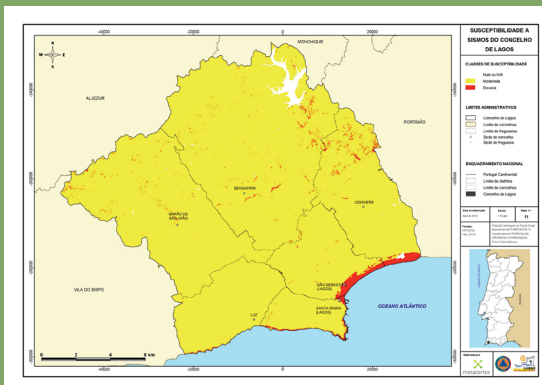
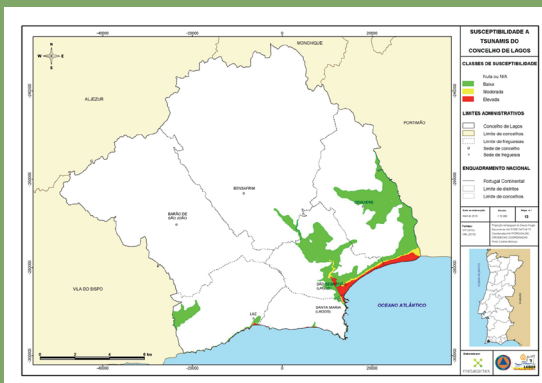


**The Lagos Civil Protection and Emergency Plan** has charted the highest risk areas in an earthquake and tsunami, showing the areas where the effects could be more serious:

**Map showing areas susceptible to the effects of an earthquake**



**Map showing areas susceptible to flooding caused by a tsunami**



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 Institute 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

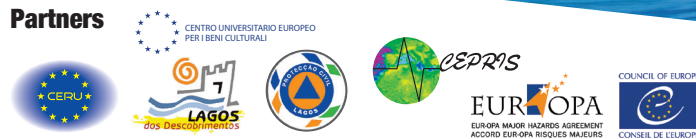
- INFORM AND INVOLVE THE POPULATION IN THE PREVENTION OF SEISMIC RISK AND TSUNAMI;
- CONTRIBUTE TO MINIMISE DAMAGE AND INCREASE THE RESILIENCE OF THE CITIES OF LAGOS AND CASCAIS (PORTUGAL), TANGIERS AND M'DIQ (MOROCCO).

# EARTHQUAKE AND TSUNAMI RISK

**For more information go to:**

[www.prociv.pt](http://www.prociv.pt)  
[www.cm-lagos.pt](http://www.cm-lagos.pt) (Serviços Municipais > Protecção Civil)

**Partners**







# EARTHQUAKE AND TSUNAMI RISK

Although Lagos is located in a zone of weak seismic activity, it is where major earthquakes can occur. As is referred to in the **Lagos Civil Protection and Emergency Plan**, the risk of earthquakes and tsunamis are scenarios with the most devastating consequences for the town.

## BEFORE AN EARTHQUAKE

### Prepare your home

- Do not have furniture near corridors and outside doors, and move beds away from windows.
- Attach bookcases, furniture and plant pots to the walls.
- Place heavier items on the lower shelves of bookcases.

### Prepare an emergency kit

Have a small backpack at home with a radio, torch, batteries, fire extinguisher, first aid kit, whistle, medicine, water, tinned food and warm clothes.

The backpack should be kept in a place that everyone knows about, including children.

### In the event of a tsunami warning

Stay away from areas near the coast and go to high ground. If you are in a boat, go out to sea.

## DURING AN EARTHQUAKE

### These three actions can save lives

- Protect your head, neck and eyes with your arms and hands.
- Go down on your hands and knees, a position that prevents falls.
- Wait until the ground stops shaking.

### If you are outside

Stay away from buildings, walls, electricity poles and trees. Go to a safe place, such as a square or an open space. Do not walk in the streets and only return home when the authorities advise this.

### If you are inside a building

To protect yourself, go under a table, to the corner of a room or a doorway. Stay away from the middle of rooms, from windows, chimneys or bookcases. Do not rush to the exit and do not use lifts.

## AFTER AN EARTHQUAKE

- Do not light matches or use cigarette lighters.
- Turn off the gas, water and electricity.
- Clean up spills of flammable products.
- Avoid any contact with glass, electric cables and metal objects.
- Leave your home if it has been severely damaged.
- Do not use the telephone, except in cases of extreme emergency.
- Turn on the radio and stay informed.

## PLACES YOU SHOULD GO TO AFTER AN EARTHQUAKE

- |  |    |
|--|----|
| Alegria (or Moinho) Square, Odeáxere   | 1  |
| Chinicato Multi-Sport Centre           | 2  |
| Sargaçal Primary School                | 3  |
| Portelas Multi-Sport Centre            | 4  |
| Bensafrim Market                       | 5  |
| Barão de S. João Multi-Sport Centre    | 6  |
| Espiche Multi-Sport Centre             | 7  |
| Almádena Multi-Sport Centre            | 8  |
| Luz Multi-Sport Centre                 | 9  |
| Lagos Health Centre                    | 10 |
| Júlio Dantas Secondary School Pavilion | 11 |

