

DURING THE HOLIDAYS: remember that prevention means having fun

Before you leave

If you travel by car...



- Make sure your car is in good condition
- Carry your basic tools
- First aid kit and a map

If you leave the country, register at the Secretaría de Relaciones Exteriores (SRE) = Foreign Affairs Secretariat web site

Keep with you an ID and know your blood type

Notify where you may be reached in case of emergencies

Shut off power, gas, and water mains

Check the weather forecast

During your trip

Avoid driving at night, when you are tired, or sleep-deprived

Consider children and senior citizens needs

With heavy rain, don't cross rivers, creeks, or dips

Consider alternate routes should roads be blocked

Keep in permanent touch on your activities

At destination

Follow Civil Protection instructions, locate medical services, and have with you emergency phone numbers

Locate evacuation routes at the sites you visit

Use:

- High protection sun block
- Dark eyewear, caps, and drink lots of liquids
- Don't expose yourself directly to the sun for over two hours

Should you decide to camp, choose a safe site. Register at entry checkpoints

Take care of children and senior citizens. Don't leave them alone

Don't swim at unsupervised locations, like rivers or dips

If you feel a strong earthquake, proceed to a high area. There may be a tsunami

Be informed

Comisión Nacional del Agua
www.gob.mx/conagua

Centro Nacional de Prevención de Desastres
www.gob.mx/cenapred

Emergency reports 911

Source: Centro Nacional de Prevención de Desastres

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