



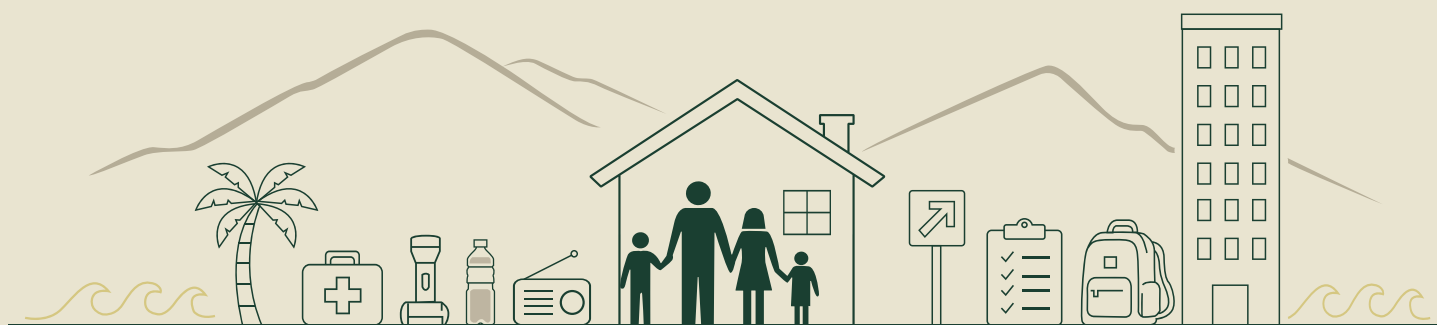
KINGDOM OF PEACE AND JUSTICE CENTER

**Civil Training Program: Risk Management
and Emergency Preparedness**

TSUNAMIS

MODULE 2

PHASE 1: BEFORE



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

Edition 1 - 2026

EDUCATIONAL GUIDE FOR DISASTER MANAGEMENT: TSUNAMIS
MODULE 2 · PHASE 1: BEFORE THE TSUNAMI
For the home, the family, and the community

| First edition · September 2026

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• DESIGN AND ILLUSTRATION:
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• SCOPE:
This guide is intended for individuals and families who wish to prepare their home and surroundings.

It is intended for educational and preventive purposes. It does not replace local civil protection regulations, the judgment of the relevant authorities, or the assessment of a qualified professional. Each person and each family should adapt these recommendations to their home and circumstances.

In an emergency, always follow the instructions of the authorities in your country.

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TSUNAMIS

MODULE 2 | PHASE 1: BEFORE

Planning, prevention, and preparedness



LEARNING OBJECTIVE

For the participants to know what to do, where to go, and how to act without wasting time when a natural sign or an official tsunami alert occurs.

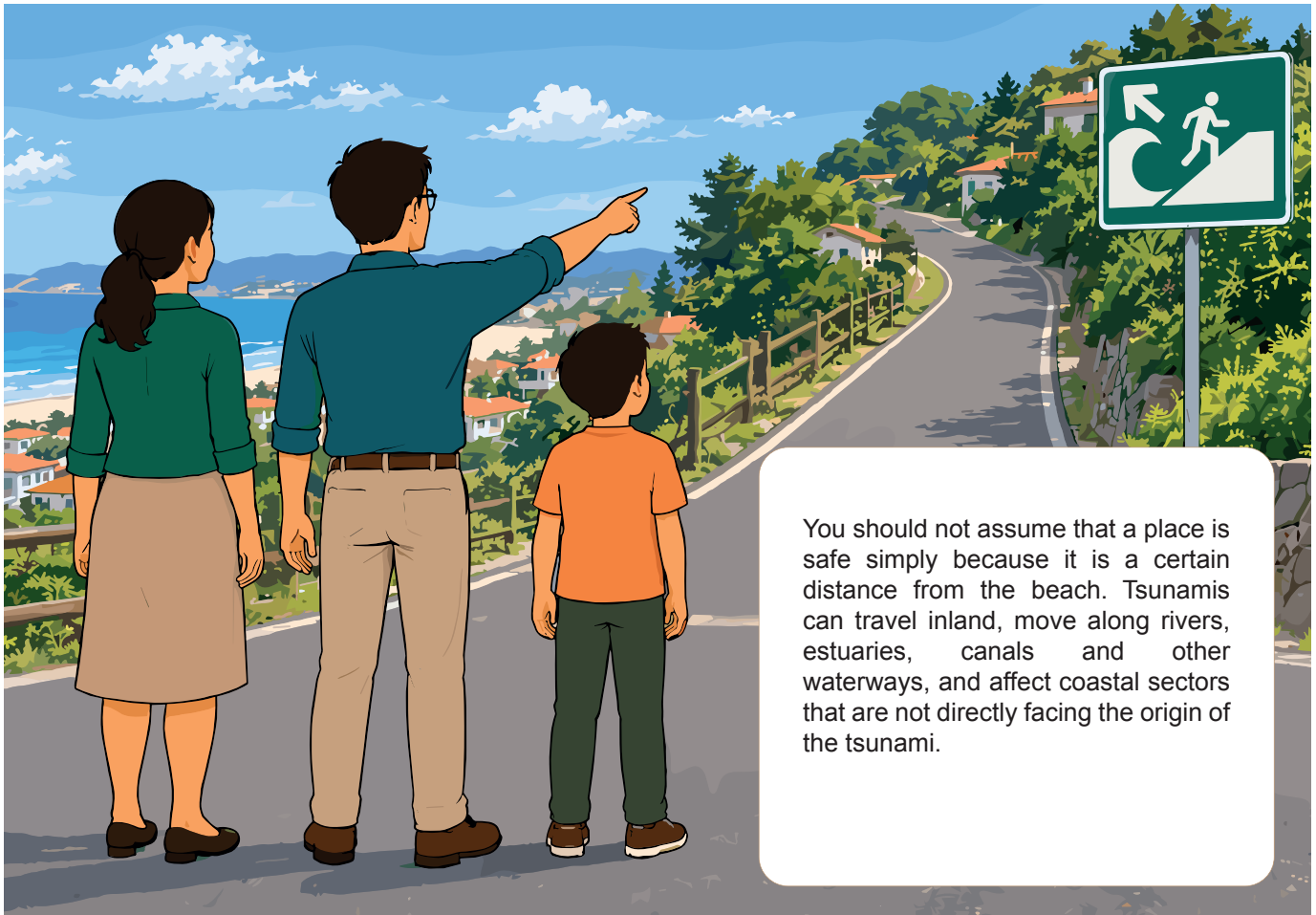
Advance preparation is one of the most effective tools for protecting life against a tsunami. In tsunamis of nearby origin, the time available to evacuate can be as short as a few minutes, and it is possible that the waves will arrive before an official alert is issued or received. For this reason, preparation must not begin when the threat appears. It must be done in advance by knowing the risk, identifying safe zones, planning routes, preparing supplies, organizing the family or community, and running regular drills.

