



Ready for an Earthquake



For you, your family, and our community

Practical steps to prepare, stay safe, and support one another before, during, and after an earthquake.

BEFORE • DURING • AFTER

U.S. ENGLISH EDITION • PANAMA

Includes practical checklists and a family contact plan.



Start with what matters

Preparedness is not about living in fear. It is about knowing what to do and keeping essential supplies within reach.

Protect yourself first

- ☐ While the ground is shaking: Drop, Cover, and Hold On. Do not run for the exits.
- ☐ After the shaking stops, check for hazards before moving and be ready for aftershocks.

Useful numbers in Panama

1. OPS-STRI Control Room / Sala de Control OPS-STRI

212-8911 | 212-8211 | 6615-9191

FIRST CONTACT: Use these numbers to report emergencies involving anyone affiliated with STRI.

911	General emergencies and ambulances (SUME)
104	National Police
103	Fire Department: fires and rescues
520-4426 / 520-4427	SINAPROC: emergencies and disasters
6998-4809	SINAPROC emergency WhatsApp
*335	SINAPROC short number
*455	Panamanian Red Cross
108	National Air and Naval Service (SENAN)
311	Citizen services (not for immediate emergencies)

For a life-threatening emergency, call OPS-STRI Control Room immediately: 212-8911 / 212-8211 / 6615-9191.



Make a plan together

A short family conversation today can make a difficult moment easier for everyone.

Family agreements

- ☐ Choose two meeting places: one close to home and another outside your neighborhood.
- ☐ Designate a contact person who lives in another part of the country.
- ☐ Agree on arrangements for children and anyone who may need assistance. Check their school or care facility procedures.
- ☐ Know safe exits at home and emergency procedures at work.

Communicating afterward

- ☐ Use text messages when phone networks are congested. Save calls for emergencies.
- ☐ Share verified information rather than rumors or forwarded messages.



Pack an emergency go-bag

A simple bag in an easy-to-reach location can make a real difference.

The essentials

- ☐ Drinking water and nonperishable food, aiming for at least 72 hours of self-sufficiency.
- ☐ First aid supplies, essential medications, and copies of prescriptions.
- ☐ Flashlight, battery-powered or hand-crank radio, spare batteries, and a whistle.
- ☐ Protected copies of key documents and small bills in cash.
- ☐ Comfortable clothes, rain protection, sturdy shoes, and hygiene supplies.
- ☐ Items for infants, older adults, people with disabilities, and pets, as applicable.

Keep it ready

- ☐ Store the bag near an accessible exit. Check food, water, batteries, and medications regularly.



Make your home safer

Small improvements can lower the risk of injuries from falling and shifting objects.

Walk through every room

- ☐ Secure tall shelves, bookcases, televisions, and other heavy furniture.
- ☐ Avoid hanging heavy mirrors or artwork above beds or sofas.
- ☐ Move heavy or breakable objects away from high or open shelves.
- ☐ Keep corridors and evacuation routes clear.
- ☐ Know the locations of electrical shutoffs, water valves, and gas shutoff valves.

Gas and electricity

- ☐ If you suspect a gas leak, shut off the gas valves only if safe to do so; move away and call for help.
- ☐ Do not operate electrical switches or use open flames if you suspect a gas leak.

Practice together

- ☐ Practice Drop, Cover, and Hold On with all household members, including those who need assistance.



When the ground shakes

Every setting is different. Protect your head and neck, and avoid unnecessary movement.

If you are indoors

- ☐ Drop, take cover under a sturdy table if one is nearby, and hold on.
- ☐ Stay away from windows, glass, shelving, and falling objects.
- ☐ Do not use elevators or rush to the stairs while the ground is shaking.
- ☐ If you are in bed, stay there and cover your head with a pillow unless there is an immediate danger.

If you are outside

- ☐ Stay outside and move away from buildings, trees, poles, and power lines.

If you are driving

- ☐ Pull over safely and remain in the vehicle. Avoid bridges, overpasses, and electrical wires.

