

Help us get the word out for Panama

Thank you for using your voice. Everything you need is here: what happened, ready-to-post captions, a video script and graphics. Copy, download and share.

TOGETHER WITH



GOBIERNO NACIONAL
★ CON PASO FIRME ★
MINISTERIO DE RELACIONES EXTERIORES
CONSULADO DE PANAMÁ EN NUEVA YORK



1 What happened

Use this in your own words. The key facts are safe to repeat.

On October 9, a magnitude 7.5 earthquake struck Panama. Panama City was spared the worst, but communities outside the capital were hit hard. Roads, hospitals and schools have been severely damaged, and some areas have lost internet and reliable communication.

The Carvalho Family Foundation is working alongside government partners, the Consulate of Panama in New York, and José Caballero of the New York Yankees to coordinate support and share updates. We have donation drop-off locations across New York, New Jersey and Philadelphia, and an Amazon wish list for anyone who lives farther away. For immediate help, our GoFundMe buys supplies that our team on the ground in Panama, with Chema Caballero y Familia and the Di Bello family, hands out in person.

⚡ **Magnitude 7.5** earthquake on October 9, 39 km northwest of Tonosí (SINAPROC).

🛣️ **Roads, hospitals and schools** damaged; some communities cut off, with no power, water or internet in parts of Veraguas.

💙 Partners: the **Consulate of Panama in New York** and **José Caballero** of the New York Yankees.

📦 **8 drop-off centers** in New York, New Jersey and Philadelphia, collecting **through October 31**.

🛒 Anyone, anywhere can help through our **Amazon wish list**.

💙 For immediate help, our **GoFundMe** buys supplies our team on the ground in Panama delivers by hand.

2 Ready-to-post captions

Pick the platform, tap copy, paste. Feel free to add a personal line at the top.

Instagram post

UNITED FOR PANAMA

On October 9, a magnitude 7.5 earthquake struck Panama. Panama City was spared the worst, but communities outside the capital were hit hard — roads, hospitals and schools are severely damaged, and some areas have lost internet and communication.

The @carvalhofamilyfoundation is working with the Consulate of Panama in New York (@consuladopmanuevayork) and José Caballero (@chemacaballero_) of the New York Yankees to get supplies where they're needed.

HOW TO HELP

- Drop off new, unopened items at one of 8 centers in New York, New Jersey & Philadelphia, through October 31
- Most needed: diapers, baby food pouches, powdered milk, sleeping bags, tents, blankets and basic medical supplies
- Live farther away? Shop our Amazon wish list
- Give for immediate help on our GoFundMe — our team in Panama delivers supplies by hand

Everything is at carvalhofamilyfoundation.com/panama (link in bio). Please share — every contribution helps.

Donate (GoFundMe): <https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

Amazon wish list: <https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

#UnitedForPanama #UnidosPorPanamá #PanamaEarthquake #PanamaStrong

Reel / TikTok

Panama needs us. A 7.5 earthquake left roads, hospitals and schools damaged and communities cut off.

Drop off new, unopened items in NY, NJ & PA through Oct 31, or shop the Amazon wish list from anywhere.

carvalhofamilyfoundation.com/panama · @carvalhofamilyfoundation @consuladopmanuevayork @chemacaballero_

Donate (GoFundMe): <https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

Amazon wish list: <https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

#UnitedForPanama #UnidosPorPanamá #PanamaEarthquake

Instagram Story

Panama was hit by a 7.5 earthquake. Communities outside the capital need supplies.

Help here ↓

carvalhofamilyfoundation.com/panama

Donate (GoFundMe): <https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

Amazon wish list: <https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

@carvalhofamilyfoundation

Facebook

UNITED FOR PANAMA

The October 9 earthquake (M7.5) hit Veraguas, Los Santos and Herrera hard. Roads are cut off, and many families are without power, water and the basics.

I'm supporting the Carvalho Family Foundation (@carvalhofamilyfoundation) and Chema Caballero y Familia (@chemacaballero_). Their team is on the ground in Panama, going to the affected areas and handing out supplies in person.