Fundamental principle: when facing a tsunami, the absolute priority is saving lives. No object, vehicle, document, pet or piece of property justifies delaying an evacuation.



1.1. KNOW THE RISK OF WHERE YOU ARE

Every person who lives, works, studies, stays, or has activities in a coastal area must find out in advance whether they are inside a zone susceptible to tsunami flooding.



You should not assume that a place is safe simply because it is a certain distance from the beach. Tsunamis can travel inland, move along rivers, estuaries, canals and other waterways, and affect coastal sectors that are not directly facing the origin of the tsunami.



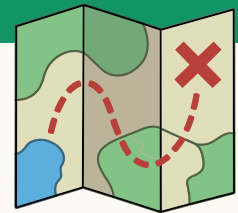
01 CONSULT THE OFFICIAL MAPS

Identify:

- The zones officially considered at risk of tsunami threat or flooding
- the evacuation zones limits
- the official evacuation routes
- high ground or safe areas
- the meeting points established by the authorities
- the buildings or structures officially designated for vertical evacuation (where these exist)
- the alternative routes that can be used if the main route is blocked.

Maps, heights and limits established by the local authorities must take priority over any general rule.

As an international reference for preparedness, where no local information is available, you may consider heading for a place located approximately **30 meters above sea level or as far inland as possible**. However, this reference **does not replace the official hazard and evacuation maps for each locality**.



02 KNOW YOUR SURROUNDINGS

Everyone in the household or institution must physically know the evacuation routes. It is not enough to look at them on a map. Physically walk the routes and identify:



Streets and paths that lead to high ground.



Bridges, tunnels or narrow passages that could become unusable.



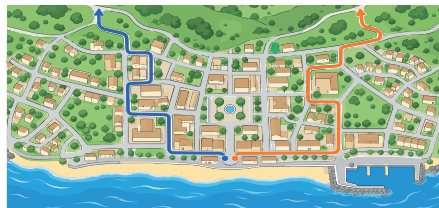
Walls, poles, trees, signs, glass, facades or other elements that could fall after an earthquake.



Sectors susceptible to landslides or slippage.



Waterways that should be avoided.



Possible alternative routes.



Obstacles that could make it harder for children, older adults or people with disabilities to move.

Also practice the routes at night, and — whenever reasonably possible — under adverse weather conditions, since an emergency can occur at any time.





1.2. PLAN AN EVACUATION THAT IS MAINLY ON FOOT

Planning must start from the assumption that evacuation **on foot** will be necessary. After an earthquake, there may be damaged streets, debris, downed power lines, traffic congestion, traffic lights out of service and blocked routes. The mass use of vehicles can create traffic jams and delay both your own evacuation and that of other people.

For that reason:

- Determine a main route on foot
- establish at least one alternative route
- know how long each route takes
- adapt the pace to the member who moves the slowest
- do not plan an evacuation that depends exclusively on a vehicle
- practice the route regularly.

If the local authorities establish different procedures for particular areas or circumstances, those instructions must be followed.



1.3. IDENTIFY THE EVACUATION SIGNS IN ADVANCE

Everyone must become familiar with the signage that exists in their community.

Learn to recognize signs for:



Tsunami Danger or Threat Zone



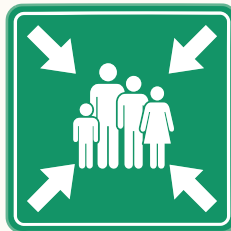
Tsunami Evacuation Route



Direction



Safe Zone



Meeting Point



Vertical Evacuation, where these exist.

Do not wait for an emergency to try to interpret these signs for the first time.





1.4. PLAN A VERTICAL EVACUATION WHERE APPLICABLE

Horizontal evacuation to high ground and out of the threatened zone must be the priority option whenever it can be done in time.

Where no accessible high ground exists, or where the time available is not enough, some communities have structures specifically assessed or appointed for vertical evacuation.

Before an emergency:



Identify the structures officially appointed for vertical evacuation.



Know their access points.



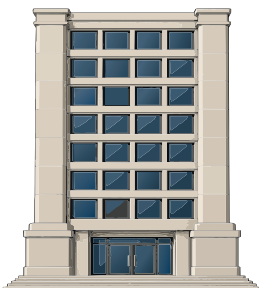
Determine which stairs should be used.



Find out which levels are established as safe zones.



Make sure all family or institution members know how to reach them.



Where no officially designated structures exist and it is impossible to leave the threat zone, a tall, sturdy, reinforced-concrete building can serve as a **last-resort option**, but its use will depend on the characteristics of the threat and the structure.

Never wait until the tsunami arrives to decide where you will make a vertical evacuation.

You must not assume that any tall building is safe against a tsunami.





1.5. RECOGNIZE NATURAL WARNING SIGNS

A tsunami can arrive before any siren, phone message or official announcement. For this reason, everyone, including children, must know the main natural signs.

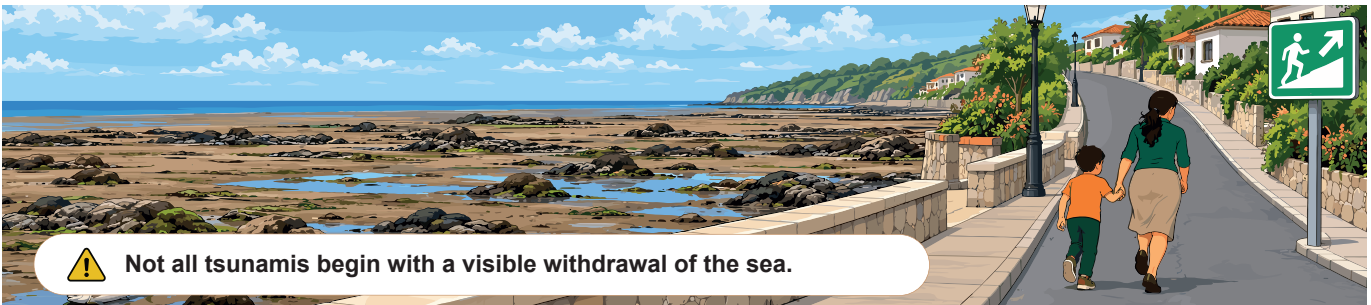
01 A STRONG OR PROLONGED EARTHQUAKE



If you are near the coast and feel an earthquake **strong enough or long enough to be clearly abnormal**, consider that there may be a tsunami risk.

During the seismic shaking, protect yourself from the earthquake first. When you can move safely, get ready to evacuate immediately toward a safe zone.

