

Aftershocks: decisions in seconds

Stay calm, act fast, and survive the seconds that matter most

A practical, no-fluff course that turns panic into action. Learn the critical seconds of an earthquake, from the shake to the stillness, with clear steps you can use immediately.

2 modules

What you'll learn

- ✓ Protect yourself in place while the ground is still shaking
- ✓ Know exactly what to do the moment the movement stops
- ✓ Stay safe if you're outside or inside a vehicle
- ✓ Make split-second decisions that keep you and others alive

Syllabus

1 While shaking

Protect yourself without running If you are outside or in a vehicle

2 When movement stops

Who is it for?

Anyone who wants to feel prepared and confident when the unexpected happens.

Start today at capacita.paulovila.org

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