



TRANBLEMANNTÈ AK SEKOUS GID POU JWENN REPOUS



Yon tranblemanntè se yon sekous Latè ki fèt toudenkou ak rapid akòz wòch ki anba sifas Latè ki kase epi k ap deplase san rete. Tranblemanntè yo frape toudenkou, san avètisman, epi yo kapab fèt nenpòt lè lajounen tankou lannwit, ak nenpòt sezon nan ane a. Apre tranblemanntè yo, ka gen “sekous”, ki se pi piti tranblemanntè oswa sekous sismik ki kapab fèt nan kèk minit, kèk jou, kèk semèn epi menm kèk mwa apre.



Konnen kijan pou reponn nan tranblemanntè yo ak sekous yo.

- ▶ Lè ou santi yon tranblemanntè oswa yon sekous, bese sou men ou ak jenou ou, kouvri tèt ou ak kou ou anba yon tab oswa biwo ki solid, epi rete la.



Ale yon kote ki gen sekirite.

- ▶ Rete andedan oswa antre andedan pou evite debri k ap tonbe yo.
- ▶ Si ou toupre yon gwo etandi dlo, ale nan tè ki pi wo a byen vit. Vag radmare (gwo vag lanmè) pafwa vini apre tranblemanntè yo epi yo kapab rive nan kèk minit.
 - ▶ Ale apye, paske wout yo ak pon yo ka domaje.
 - ▶ Si ou pa kapab deplase, ale nan dezyèm etaj la oswa nan etaj ki pi wo a nan yon bilding ki solid, si li posib.
- ▶ Montre ou vijilan pou kondisyon danjere yo tankou liy kouran ki tonbe, domaj nan fondasyon kay, vit ki raze ak fuit gaz.
- ▶ Si ou bezwen deplase, itilize eskalye yo alaplas asansè sizoka gen sekous, blakawout oswa lòt domaj.
- ▶ Ede vwazen ki ka bezwen èd espesyal tankou timoun, lòt adilt yo oswa moun ki gen mobilite limite.

GID JENERAL

- ▶ Chèche jwenn enfòmasyon sou sante nan sous ou fè konfyans (nyc.gov, cdc.gov ak 311).
- ▶ Enskri pou Notify NYC pou jwenn enfòmasyon sou evènman ijans yo.
- ▶ Si oumenm oswa nenpòt moun ou konnen panse li akable oswa bezwen èd pou siviv, ale sou sitwèb lifenet.nyc pou jwenn èd gratis nan lang natifnatal ou.
- ▶ Nan yon ijans, toujou rele 911.



Pran prekosyon ou avèk danje ki gen pou wè ak tranblemanntè epi fè otorite yo konnen sa, si li nesesè.

- Si ou pran sant gaz oswa si detektè monoksid kabòn ou kòmanse sonnen, louvri fenèt yo, answit soti deyò epi rele 911.
 - Pa re-antre jouk lè yo deklare lakay ou san danje.
 - Pa itilize bouji, alimèt oswa lòt flanm lib pou tcheke liy gaz ki gen fuit.
- Si tiyo dlo yo pete, fèmen vàn prensipal la pou evite inondasyon.
- Si gen yon koup-sikui, fèmen elektrisite a nan bwat kontè a, si li posib.
- Tcheke si tiyo dlo ize yo san danje anvan ou itilize twalèt yo.
- Pran plis prekosyon pou pwoteje tèt ou pou pa ekspoze nan fliyid (san, flèm, swè) ki ka gen bakteri oswa viris. Pou fè sa, itilize gan lè w ap fè netwayaj oswa reparasyon epitou lave men ou lè ou fini.



EARTHQUAKES AND AFTERSHOCKS

RESPONSE GUIDE



An earthquake is a sudden, rapid shaking of the Earth caused by breaking and shifting rock beneath the Earth's surface. Earthquakes strike suddenly, without warning, and can occur at any time of the day or night, and any season of the year. Earthquakes may be followed by "aftershocks," smaller earthquakes or tremors that can happen minutes, days, weeks and even months later.



Know how to respond to earthquakes and aftershocks.

- ▶ When you feel an earthquake or aftershock, drop to your hands and knees, cover your head and neck under a strong table or desk, and hold on.



Get to a safe place.

- ▶ Stay or get inside to avoid falling debris.
- ▶ If you are near a large body of water, move to higher ground quickly. Tsunami waves (big waves) sometimes follow earthquakes and can arrive within minutes.
 - ▶ Go on foot, since roads and bridges may be damaged.
 - ▶ If you cannot evacuate, go to the third or higher floor of a sturdy building, if possible.
- ▶ Be alert for dangerous conditions such as fallen power lines, structural damage, broken glass and gas leaks.
- ▶ If you need to evacuate, use stairs instead of elevators in case of aftershocks, power outages or other damage.
- ▶ Help neighbors who may need special assistance such as children, older adults or people with limited mobility.

GENERAL GUIDELINES

- ▶ Get health information from credible sources (nyc.gov, cdc.gov and 311).
- ▶ Sign up for Notify NYC for information about emergency events.
- ▶ If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- ▶ In an emergency, always call 911.



Beware of earthquake-related hazards and notify authorities if necessary.

- If you smell gas or your carbon monoxide detector goes off, open the windows, then go outside and call 911.
 - Do not re-enter until your home is declared safe.
 - Do not use candles, matches or other open flames to check for leaking gas lines.
- If water pipes are broken, shut off the main valve to prevent flooding.
- If there is a short circuit, turn off the electricity at the meter box, if possible.
- Check that sewage lines are intact before using toilets.
- Take extra care to protect against exposure to bodily fluids (blood, mucus, sweat) that may contain bacteria or viruses by using gloves when cleaning or making repairs and by washing your hands when done.