02 A SUDDEN, ABNORMAL CHANGE IN SEA LEVEL



 **Not all tsunamis begin with a visible withdrawal of the sea.**

- The sea can withdraw rapidly, and leave exposed areas of the seabed, rocks, reefs or animals.
- The opposite can also happen: the water level can rise suddenly.
- If you observe sudden and unusual behavior of the ocean, move away from the coast immediately.
- Never get close to observe the phenomenon, take photographs, film, collect fish or objects, or check whether a wave is coming.

03 AN UNUSUAL OR INTENSE NOISE COMING FROM THE SEA

A loud roar coming from the ocean, often described as similar to the sound of a train or an aircraft, can be a natural sign of a tsunami.



If you feel a strong or prolonged earthquake, observe an abnormal change in the sea, or hear an unusual roar coming from the ocean, do not wait for an official alert: Evacuate.

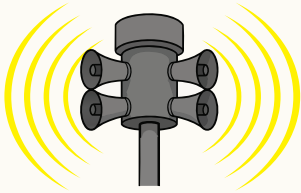




1.6. KNOW THE OFFICIAL ALERT SYSTEMS

Natural signs and official alerts complement one another. Neither should be ignored.

Before an emergency, find out which systems your area uses:



Sirens



emergency alerts on
mobile phones



SMS messages

04

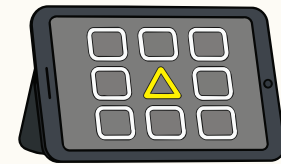


radio

05

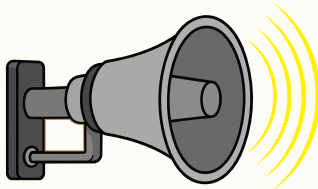


television



official apps

07



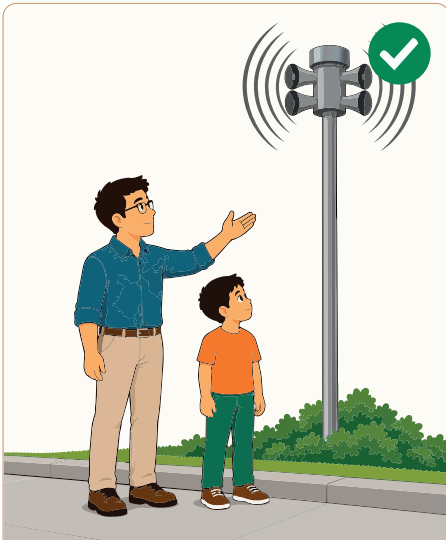
loudspeakers



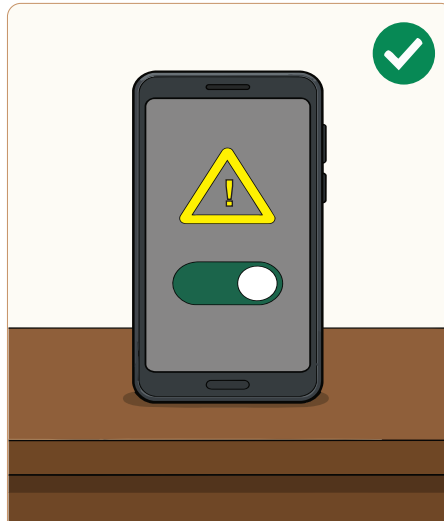
local authorities



civil protection or emergency
management services.



If sirens exist, learn their different signals and how the periodic tests are conducted.



Keep the phone's emergency alerts turned on when the local system allows it.



Also have a **battery-powered or hand-crank portable radio**, because mobile phone networks, electricity and internet can fail or become overloaded.





1.7. PREPARE THE FAMILY OR HOUSEHOLD PLAN

Families can end up separated when an emergency occurs.

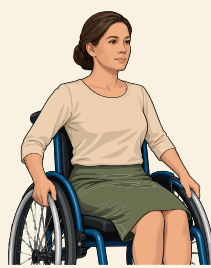
The plan must establish in advance:



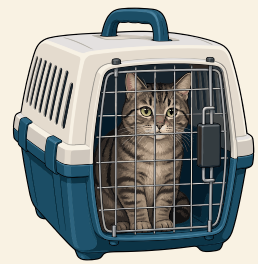
Who accompanies
young children



who helps older
adults



who assists people
with disabilities



how pets will be
evacuated without
delaying the exit



what the meeting point is



which is the main route; which
is the alternative route



who is the external emergency
contact; what each member will do
if the family is separated.

01 ESTABLISH A SAFE MEETING POINT

Designate a specific place **outside the threat zone**, preferably on high ground and clearly identifiable.

Everyone must know it.

The point must be usable even if:

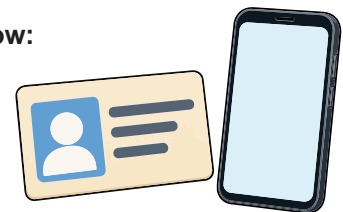
- phones do not work
- family members are separated
- children are at school
- adults are at work
- the usual streets are blocked.

02 DESIGNATE AN EXTERNAL EMERGENCY CONTACT

**Choose a trusted person
who lives outside the
potentially affected area.**

Every member should know:

- their name
- their phone number
- alternate ways of contacting them.



After an emergency, text messages may be more effective than calls when networks are congested.



Contact information should also be kept **in writing**, because relying exclusively on the phone's memory can be a problem if the phone is lost, broken, or runs out of battery.





1.8. PREPARE THE EMERGENCY BACKPACK

The backpack must be kept in an accessible place, known by everyone, preferably close to the usual exit route, without blocking it.

It must be sturdy, easy to carry and, when possible, waterproof, or contain sensitive items inside airtight bags.



According to each family's needs, include:

- Drinking water
- non-perishable, ready-to-eat food
- manual can opener (when necessary)
- essential personal medications
- first aid kit
- flashlight
- spare batteries
- battery-powered or hand-crank portable radio
- whistle
- charged power bank
- charging cables
- basic hygiene items
- masks suitable for dusty environments
- gloves
- thermal blanket or light coat
- cash in small denomination bills
- protected copies of important documents
- written list of emergency phone numbers
- necessary keys
- specific items for children, older adults, people with disabilities and pets.

Periodically check:

- water
- food
- medications
- expiration dates
- battery condition
- power bank's charge
- changes in phone numbers, documents and family needs.



**The backpack must make evacuation easier, not harder.
Avoid carrying unnecessary or excessively heavy items.**





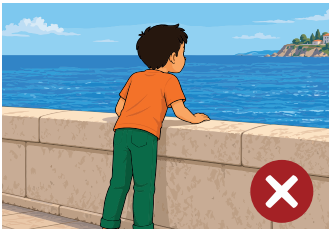
1.9. SPECIFIC PREPARATION FOR CHILDREN AND ADOLESCENTS

Minors need to understand the danger without receiving unnecessarily alarming information. Preparation should build knowledge, confidence and simple responses.

01 TEACH THEM WHAT A TSUNAMI IS

Explain, using words appropriate for their age, that a tsunami can behave like an extremely fast and powerful flood, and that it does not necessarily look like a single “giant wave.”

