

# MY PLAN

If family members are separated when an emergency occurs:

The plan should establish in advance:

- who accompanies young children
- who will help older adults
- who will help people with disabilities
- how pets will be evacuated without delaying departure
- what the main route is
- what the alternative route is
- what the designated meeting point is
- who the external emergency contact is
- what each member will do if the family is separated.

Contact information must also be kept in written form.



# THE GO-BAG

The go-bag must be kept in an accessible location known to all members, preferably near the usual exit route, but without obstructing it.

Include, according to each family's needs:

- drinking water
- non-perishable and easy-to-consume food items
- manual can opener, when necessary
- essential personal medications
- first aid kit
- flashlight
- spare batteries
- portable battery-powered or hand-crank radio
- whistle
- charged portable power bank
- charging cables
- basic hygiene supplies
- appropriate masks for dusty environments
- gloves
- thermal blanket or lightweight outerwear
- cash in small bills
- protected copies of important documents
- written list of emergency contact numbers
- necessary keys
- specific items for children, elderly persons, persons with disabilities, and pets.

Periodically check:

- expiration date
- battery condition
- charge level of portable power banks
- medications
- food
- water
- changes in phone numbers, documents, and family needs.

The go-bag must facilitate evacuation, not hinder it.



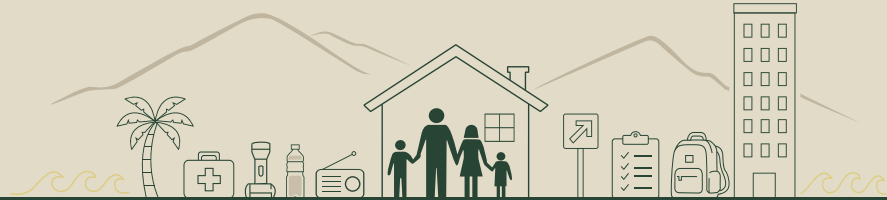
## KINGDOM OF PEACE AND JUSTICE CENTER

Civil Training Program: Risk Management and Emergency Preparedness

# TSUNAMIS

## Module 2

### Before, During and After



Educational document for the general public in Latin America and the United States

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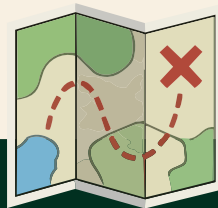


## Phase 1: **Before**

Prior preparedness is one of the most effective tools for protecting lives in the face of a tsunami.



- **KNOW YOUR RISK ZONE**  
Before the emergency, know whether you live, work, study, or spend time in a tsunami-susceptible area.
- **KNOW YOUR ROUTE**  
Know how to reach a safe zone on foot and have an alternate route.
- **PLAN TO EVACUATE ON FOOT**  
Vehicles may become trapped and block the evacuation.
- **PREPARE THE ENTIRE FAMILY**  
Children, elderly persons, persons with disabilities, and those responsible for pets must know the plan.
- **PRACTICE**  
A known and rehearsed route is completed with greater speed and safety.



Being prepared in advance saves minutes **when every minute can save a life**

## Phase 2: **DURING**

During a tsunami threat, the time available to reach safety can be extremely limited.



- **PROTECT YOURSELF FROM THE EARTHQUAKE**  
If the earthquake is still happening, protect yourself from the shaking first. Evacuate as soon as you can move safely.
- **RECOGNIZE THE NATURAL WARNING SIGNS**  
A strong or prolonged earthquake, a sudden and abnormal change in the sea level, or an unusual roar coming from the ocean, may indicate natural warning signs.
- **Don't wait, evacuate immediately.**
- **Remain in the safe area.**
- **The first wave might not be the biggest.**
- **Stay away from the coast.**
- **Help without becoming another victim.**
- **Head toward high ground or inland.**

During a tsunami, **every minute counts.**



## Phase 3: **AFTER**

Even after the water has receded, the danger may not be over.



- **STAY INFORMED**  
After the impact, continue checking official updates.
- **RESPECT RESTRICTED AREAS**  
Even if the authorities canceled the warning of potential new waves, certain areas may continue to be extremely dangerous.
- **PROTECT YOUR HEALTH**  
When entry is finally authorized and recovery tasks begin, use appropriate protection according to the existing risks.
- **Help in an organized manner.**  
Community solidarity can be essential after a disaster, but it must be organized.
- **Avoid contaminated water and damaged structures.**



The goal is not to return as soon as possible, but to return when it is safe.