If you become trapped

- ☐ Cover your nose and mouth, avoid stirring up dust, and use a whistle or tapping sound to signal rescuers.



After the earthquake

Check your surroundings, help when it is safe, and follow trusted information.

Before moving or reentering

- ☐ Check for injuries. If there is a life-threatening emergency, immediately call OPS-STRI Control Room: 212-8911 / 212-8211 / 6615-9191.
- ☐ Expect aftershocks. Drop, Cover, and Hold On again if shaking resumes.
- ☐ Do not enter visibly damaged buildings until qualified personnel assess them.
- ☐ Stay clear of fallen power lines, broken glass, debris, gas leaks, and restricted areas.
- ☐ Wear sturdy shoes and keep roads clear for emergency vehicles.

Water, food, and supplies

- ☐ Use only safe drinking water and discard food that may have been contaminated.
- ☐ Use charcoal and gas grills outdoors only.

Emotional well-being matters

- ☐ It is understandable for some people to feel more alert or anxious about aftershocks. Listen without judgment and seek support if needed.



If you are near the coast

A strong or long-lasting earthquake may be a natural warning of a tsunami. Do not wait for a social media post to act.

Know the natural warning signs

- ☐ If shaking is strong or prolonged, the sea suddenly recedes, or the ocean makes an unusual roaring sound, leave the coast immediately for higher ground or farther inland.
- ☐ Do not approach the shore to watch. Stay away until officials say it is safe to return.

Follow official instructions

- ☐ SINAPROC and Panamanian authorities issue official alerts and instructions. Check their websites and verified social channels, including @sinaproc_panama on Instagram and Facebook.
- ☐ STRI will try to keep staff informed about official updates, but everyone should also consult official government channels directly and follow their instructions.



Our family contact plan

Fill in this page, take a photo, and keep a copy inside your emergency bag.

Information to keep handy

- ☐ Primary emergency contact: _____
- ☐ Phone: _____
- ☐ Out-of-area contact: _____
- ☐ Phone: _____
- ☐ Meeting place near home: _____
- ☐ Alternative meeting place: _____
- ☐ School / care center and phone: _____
- ☐ Essential medications or support needs: _____
- ☐ _____

Remember

- ☐ Review this plan at least once a year and whenever phone numbers, addresses, or family needs change.



Sources and how to use this guide

This is an educational adaptation for Panama. It draws on the structure of Earthquake Safety Checklist, FEMA B-526 (October 2023), and publicly available SINAPROC preparedness guidance.

During an emergency, current instructions from Panamanian authorities take priority. STRI may share official updates and guidance, but does not replace official channels.

Relevant links

Official sources

- SINAPROC — official website
- SINAPROC — Instagram (@sinaproc_panama)
- University of Panama — Institute of Geosciences

National news sources

- TVN Noticias
- Telemetro
- La Prensa

Follow official channels for emergency instructions. National news outlets provide supplementary reporting.

Reference to the original publication

This guide was adapted for Panama and is based on FEMA B-526 (Earthquake Safety Checklist).

Source: https://www.fema.gov/sites/default/files/documents/fema_b-526-eq-safety-checklist.pdf

The FEMA publication may be used as a general reference. For technical or safety questions, consult a qualified professional or expert and follow official local guidance.

Medical Facilities Directory in Panama

Public and private hospitals, health centers, and outpatient clinics · Reference appendix

For a medical emergency involving a STRI employee or affiliated individual, first call the
OPS-STRI Control Room: 212-8911 / 212-8211 / 6615-9191.