Children must especially understand that:



They must never go near the sea to look.



They must never go back for toys or belongings.



They must never wait for their parents if they are in the care of the school or another adult.

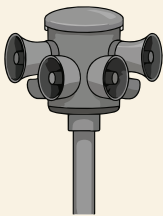


They must follow the instructions of the responsible adult immediately.

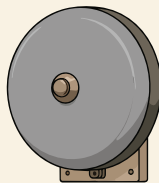
02 FAMILIARIZE THEM WITH THE ALARMS

Loud sounds can cause fear or confusion.

During drills and educational activities, let children become familiar in advance, when possible, with the sounds of:



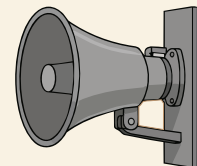
sirens



alarms



phone alerts



public address systems.



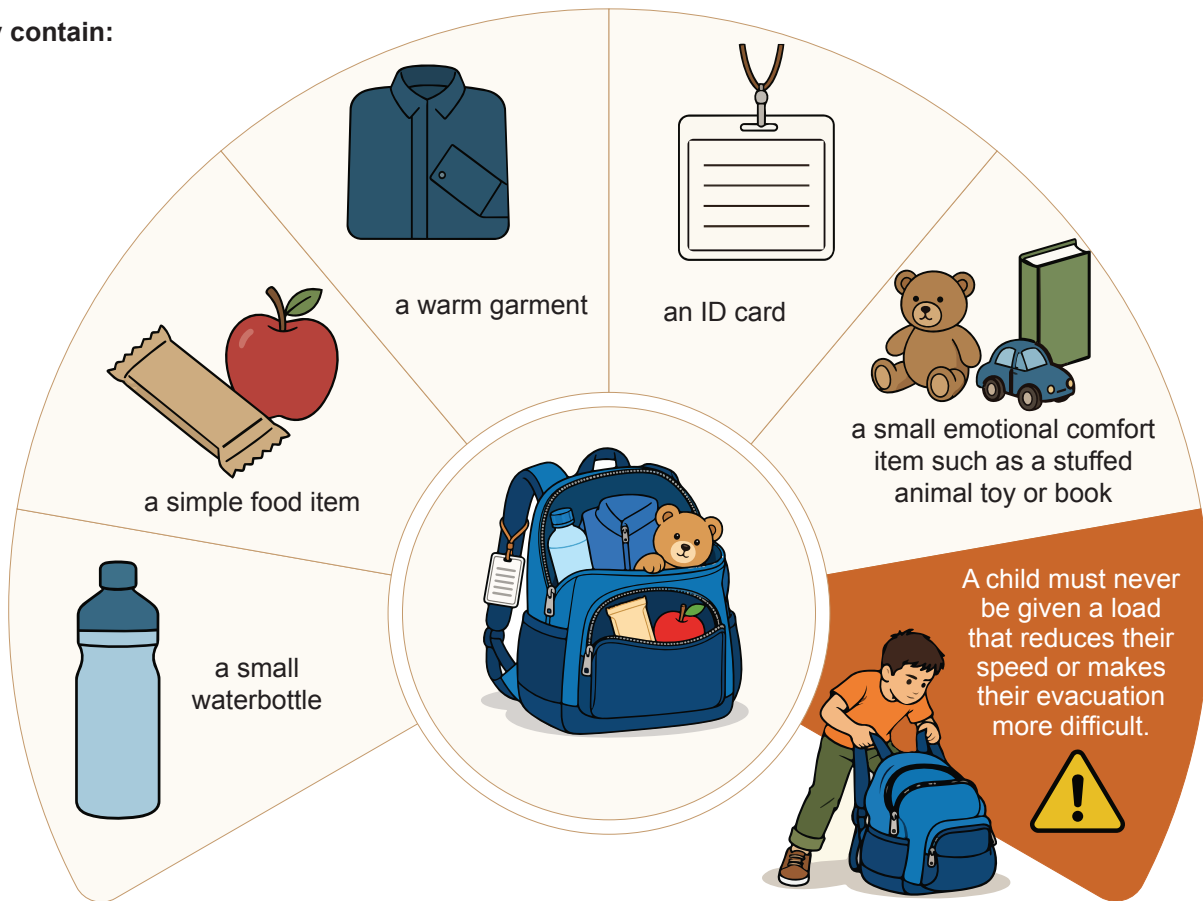
They must understand that an alarm means **act**, not hide or freeze.



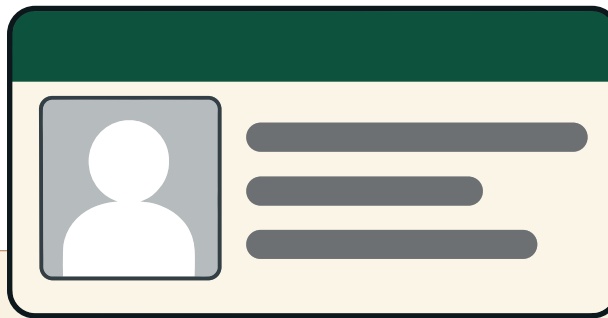
03 PREPARE A LIGHT BACKPACK FOR THE CHILD

Children who are old enough and capable enough can have a small, light backpack.

It may contain:



04 IDENTIFICATION (ID) CARD



The card should be waterproof and include, where applicable:

- full name
- age
- name and phone number of parents, guardians or those responsible
- external emergency contact
- important allergies
- essential medications
- relevant medical information that could be necessary for their care.

Blood type may be included if it is properly documented, but it **does not** replace the medical testing necessary before a transfusion.



05 PRACTICE THE ROUTE



Walk the route to the safe zone periodically with children.
Use landmarks that are easy to recognize.

The child should progressively learn:



Which is the safe direction.



Where the meeting point is.



Which adults they must obey.



What to do if their parents are not present.

06 IF PARENTS ARE NOT PRESENT



If the child is at school, daycare, an institution, a sports activity, or under the responsibility of another adult when the emergency occurs:

- They must **stay with the group and obey the adult responsible**.
- They must not leave a safe zone on their own to look for their parents.
- Parents must know the school or institution's emergency plan in advance, the zone to which minors will be evacuated, and the family reunification procedure.





1.10. BABIES AND YOUNG CHILDREN

Families with babies or children who still cannot move quickly must prepare their carrying system in advance.



It may be necessary to have:



ergonomic baby carrier



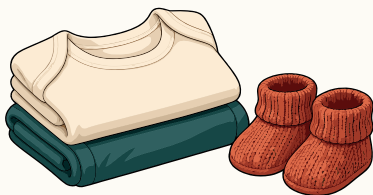
essential feeding items



diapers



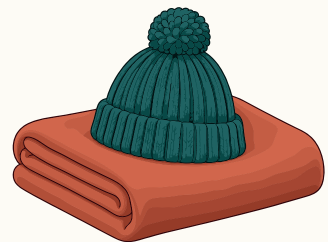
wipes



a change of clothes



medications



warm items.

