

1. Identify hazard areas in your workplace, university and residence. Secure items that might fall and cause injuries (e.g., bookshelves, mirrors, light fixtures).
2. Identify Safety Places inside and outside of the Structure. Practice how to Drop, Cover, and Hold On.
3. Educate yourself and your family members with the evacuation rules and gathering points.
4. Store critical supplies and documents.
5. Plan how you will communicate with family members.
With your family decide (in advance) on an out of state contact (friend or relative) that everyone can report to and share information. Learn basic first aid.
6. If you are near the coast, learn the tsunami risk for your area.



DURING: SURVIVE



- **DROP** down onto your hands and knees so the earthquake doesn't knock you down.
- **COVER** your head and neck with your arms to protect yourself from falling debris. If you are in danger from falling objects, and you can move safely, crawl to a safer place or seek cover (e.g., under a desk or table). If there is no table or desk near you, drop to the ground and move next to an inside wall of the room. Remain in a crawling position to protect your vital organs and cover your head and neck with your hands and arms.
- **HOLD ON** to any sturdy covering so you can move with it until the shaking stops.

Do not move to another room or outside during strong shaking.



AFTER: RECOVER

When shaking stops, improve safety by evacuating if necessary, helping the injured, and preventing further injuries or damage. Follow your dorm/classroom emergency evacuation and relocation plan. Avoid downed power lines and water from broken pipes when exiting a building. If you smell gas move away quickly. Be careful leaving a building; aftershocks can cause loose bricks, broken glass, and other building materials to fall.

- If you are in a damaged building and there is a safe way out through the debris, leave and go to an open space outside, away from damaged areas.
- If you are trapped, do not move about or kick up dust. Cover your mouth with a handkerchief or clothing. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust. Use your cell phone to call or text for help. Tap on a pipe or wall, or use a whistle, if available, so rescuers can locate you.
- Check for injuries and provide assistance if you have training.
- Assist with rescues if you can do this safely.
- If you are in an area that may experience tsunamis, when the shaking stops, walk inland or to higher ground immediately. Monitor official reports for more information on the area's tsunami evacuation plans.
- Stay away from damaged areas. Never use a lighter or matches near damaged areas. Check for and extinguish small fires.
- Once safe, walk to the closest gathering point sign and report yourself as safe. If you know of somebody trapped, report immediately to the gathering point coordinator.



Identify the gathering points with this sign.



ASSEMBLING EMERGENCY SUPPLIES



WATER: Ensure you have at least 1 gallon of water per person per day for at least 3 days. (Store a longer than 3-day supply of water, if possible).



FOOD: Store at least a 3-day supply of non-perishable food for members of your household, including pets. Consider special dietary needs (e.g., infant formula). Include a non-electric can opener for canned food.



MEDICAL: Include first aid kit, prescription and over-the-counter medications, and medical supplies.



SANITATION: Pack supplies for sanitation, such as hand sanitizer, towelettes, paper products, and plastic bags, for use when water resources are limited.



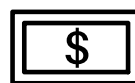
FLASHLIGHT, RADIO, and CELL PHONE CHARGER: You will need to be able to charge these items without electricity. Your flashlight and radio should be either hand cranked or battery-powered, and store with extra batteries. Your cell phone charger should be hand-crank, solar, or able to be charged from a car outlet.



ASSISTIVE TECHNOLOGY: Include battery backup power for power-dependent mobility devices, oxygen, and other assistive technology needs.



WHISTLE: Include a whistle to signal for help.



CASH: Store cash in case ATMs are not functioning after the earthquake.



FIRE EXTINGUISHER: Earthquakes can cause fires to break out; have a fire extinguisher so you can put out any small fires.



CLOTHING AND BLANKETS: Ensure you have clothing with long sleeves and long pants, thick-soled shoes, and work gloves to protect yourself after the earthquake, and a sleeping bag or warm blanket for each person.

CONTACT NUMBERS

School of Optometry: (787)765-1915

- Dr. Andrés Pagán, Dean of the School: 1000,1001
- Dr. Iris Cabello, Dean of Student Affairs: 1006 or (787) 955-1496
- Gladys Mavalé, Dorms Administrator: 2205 or (787) 925-7170

- Emergency Assistance: 911
- Bayamon Campus Security Guards: (787) 279-1912, Ext. 2314 (24hrs.) Ext.2317 (until midnight)
- Puerto Rico Police (HQ): (787) 343-2020
- Bayamon Police: (787) 269-2030
- Firefighter Corps of PR (HQ): (787) 343-2330
- Medical Emergencies: (787) 343-2550, (787) 754-2550

- Mr. Francisco Rivera, Dean of Administration: 1008
- Mrs. Janice A. Martínez, Human Resources: 1010
- Mrs. Shirley Ramos, Counselor: 1025

- American Red Cross: (787) 759-7979
- Poison Control Center: (787) 726-5674 ,1-800-222-1222
- Social Services Red Cross:(787) 725-0121
- Child Abuse Center Registry: (787) 749-1333
- Fire Department: (787) 343-2330
- United Way: (787) 268-5353, 1-877-722-9832
- Rape Crisis Center: (787) 765-2285, 1-800-981-5721