

Trusted and Scientific Sources of Information ^[1]

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We have compiled a list of reliable and scientific sources to help you learn more and stay informed about earthquakes, the science behind these seismic events, mental and public health, as well as a list of media outlets and journalists who have been covering the earthquakes in Puerto Rico. Most of the news articles and blog posts are in Spanish, unless otherwise indicated by the title.

SCIENTIFIC AGENCIES AND EXPERTS

- The [Puerto Rico Seismic Network](#) [3] is the main source of information about earthquakes in Puerto Rico. You can visit their website to find information about the most recent seismic activity, access [evacuation maps](#) [4], get information on [what to do before, during and after an earthquake](#) [5], educational resources and much more.
- The [United States Geological Survey](#) [6] (USGS) is the federal agency that studies natural resources and the hazards that threaten them. They have a page about the [Earthquakes in Puerto Rico](#) [7] that is updated regularly.
- [Dr. José Molinelli Freytes](#) [8], geomorphologist and professor at the University of Puerto Rico, has created a Facebook page where he shares his expertise and relevant information regarding earthquakes in Puerto Rico.

GEOLOGY OF PUERTO RICO AND EARTHQUAKES

- [Response and initial scientific findings from the southwestern Puerto Rico 2020 Seismic Sequence](#) [9], Temblor (January 27, 2020)
- [Actividad Sísmica en Puerto Rico 2020](#) [10], Puerto Rico Institute of Statistics
- [José Molinelli Freytes: "Aún estamos a tiempo de hacer lo que no hemos hecho"](#) [11], El Nuevo Día (January 26, 2020)
- [Lecciones sobre los terremotos de México, Chile y California para aplicar en la isla](#) [12], El Nuevo Día (January 26, 2020)
- [Recursos del Gran Shakeout de Puerto Rico](#) [13], Shakeout Puerto Rico
- [Mitos sobre terremotos y cómo prepararnos](#) [14], The Geology Project (January 21, 2020)
- [Preguntas frecuentes sobre terremotos](#) [15], Planeteando (January 21, 2020; originally published September 20, 2017)
- [Datos para entender la dinámica de los terremotos](#) [16], From the collaboration between CienciaPR and El Nuevo Día (January 19, 2020)
- [Fact-checking de El Nuevo Día: el vídeo que afirma que los temblores se deben al "fracking"](#) [17], El Nuevo Día (January 18, 2020)
- [Modelo batimétrico de la trinchera de Puerto Rico y la región noreste del Caribe \(2014\)](#) [18], Geolsla (January 16, 2020)
- [Aprender a vivir en un país sísmico, Noticentro WAPA TV](#) [19] (January 15, 2020)
- [RN Especial: Tres Cápsulas Educativas de la Red Sísmica](#) [20], Repaso Noticioso (January 14, 2020)
- [Experts seek answers behind constant quakes in Puerto Rico](#) [21], Associated Press (14 de enero, 2020)
- [Preliminary Geologic Map of the Greater Antilles and the Virgin Islands](#) [22], USGS (January 13, 2020; this is a technical report that describes the rocks and sediments i.e., the geology,

- of the Greater Antilles, including Puerto Rico)
- [El ‘fracking’ \[23\]no es la causa de la alta sismicidad en el suroeste de Puerto Rico \[23\]](#) (January 13, 2020)
- [Una experta explica los cambios en las aguas termales de Coamo tras el terremoto \[24\], El Nuevo Día \(January 12, 2020\)](#)
- [El relieve terrestre de la zona suroeste de Puerto Rico ha cambiado por los sismos \[25\], El Nuevo Día \(January 12, 2020\)](#)
- [¿Por qué se mueve la tierra de esta manera? Expertos explican la anatomía de los sismos \[26\], El Nuevo Día \(January 12, 2020\)](#)
- [El mito de los sismos pequeños \[27\], El Nuevo Día \(January 12, 2020\)](#)
- [Puerto Rico Quake Damage Visible From Space \[28\], NASA \(January 10, 2020\)](#)
- [El terremoto de 6.4 provocó un desplazamiento del terreno de 5.5 pulgadas en el sur \[29\], El Nuevo Día \(January 10, 2020\)](#)
- [Terremotos: qué hacer antes, durante y después del sismo \[30\], Periódico La Perla \(January, 2020\)](#)
- [Causas de los terremotos en Puerto Rico \[31\] \(video\), The Geology Project \(January 8, 2020\)](#)
- [Puerto Rico’s Winter 2019-2020 Seismic Sequence Leaves the Island On Edge \[32\], Temblor \(January 7, 2020\)](#)
- [La secuencia sísmica de Guánica \[33\], Ciencias Terrestres, Geología y Puerto Rico \(January 7, 2020\)](#)
- [La falla de Punta Montalva \[34\], Slides PR \(January 7, 2020\)](#)
- [¿Por qué hay tantos sismos en Puerto Rico? \[35\], The New York Times \(January 7, 2020\)](#)
- [La falla de Punta Montalva y los sismos recientes \[36\], El Nuevo Día \(January 2, 2020\)](#)
- [Las réplicas del sismo \[37\], El Nuevo Día \(September 26, 2019\)](#)
- [Expertos coinciden: olvidadas las lecciones del terremoto de 1918 \[38\], La Perla del Sur \(October 10, 2018\)](#)
- [Earthquake Intensity—What controls the shaking you feel? \[39\], IRIS Earthquake Science \(video, October 27, 2016\)](#)
- [La Red Sísmica \[40\], Mirada Científica \(podcast; August 4, 2014\)](#)
- [Placas tectónicas, terremotos y maremotos \[41\], Ciencias Terrestres, Geología y Puerto Rico \(March 28, 2014\)](#)