The system chosen must allow the adult to keep the greatest possible mobility and, preferably, keep their hands free.





1.11. FAMILY DRILLS

Practice the evacuation in advance using the current system you would use during an emergency. Theoretical preparation is not enough.

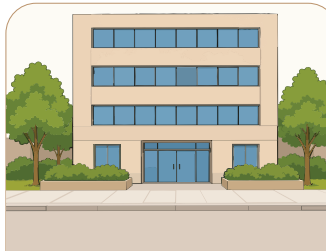
Carry out periodic drills from:



The home



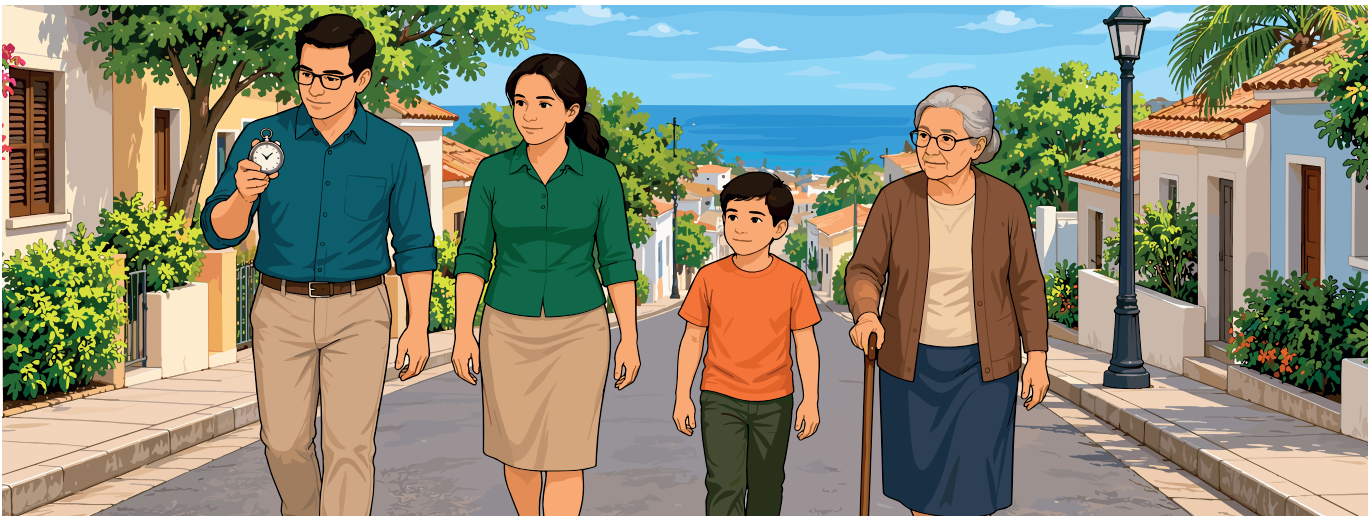
the school, where applicable



the workplace



other frequently visited places located within a threat zone.



Time the route and check how long the slowest member actually takes.



A universal goal of “15 minutes” should not be set because the time available depends on the source of the tsunami, the distance to the coast, the topography and local conditions.



The correct goal is to **reach the safe zone within the evacuation time established for the locality**, with the greatest possible margin.



Drills should include scenarios such as:

- main route blocked
- no electricity
- no communication
- nighttime evacuation
- rain
- presence of children
- assisting a person with reduced mobility
- moving pets.





1.12. PREPARING PETS



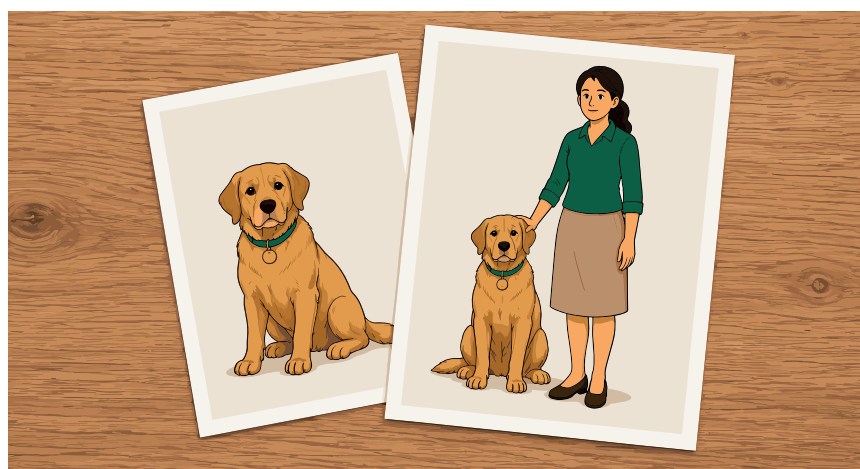
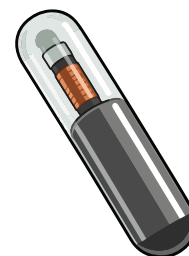
01 IDENTIFICATION



Pets must have up-to-date identification.

Where applicable, use:

- collar or harness with ID tag
- name of the person responsible
- primary phone number
- alternative phone number
- microchip, where available and common in the locality.



Keep a recent photograph of the pet and, preferably, a photograph of the animal with the person responsible for it.

Keep copies of:

- vaccination certificates
- treatments
- medications
- relevant veterinary information.



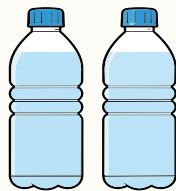
Keep it with the family's emergency items.



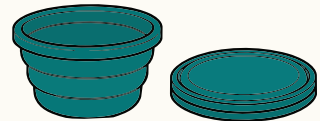
It may include:



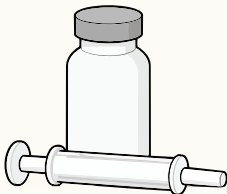
food



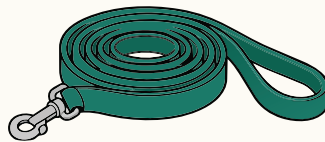
water



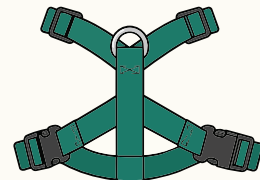
folding container



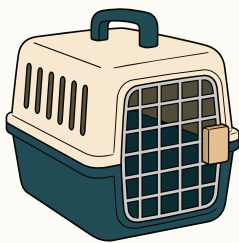
medications



leash



harness



suitable carrier



waste bags



basic hygiene items



small blanket



copy of veterinary records

Quantities must be adapted to the animal's size, species and particular needs.



