

# MIGRANT FRIEND, IF YOU WALK YOUR OWN WAY... Make sure the road is safe

**When traveling through or staying in Mexico, there could be exposure to natural events that may put you at risk**

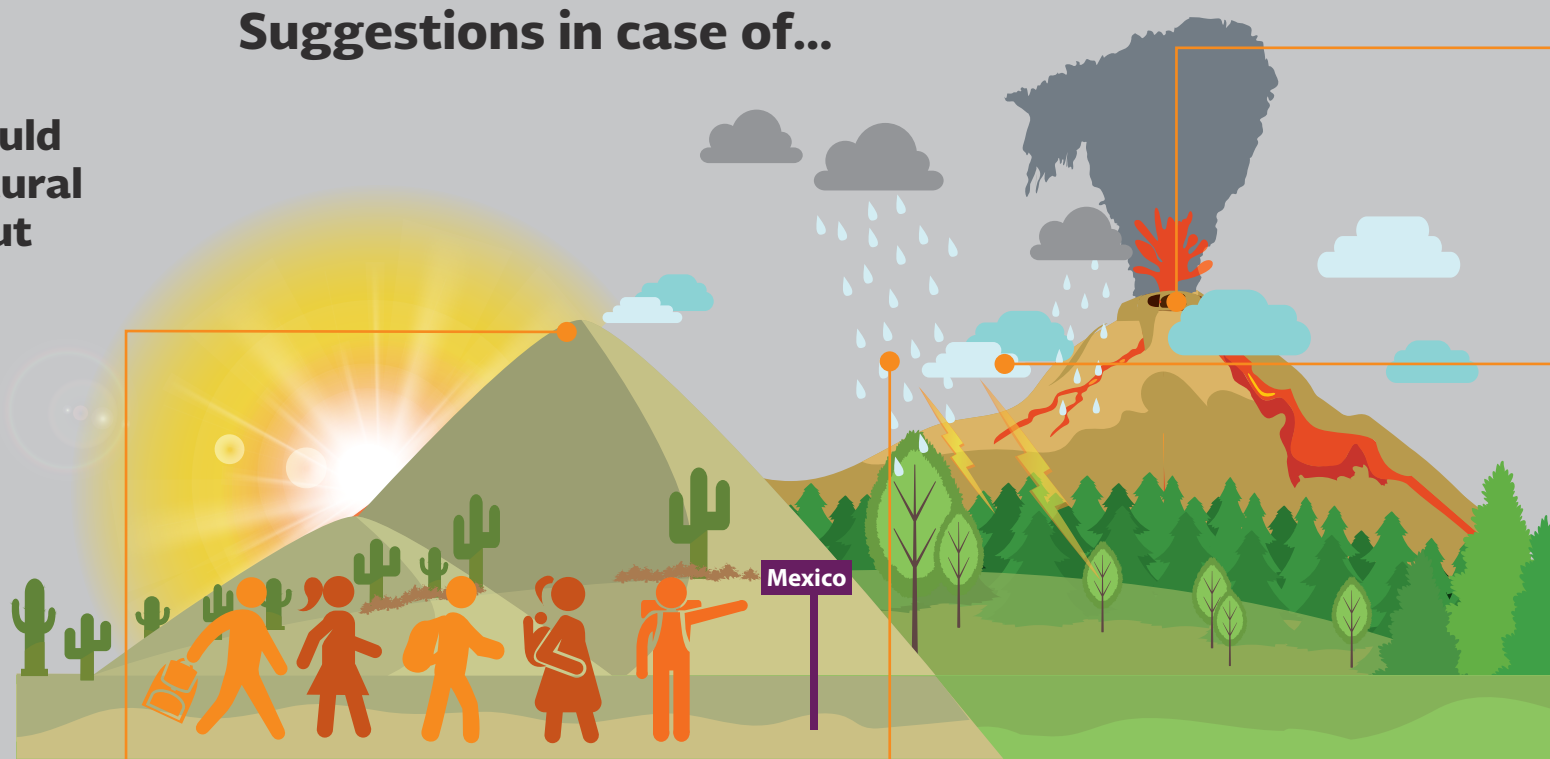
- Listen to suggestions by Civil Protection and locate where safe areas are
- Report emergencies at 911