THREE WAYS TO HELP

1. Donate for immediate help on GoFundMe:

<https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

2. Shop the Amazon wish list — it ships straight to them:

<https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

3. Drop off new, unopened items at one of 8 centers in New York, Brooklyn, Long Island, New Jersey and Philadelphia through October 31.

Addresses and hours:

<https://www.carvalhofamilyfoundation.com/panama>

Please share this post. Every contribution helps.

#UnitedForPanama #UnidosPorPanamá

X (Twitter)

Panama needs us. I'm supporting @carvalhofamilyfoundation and @chemacaballero_ — their team is on the ground delivering supplies by hand.

Donate: <https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

Amazon list: <https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

Drop-offs NY, NJ & PA: <https://www.carvalhofamilyfoundation.com/panama>

#UnitedForPanama

WhatsApp

UNITED FOR PANAMA — Earthquake relief

The October 9 earthquake left communities in Veraguas, Los Santos and Herrera without roads, power or water. I'm supporting the Carvalho Family Foundation and Chema Caballero y Familia — their team is on the ground in Panama delivering supplies by hand.

DONATE FOR IMMEDIATE HELP (GoFundMe):

<https://www.gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts>

They're collecting *new, unopened items through October 31*.

DROP-OFF CENTERS

New York

• Consulate General of Panama — 244 W 54th St, Suite 701, New York, NY 10019 · Mon-Fri 8:30 a.m.-4:30 p.m.

Brooklyn

- Office of Council Member Rita Joseph — 885 Rogers Ave, Brooklyn, NY 11226 · Mon-Thu 9:30 a.m.-5:00 p.m.
- Office of Council Member Crystal Hudson — 55 Hanson Pl, Suite 778, Brooklyn, NY 11217 · Mon-Thu 9:30 a.m.-5:00 p.m.
- Office of Council Member Sandy Nurse — 56 Pennsylvania Ave, Brooklyn, NY 11207 · Mon-Thu 9:30 a.m.-5:00 p.m.

Long Island

- Churrasqueira Bairrada — 144 Jericho Tpke, Mineola, NY 11501 · Tue-Sun 11:30 a.m.-10:30 p.m.
- Nassau County Office of Hispanic Affairs — 40 Main St, Hempstead, NY 11550

New Jersey

• Enterprise Title Services — 2104 Goldfinch Blvd, Princeton, NJ 08540 · Mon-Fri 9:00 a.m.-5:00 p.m.

Pennsylvania

• Consulate General of Panama in Philadelphia — 124 Chestnut St #1, Philadelphia, PA 19106 · Mon-Fri 9:00 a.m.-3:00 p.m.

MOST NEEDED

Diapers, baby food pouches, powdered milk, sleeping bags, tents, blankets, first-aid kits, bandages and gauze, antiseptic wipes, gloves, face masks and thermometers.

Can't make it to a center? Shop the Amazon wish list — it ships straight to them:

<https://www.amazon.com/hz/wishlist/ls/3T8CCZR7A1ICR>

All the details: <https://www.carvalhofamilyfoundation.com/panama>

Please share! #UnitedForPanama

Tag these accounts

@carvalhofamilyfoundation

@consuladopmanuevayork

@chemacaballero_

@analilena23

Hashtags

#UnitedForPanama

#UnidosPorPanamá

#PanamaEarthquake

#PanamaStrong

#CarvalhoFamilyFoundation

Copy all

3 Video script (about 40 seconds)

For a Reel, TikTok or Story. Replace [name], keep it personal, and speak to camera. The line in [brackets] is optional.