MENTAL HEALTH, PUBLIC HEALTH AND EMERGENCY MANAGEMENT

- [Terremoto: estrategias para el manejo del estrés durante la emergencia \[42\], El Nuevo Día \(January 13, 2020\)](#)
- [Cómo actuar con nuestros hijos antes, durante y después de un fenómeno de la naturaleza \[43\], El Nuevo Día \(January 12, 2020\)](#)
- [¿Sufres de tremofobia? \[44\], El Nuevo Día \(January 7, 2020\)](#)
- [Cómo ayudar a los niños a sobrellevar la situación durante y después de un desastre \[45\], CDC \(May 3, 2019\)](#)
- [Cómo manejar la depresión y las tendencias de suicidio después de un desastre natural \[46\], CDC \(revised October 23, 2017\)](#)
- [Tips for survivors: Coping with grief after a disaster or traumatic event \[47\], SAMHSA \(2017\)](#)

- [Tips for Health Care Practitioners and Responders: Helping survivors cope with grief after a disaster or traumatic event](#) [48], SAMHSA (2017)
- [Identifying Vulnerable Older Adults and Legal Options for Increasing Their Protection During All-Hazards Emergencies: A Cross-Sector Guide for States and Communities](#) [49], CDC (revised May 31, 2013)
- [Cómo ayudar a personas con necesidades especiales](#) [50], CDC (December 23, 2003)
- [Cómo cuidarse y cuidar a su familia después de un desastre](#) [51], CDC
- [Coma alimentos seguros](#) [52], CDC
- [Beba agua que sea segura](#) [53], CDC
- [Para situaciones de emergencia: Cómo cambiar pañales de manera segura](#) [54], CDC
- [Lavado de manos durante emergencias](#) [55], CDC
- [Family Guide: Earthquakes](#) [56], Sesame Street

NEWS MEDIA AND SOURCES INFORMATION

- Local news outlets and journalists providing constant coverage of the earthquakes:
 - [El Nuevo Día](#) [57]
 - Gerardo Alvarado León, [El Nuevo Día](#) ([Twitter](#) [58], [Facebook](#) [59])
 - Ada Monzón, [WAPA](#) ([Twitter](#) [60], [Facebook](#) [61])
 - [Periódico La Perla](#) [62]
 - [Telemundo](#) [63]
 - [WIPR](#) [64]
 - [WAPA](#) [65]
 - [Radio Isla](#) [66]
 - [Noti-Uno](#) [67]
 - [WKAQ](#) [68]
- US and international news outlets and journalists providing constant coverage of the earthquakes:
 - David Begnaud, [CBS News](#) ([Twitter](#) [69], [Facebook](#) [70])
 - Julio Ricardo Varela, [Futuro Media and Latino Rebels](#) ([Twitter](#) [71])
 - Natalia Rodríguez Medina, [Latino Rebels](#) ([Twitter](#) [72])
 - Arelis Hernández, [Washington Post](#) ([Twitter](#) [73])
 - Edmy Ayala, [The New York Times](#) and [Revista Étnica](#) ([Twitter](#) [74], [Facebook](#) [75])
 - Frances Robles ([Twitter](#) [76])
 - Nicole Acevedo, [NBC News](#) ([Twitter](#) [77])
 - Dánica Coto, [Associated Press](#) ([Twitter](#) [78])
 - Bianca Padró Ocasio, [Miami Herald](#) ([Twitter](#) [79])
 - Lilia Luciano, [ABC10 Sacramento](#), ([Twitter](#) [80], [Facebook](#) [81])
 - Adrián Florido, [National Public Radio \(NPR\)](#) ([Twitter](#) [82])
 - Robby Cortés, ([Twitter](#) [83])

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<https://www.cdc.gov/childrenindisasters/es/documents/children-coping-factsheet-spanish-508.pdf?fbclid=IwAR0MjRCLIP-FmiiLXA1sV0gfUiy8KgKnifmm6934mfHLau8Bifnh3pgaXlc> [46]
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