**While you are here, remember...**

Find out where **migrant homes** and **shelters** are ([www.oim.org.mx](http://www.oim.org.mx)). There you can receive meals and rest to continue your way

In case your rights have been infringed, you may approach the **National Commission of Human Rights** or the **States Commissions on Human Rights**, and request advise

**Suggestions in case of...**



## Deserts

- Walk when the temperature is lower
- During the night, wear gloves, thick socks, and eat high calorie foods

**Memorize phone numbers and addresses...**



**Of family members**  
Don't carry them written on a small piece of paper



**Of the consulate of your country**



## Hurricanes, rain, and flooding

- Protect documents keeping them in plastic bags
- Don't cross or bathe in rivers; currents may pull you away
- Avoid slippery hillsides and slopes; they may break down and collapse
- If you are in a boat, proceed to the nearest port



## Active volcano areas

- Locate evacuation routes
- When ashes are falling, cover nose and mouth with a wet cloth
- Don't go into dangerous areas



## Electrical storms

- In open areas, keep away from trees
- Don't swim, don't run. Never lie down on the ground
- Don't wear metal objects: belts, rings, chains, or other
- Squat down with your head between the legs, and cover your ears

If you need help, dial **911**

## Be informed

**Centro Nacional de Prevención de Desastres**  
[www.gob.mx/cenapred](http://www.gob.mx/cenapred)

**Organización Internacional para las Migraciones**  
[www.oim.org.mx](http://www.oim.org.mx)

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Translation: Guadalupe Meléndez de Escalante



**GOBIERNO DE MÉXICO**

**SEGURIDAD**  
SECRETARÍA DE SEGURIDAD Y PROTECCIÓN CIUDADANA

**CNPC**  
COORDINACIÓN NACIONAL DE PROTECCIÓN CIVIL

**CENAPRED**  
CENTRO NACIONAL DE PREVENCIÓN DE DESASTRES

**Organización Internacional para las Migraciones (OIM)**  
El Organismo de las Naciones Unidas para la Migración

**MICIC**  
MIGRANTS IN COUNTRIES IN CRISIS INITIATIVE



[gob.mx/cenapred](http://gob.mx/cenapred)



# While traveling through or staying in Mexico

What's most important is your life; don't risk it

## Suggestions in case of...

### Earthquake



- **Stay away from unstable constructions**, facades, light poles, cables, canopies, and windows
- Inside, **stay away** from objects that may fall, and **locate evacuation routes**
- **Shut off** gas and power mains
- Don't light matches or candles, unless you are **sure there are no gas leaks**
- **Protect yourself** in low risk areas

### Tsunamis



- If you are at the beach and feel a strong earthquake, **seek refuge in higher areas**
- **Don't stop to watch** the bottom of the ocean
- **Keep off bridges** that are over rivers
- If you are on a boat, do not proceed to the port; offshore areas have a lower risk

### Forest and urban fires



- **Move away** in opposite direction of smoke
- **Cover nose and mouth** with a wet cloth
- If there are gases and smoke, **hit the deck to proceed**
- If your clothes catch fire, **roll on the floor**, and **cover your face**
- If unable to flee, **cover yourself with soil**

### Tornadoes



- If possible, **move away from the tornado**; if impossible, **protect yourself** in a ditch or under a vehicular bridge
- **Don't seek** shelter in light constructions, or those with galvanized or plastic sheet roof
- Inside, **protect yourself under the stairs**, the corner of a room with no windows, or a door frame

### Sandstorms



- **Squat and keep** still to avoid disorientation or sinking
- **Cover your face**
- **Try to find a high spot**; sandstorms are not as strong there