

## A strategy for increasing sustainability and resilience to earthquakes in Cuban communities

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A strategy to train Cuban communities to increase their awareness of the seismic risk and to increase their preparedness to face it, is presented. Using that, they learn from the recognition of their vulnerabilities and capacities, standards of conduct and safety in case of an earthquake. Particularly, they learn how to prepare a family preparedness plan, to provide the first aid and the psychological support, thus increasing responsiveness. All this knowledge is brought to communities by members of the Cuban Red Cross previously trained by specialists from National Centre for Seismological Research from Cuba. Interventions in communities (schools, homes, workplaces and associations for people with disabilities) are complemented by messages in the press, radio and television and in all activities special attention is paid to vulnerable groups in the communities such as womens, children and people with disabilities.