03 TRAINING

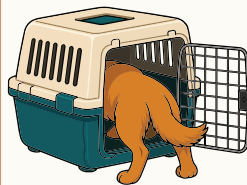
Train dogs and other animals capable of it, in advance, to:



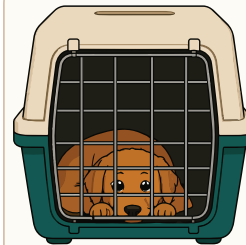
Wear a harness



walk on a leash



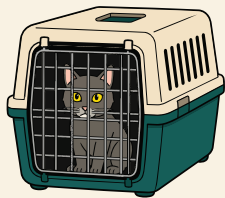
get into a carrier quickly



stay inside it



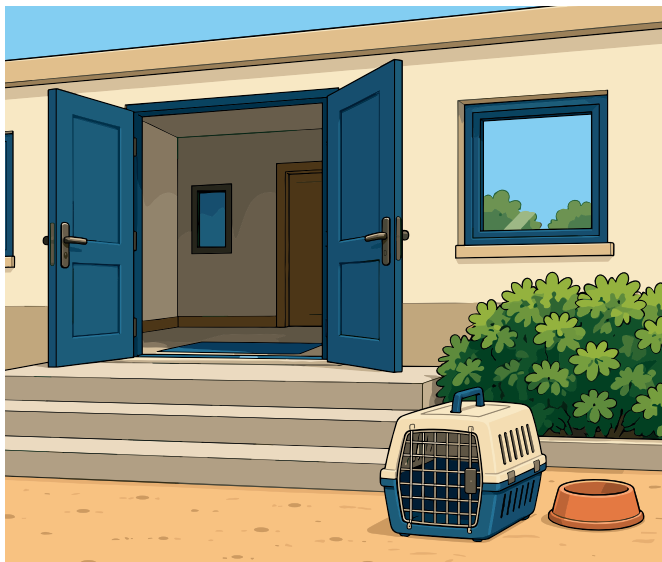
carry out the evacuation.



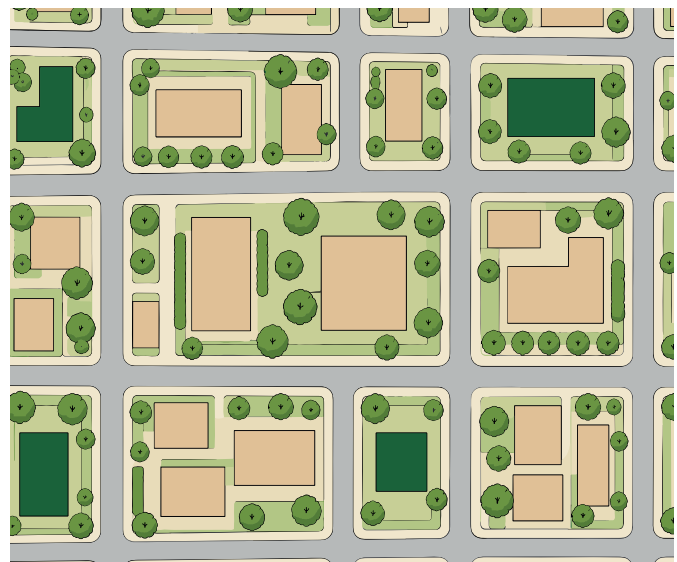
Cats and small animals must be moved in properly closed carriers.

Never rely on a frightened pet voluntarily staying with the person responsible for it.

04 SHELTERS AND MEETING POINTS



Find out in beforehand which safe zones, lodgings or shelters accept animals and under what conditions.



Identify alternatives.



Never delay an evacuation and put human lives at risk to look for a pet that cannot be found immediately.





1.13. PEOPLE WITH DISABILITIES AND PEOPLE WHO NEED ASSISTANCE

Planning must be inclusive

People with disabilities, reduced mobility, medical needs, cognitive or sensory difficulties, must take part, as far as they are able to, in developing their own plan.

You should not wait for the emergency to decide how they will be evacuated.



01 CREATE A PERSONAL SUPPORT NETWORK



Identify several trusted people —family members, neighbors, coworkers or members of the institution— who know:



- the person's needs
- their home or usual location
- accessible routes
- assistive devices
- essential medications
- the appropriate techniques for helping them.



Avoid having the plan depend on a single person.

When it is appropriate and consent exists, copies of keys may be distributed among selected members of the network.



02 SPECIALIZED BACKPACK

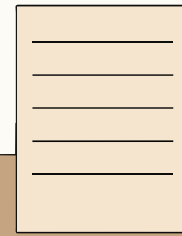
In addition to the general items, you may need to include:



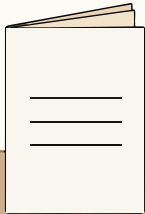
Essential medications in a reasonable quantity according to the medical instructions and storage possibilities



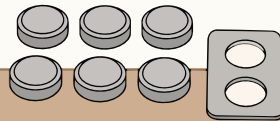
copies of prescriptions



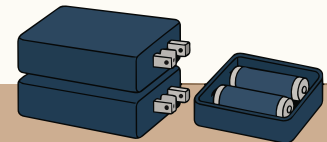
list of medications and doses



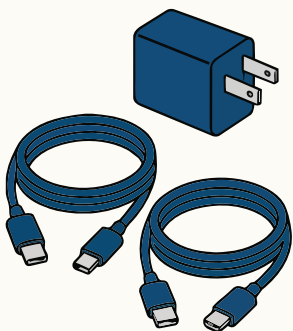
relevant medical information



batteries for hearing aids



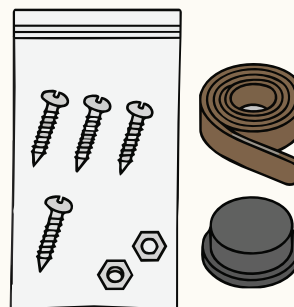
batteries or power systems for assistive devices



chargers



communication items



essential spare parts



tools specific to certain devices.



Medications must not be stored for prolonged periods without respecting their storage conditions and expiration dates.



