

MY PLAN

Fill in these lines by hand, with your family, today.
A written plan prevents freezing.

REFERENCE CONTACT — OUTSIDE THE AREA

MEETING POINT 1 — NEXT TO THE HOUSE

MEETING POINT 2 — OUTSIDE THE NEIGHBORHOOD

EMERGENCY NUMBERS FOR MY AREA

ESSENTIAL MEDICATIONS IN THE HOUSE



www.centrodelreinodepazyjusticia.com/en

This summary does not replace the complete guide.
Download the earthquake modules by scanning the QR code.

THE BACKPACK

Sturdy, comfortable to carry, and always in the
same place, known to everyone.
Check it every six months.

- ☐ Water and non-perishable food
- ☐ Regular medications and first aid kit
- ☐ Head torch and spare batteries
- ☐ Battery-powered or hand-crank AM/FM portable radio
- ☐ Whistle
- ☐ Charged power bank and cables
- ☐ Copies of documents, protected against water
- ☐ Cash in small denominations
- ☐ A change of clothes and closed, sturdy footwear
- ☐ Duplicates of any keys needed
- ☐ Specific items for babies, people with disabilities, and pets

**4 liters
per person
per day**

Minimum three days. Because of the weight, separate the water you can carry from the supply that stays at home.

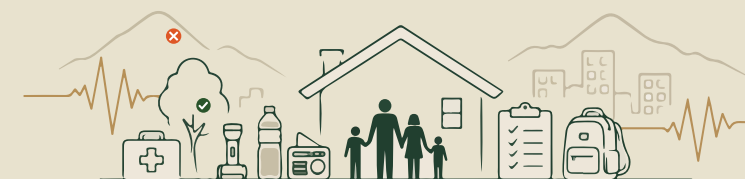


**The backpack must never be too heavy
that it makes a safe evacuation difficult.**



KINGDOM OF PEACE AND JUSTICE CENTER

Civil Training Program: Risk Management
and Emergency Preparedness



EARTHQUAKES

What to do before, during and after



DROP · COVER · HOLD ON

Educational document for the general population
of Latin America and the United States

PHASE 1: BEFORE

The only phase you fully control.
All of it can be done this week.



Fasten bookcases, cabinets, and tall furniture to the wall. Heavy items on lower shelves.



Nothing heavy hanging above beds, sofas, or places where people stay.



Water for three days: four liters per person per day, plus food and first aid kit.



Next to the bed: closed shoes, a flashlight, and your glasses, always in the same place.



Agree on two meeting points and a reference contact who lives outside the area.

**PREPARATION BEGINS TODAY, NOT WHEN
THE SHAKING STARTS**

PHASE 2: DURING

There is no time to think. There is only time for
what you already know by heart.



DROP · COVER · HOLD ON



Do not run
toward the exit



Do not use elevators



Do not use the
door frame



Do not use the
“triangle of life”

If on a wheelchair:
LOCK — COVER — HOLD ON.

Engage the breaks, protect your head and
neck, get down if you are able to.

If you are in bed: stay there and cover your
head with the pillow.
The floor fills with broken glass.

If you are outside: go to an open space,
away from facades, walls, poles y wires.

**PROTECT YOURSELF FIRST.
EVACUATE AFTERWARD, WHEN IT IS SAFE.**

PHASE 3: AFTER

When the shaking stops, the emergency is not over.
The hours that follow have rules too.



Look before you move. Broken
glass, wires, the smell of gas,
cracks, blocked exits.



If it starts shaking again, protect
yourself again. Aftershocks are part
of the earthquake.



Every fallen wire is live. Do not touch
it, or anything in contact with it.



Do not enter a damaged building to
retrieve belongings.
Wait for the authorities.



A short message, not a call:
“I am safe.
I am at _____. I am heading to _____.”

**AT THE COAST: GET AWAY WITHOUT
WAITING FOR AN OFFICIAL ALERT.**

If the earthquake was strong or long,
or the sea retreats, head to higher ground.