Informational directory of medical facilities throughout Panama for STRI employees or affiliates

PANAMA CITY

Hospital Santo Tomás

Calle 37 Este, Calidonia · 507-5600

Complejo Hospitalario Dr. Arnulfo Arias Madrid

Vía Transístmica, CSS · 513-9656

Hospital del Niño Dr. José Renán Esquivel

Av. Balboa y calle 34 · 512-9801

Hospital Paitilla

Av. Balboa y calle 53, Paitilla · 265-8800

Hospital Santa Fe

Av. Frangipani y Vía Simón Bolívar · 360-7400

The Panama Clinic

Pacific Center, torre B, Punta Pacífica · 310-1111

Pacífica Salud - Hospital Punta Pacífica

Blvd. Pacífica y Vía Punta Darién · 204-8000

Hospital MiniMed

Vía Ricardo J. Alfaro, Edif. Golden Point · 263-6464

GAMBOA VECINITY

Centro de Salud de Paraíso

Paraíso, Ancón (MINSa)

PANAMA OESTE · LA CHORRERA

Hospital Nicolás A. Solano

Playa Leona, La Chorrera (MINSa)

Clínica Hospital Panamericano

Calles Santa Rita y El Carmen · 253-3447

Policlínica Dr. Santiago Barraza

Barrio Colón, La Chorrera (CSS) · 346-0483

PANAMA OESTE · ARRAIJÁN

Policlínica Dr. Blas Gómez Chetrot

Arraiján (CSS) · 346-2838

ULAPS Vista Alegre

Vista Alegre (CSS) · 346-2010

CAPPS Vacamonte

Vacamonte (CSS) · 346-2064

LAS PAVAS

Centro de Salud de Las Pavas

Las Pavas, Amador (MINSa)

Puesto de Salud de Cerro Cama

Cerro Cama, Amador (MINSa)

COLÓN

Complejo Hospitalario Dr. Manuel Amador Guerrero

Colón (CSS) · 475-2211

Hospital Colón Cuatro Altos

Vía Boyd Roosevelt, Cuatro Altos · 433-7400

Policlínica Hospital de Sabanitas

Sabanitas (CSS) · 475-5905

Policlínica Dr. Hugo Spadafora

Colón (CSS) · 475-5737

CHIRIQUÍ

Hospital Regional Dr. Rafael Hernández L.

San Pablo Viejo, David (CSS) · 777-8412

Hospital Materno Infantil José Domingo de Obaldía

Vía Panamericana, San Pablo Viejo · 775-4222 / 775-4221

Hospital Chiriquí

Ave. 3ra. y calle Central, David · 774-0127

Centro Médico Mae Lewis

Vía Interamericana, David · 775-4616

Hospital Dr. Dionisio Arrocha

Puerto Armuelles (CSS) · 728-1020

BOCAS DEL TORO

Hospital Guillermo Sánchez Borbón

Isla Colón (MINSa) · 750-0473

Centro de Salud de Bastimentos

Bastimentos (MINSa)

Centro de Salud de San Cristóbal

San Cristóbal, Tierra Oscura (MINSa)

Centro de Salud de Buena Esperanza

Buena Esperanza, Tierra Oscura (MINSa)

Centro de Salud Los Higuerones

Los Higuerones, Cauchero (MINSa)

Hospital Regional Dr. Raúl Dávila Mena

Changuinola (CSS) · 750-0300

MINSa-CAPSI de Changuinola

Changuinola (MINSa)

Centro de Salud Caby Rodríguez

Finca 6, Changuinola (MINSa)

Centro de Salud Antonio Preciado

Finca 63, Changuinola (MINSa)

Policlínica de Guabito

Guabito (CSS) · 750-0519

ULAPS Juan Aguilar

Las Tablas, Guabito (CSS) · 756-6068

Hospital de Almirante

Almirante (CSS) · 750-0798

Centro de Salud Nance Riscó

Nance Riscó, Almirante (MINSa)

Centro de Salud Valle del Risco

Valle del Risco, Almirante (MINSa)

Hospital de Chiriquí Grande

Chiriquí Grande (CSS) · 750-1018

Centro Materno Infantil de Rambala

Rambala (MINSa)

Centro de Salud La Gloria

La Gloria, Changuinola (MINSa)

Centro de Salud El Guabo

El Guabo, Cochigro (MINSa)