03 INFORMATION CARD

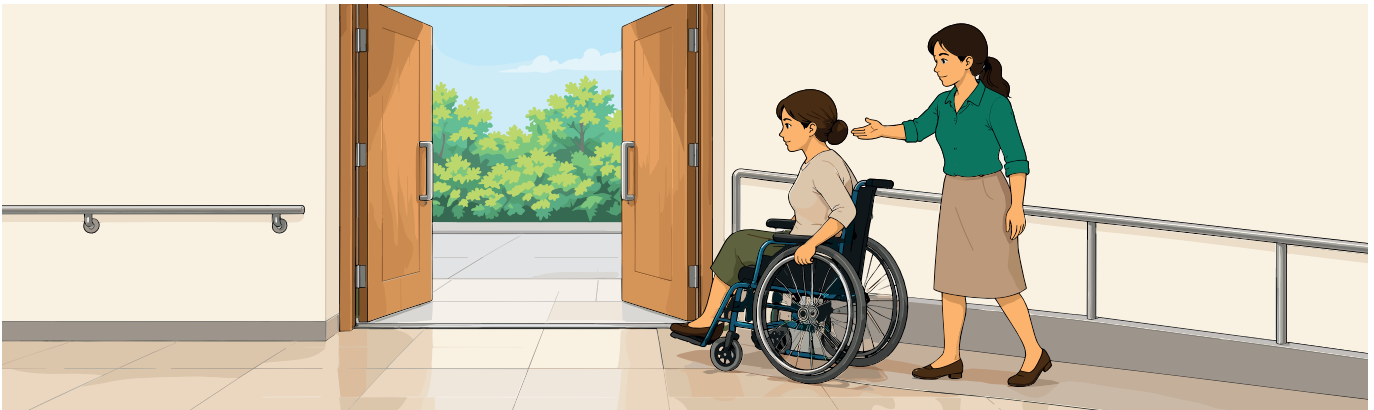
Name	_____
Emergency contacts	_____
Type of assistance needed	_____
Allergies	_____
Medications	_____
Essential medical information	_____
Preferred method of communication	_____
Assistive devices used	_____



It may include:

- name
- emergency contacts
- type of assistance needed
- allergies
- medications
- essential medical information
- preferred method of communication
- assistive devices used.

04 ACCESSIBLE ROUTES



Walk the evacuation route in advance and identify:

- stairs
- slopes
- changes in level
- narrow paths
- uneven terrain
- obstacles
- places where a wheelchair could become stuck
- alternative routes.

Practice the transfer using the actual mobility devices.

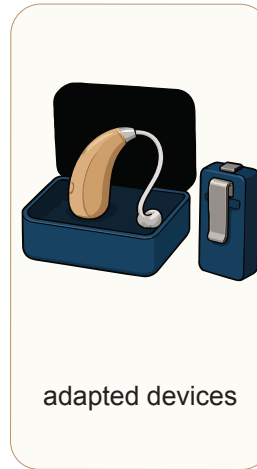
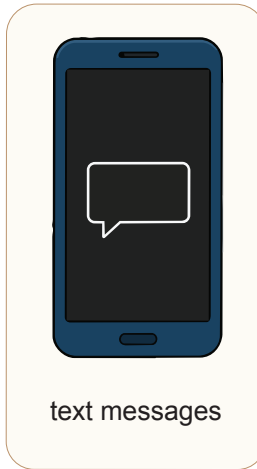
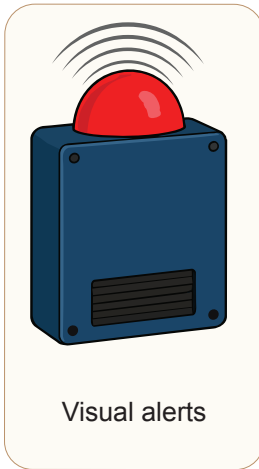


Do not improvise lifting or carrying techniques during an emergency. Family members, caregivers or network members who must provide assistance need to know safe, appropriate methods for the person in advance.



05 PEOPLE WITH HEARING IMPAIRMENTS

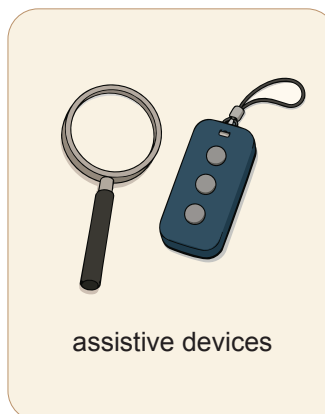
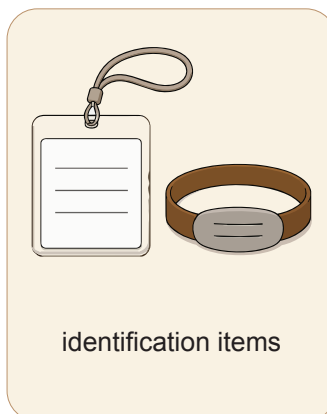
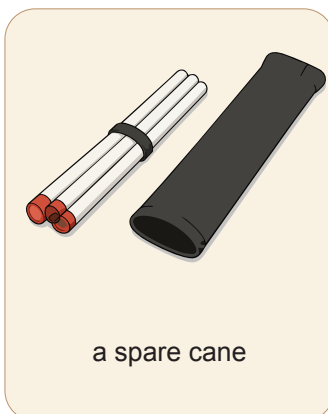
Plan redundant alert systems, such as:



06 PEOPLE WITH VISUAL IMPAIRMENTS

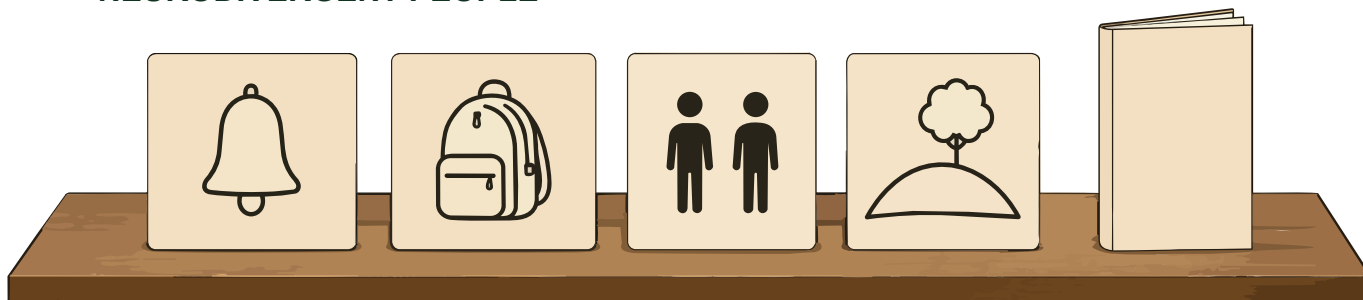


When applicable, prepare:



07

PEOPLE WITH INTELLECTUAL OR COGNITIVE DISABILITIES, OR NEURODIVERGENT PEOPLE

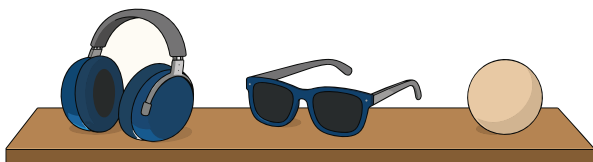


Use simple instructions, pictograms, visual sequences or social stories adapted to each person.



Progressively practice:

- what the alert means
- what they should bring
- who they must stay with
- where they must go
- what will happen when they reach the safe zone.



When there is sensory sensitivity, add the items regularly used to reduce sensory over-stimulation to the kit.