TIME

SAY

SHOW

0-5s	"Hi, I'm [name], and today I'm asking you to stand with Panama."	 Your face, close up, filmed vertically. Start talking right away.
5-14s	"On October 9, a 7.5 earthquake hit the country. Outside the capital, roads, hospitals and schools are damaged, and whole communities are without power, water or communication. Families there are going without the basics."	 Cut to damage footage from our Photos & videos, or keep it on you.
14-19s	"That's why I'm joining the Carvalho Family Foundation, Chema Caballero and his family, and the Consulate of Panama in New York."	 Show the partner logos (in Graphics) or the flyer on screen.
19-30s	"We've put together an Amazon wish list with what's needed most: diapers, powdered milk, baby food pouches, sleeping bags, tents, blankets and first-aid supplies. You pick what to give and buy it right there. It ships to our warehouse here in the U.S., and from there we send it to Panama."	 Scroll the wish list on your phone, or show the QR code.
30-34s	"[If you're in New York or New Jersey, you can also drop off new items at one of our donation centers.]"	 Optional. Show the drop-off list or the flyer.
34-40s	"The link is [below / in my bio]. And if you can't give today, share this video — that helps too. Panama needs us. Thank you for showing up."	 Back to you. Text on screen: carvalhofamilyfoundation.com/panama + #UnitedForPanama.

4 Graphics

Tap to download. On a phone, open the image and press and hold to save it to Photos.



All links — GoFundMe, Amazon & drop-offs

Story + carousel slide · with QR codes and the earthquake message



Instagram carousel

6 slides · 1080×1350 · slide 6 has every link



Instagram Stories

4 frames · 1080×1920 · frame 4 has every link + QR codes



Reel cover

1080×1920



One-page flyer

Letter · print or share



Wish-list QR code

PNG



Link preview image

1200x630 · for Facebook / X



Carvalho Family Foundation logo

For light backgrounds · For dark
backgrounds

GOBIERNO NACIONAL
★ CON PASO FIRME ★
MINISTERIO DE RELACIONES EXTERIORES
CONSULADO DE PANAMÁ EN NUEVA YORK

Consulate of Panama in New York logo

For dark backgrounds



Chema Caballero y Familia logo

For dark backgrounds

5 How people can help

Point your followers here. Everything is also on carvalhofamilyfoundation.com/panama.

Most needed

Diapers (all sizes)

Baby food pouches

Powdered milk

Sleeping bags

Tents

Blankets

First-aid kits

Bandages & gauze

Antiseptic wipes

Gloves

Face masks

Thermometers

New, unopened items only.

Drop-off centers • New York, New Jersey & Philadelphia



Consulate General of Panama

244 W 54th St, Suite 701, New York, NY



Council Member Rita Joseph

885 Rogers Avenue, Brooklyn, NY 11226



Council Member Crystal Hudson

55 Hanson Place, Suite 778, Brooklyn, NY 11217



Council Member Sandy Nurse

56 Pennsylvania Avenue, Brooklyn, NY 11207



Churrasqueira Bairrada

144 Jericho Tpke, Mineola, NY



Nassau County Office of Hispanic Affairs

40 Main St, Hempstead, NY



Enterprise Title Services

2104 Goldfinch Blvd, Princeton, NJ



Consulate General of Panama in Philadelphia

124 Chestnut St #1, Philadelphia, PA 19106



Live farther away?

Buy items from our Amazon wish list and they ship straight to us.



Donate for immediate help

Our team is on the ground in Panama with Chema Caballero y Familia and the Di Bello family. GoFundMe donations buy supplies right away, and we hand them out in person.

gofundme.com/f/united-for-panama-instant-earthquake-relief-efforts

6 Do's & don'ts

So every post helps and stays accurate.

Please do

- ✓ Tag @carvalhofamilyfoundation, @consuladopmanuevayork and @chemacaballero_, and use #UnitedForPanama so we can reshare you.
- ✓ Link to carvalhofamilyfoundation.com/panama (or say "link in bio").
- ✓ Say "new, unopened items only."
- ✓ Share the drop-off center closest to your audience.
- ✓ Add your own reason for caring — it's what makes people act.

Please don't

- ✗ Don't share casualty or damage numbers that aren't from SINAPROC or the government.
- ✗ Don't ask people to send cash to personal accounts — only our GoFundMe, wish list and website.
- ✗ Don't promise delivery dates to Panama.
- ✗ Don't post photos of victims without their permission.
- ✗ Don't say Denver or Florida drop-offs are open until we announce them.

Questions or want to do more?

Interviews, collaborations, bulk donations or a drop-off at your business — we'd love to hear from you.