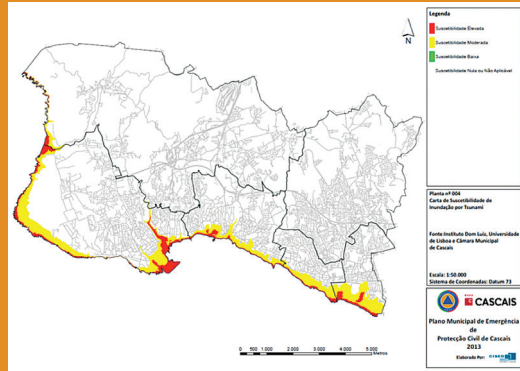
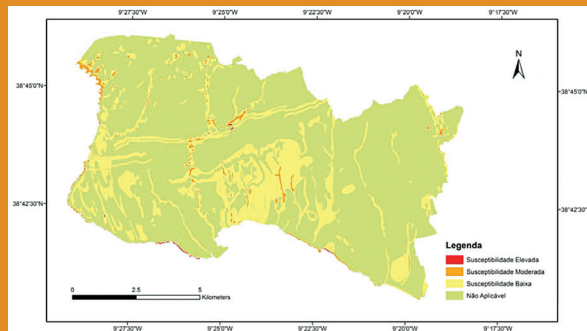


Cartography of the areas with highest earthquake and tsunami risk, where the effects could be more serious:



Flood susceptibility map caused by a tsunami



Soil seismic susceptibility map

The INSPIRED project continues the VULRESADA project, developed by the European Centre for Urban Risk in Lisbon (CERU) and the Centre Euro-Méditerranéen pour l'Évaluation et la Prévention du Risque Sismique in Rabat (CEPRIS) with the collaboration of Portuguese researchers from the Instituto Dom Luiz at the University of Lisbon, together with Moroccan researchers at the Centre National pour la Recherche Scientifique et Technique in Rabat (CNRST). Seismic and tsunami hazards in the cities of Lagos and Cascais, in Portugal, Tangier and M'Diq, in Morocco, were characterized.

This project will be developed in 2014 and 2015, with the collaboration of the European University Centre of Cultural Heritage in Ravello, Italy (CUEBC), and it will aim to inform and involve the public in the implementation of preventive and preparative measures coordinated with the civil protection authorities.

Special attention will be paid to the situation of people with disabilities, putting forward measures to help improving their capacity to react when facing risk.

The knowledge of the risks, as well as the implementation of actions for prevention and protection within the population, will decrease the vulnerability of the community and increase its resilience. The developed methodologies could be further applied in other European and North African cities.

## PROJECT INSPIRED

- INFORM AND INVOLVE THE POPULATION IN THE PREVENTION OF SEISMIC RISK AND TSUNAMI;
- CONTRIBUTE TO MINIMISE DAMAGE AND INCREASE THE RESILIENCE OF THE CITIES OF LAGOS AND CASCAIS (PORTUGAL), TANGIERS AND M'DIQ (MOROCCO).

# EARTHQUAKE AND TSUNAMI RISK

For more information go to:

[www.prociv.pt](http://www.prociv.pt)  
[www.cm-cascais.pt](http://www.cm-cascais.pt)  
[www.unisdr.org/campaign/resilientcities/cities/view/1420](http://www.unisdr.org/campaign/resilientcities/cities/view/1420)

Partenars





## SEISMIC AND TSUNAMI RISK

Cascais municipality is located in an area of moderate earthquake and tsunami risk due to its proximity to the Azores-Gibraltar fault zone.

Since there is a medium probability of occurrence of these phenomena associated with a high severity, the municipal civil protection department works on prevention, in order to minimize the loss of lives and properties and to restore the minimum normal conditions.

## SAFETY MEASURES DURING EARTHQUAKE OCCURRENCE

### If you are inside a building

- Protect yourself under a table, go to the corner of a room or under a doorway;
- Stay away from windows;
- Do not use lifts;
- Always keep your emergency kit in accessible place.

### If you are outside

- Stay away from buildings, electricity poles and trees;
- Go to a safe place, such as a square or an open space;
- Be aware and follow the information diffused by the authorities.

## IN CASE OF TSUNAMI ALERT

- Stay away from areas near the coast and go to high ground;
- Inform yourself about the places you should address in an emergency (earthquake, tsunami, or whenever indicated by the authorities);
- Do not leave the assembly area before instructions from the authorities.

## EMERGENCY KIT

- Radio and flashlight (including batteries)
- First aid kit and daily medication
- Water for three days
- Tinned food
- Shoes and warm clothes
- Photocopies of personal documents
- Multifunction pocketknife



## LOCAL ASSEMBLY AREAS

PREVIOUSLY ESTABLISHED IN THE CASCAIS MUNICIPAL EMERGENCY PLAN

### Pavilhão do Dramático de Cascais 1

Estrada da Torre, 2750 Cascais  
Coordinates: N 38° 42' 2.97" W 9° 26' 31.73"

### Clube de Golf do Estoril 2

Av. da República, s/n - 2765 - 273 Estoril  
Coordinates: N 38° 43'04.02" W 9° 23' 39.59"

### Pavilhão dos Lombos 3

Rua da Feitoria  
2775-568 Carcavelos  
Coordinates: N 38° 41'16" W 9° 19' 32"