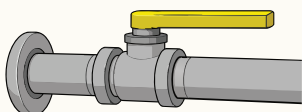
1.14. PREPARING YOUR HOME IN ADVANCE

The main goal of preparing the home is to reduce injuries during the earthquake that may precede the tsunami, and to lower secondary risks.

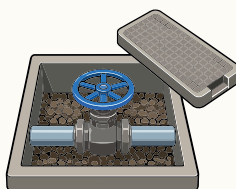
01

KNOW THE SHUT-OFF POINTS

All responsible adults must know how to locate, when applicable:



main gas valve



main water shut-off valve



electrical panel

They must also know how to safely shut off the utilities.

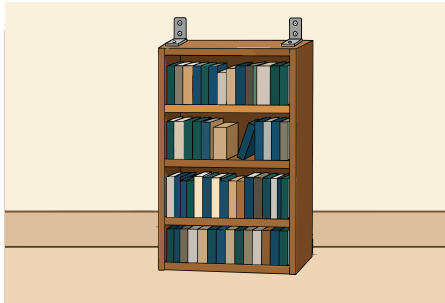


During a real tsunami threat, evacuation must not be delayed to shut off utilities. They should only be shut off if the authorities indicate so or if it can be done immediately without delaying departure.



02 SECURE DANGEROUS OBJECTS

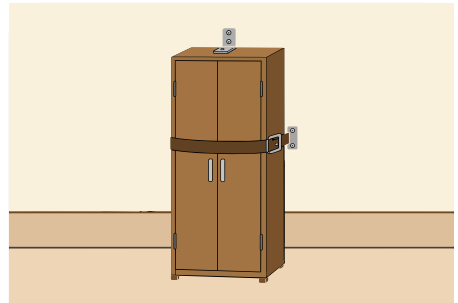
Properly fasten:



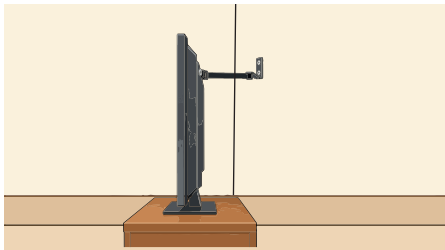
bookcases



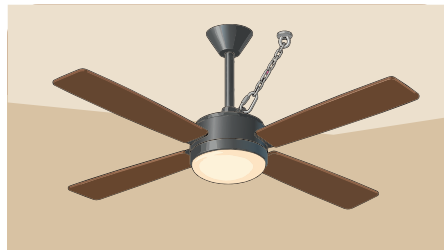
shelving



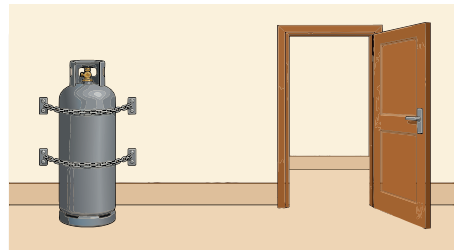
tall furniture



televisions

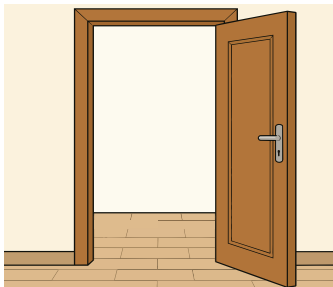


appliances;
heavy objects

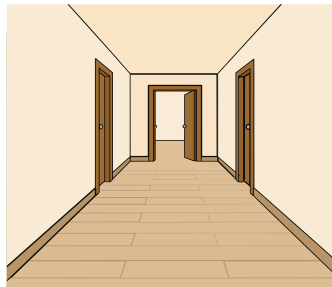


tanks or cylinders that
require fastening; items that
could fall and block an exit.

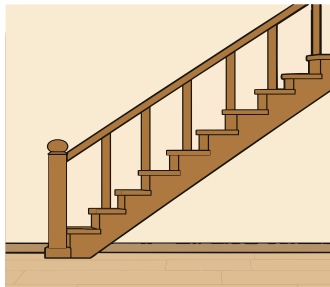
Keep clear:



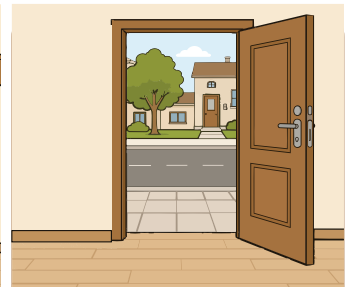
doors



hallways



stairs



exit routes.

03 SECURE DANGEROUS SUBSTANCES

Do not store incompatible substances together.



Store fuels, paints, pesticides, chemical products and cleaning substances in accordance with the corresponding safety rules, in properly closed containers and appropriate locations.



04 DOCUMENTATION

Protect:



- identification documents
- insurance policies
- titles or deeds
- certificates
- medical records
- essential banking information
- pet documentation
- important phone numbers and contacts.

Use waterproof containers and keep secure digital copies when possible.



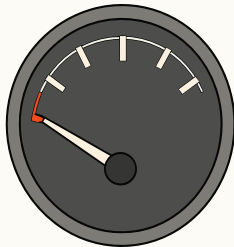
1.15. VEHICLE PREPARATION

The vehicle **must not be the central element of the evacuation plan against a local tsunami**. After an earthquake, using it may be impossible or dangerous, and it can contribute to blocking the routes.

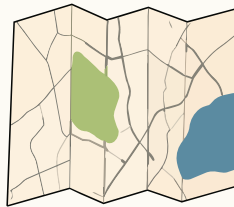
As general preparation:



Keep the vehicle in working condition



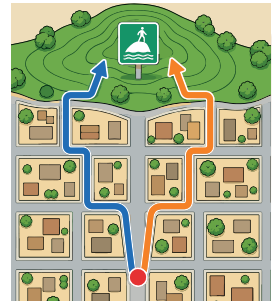
avoid habitually driving with low fuel levels



keep a physical map



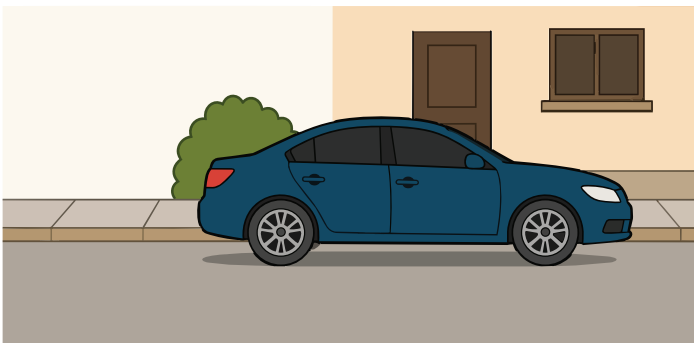
keep basic emergency items



know alternative routes.



If there is a distant tsunami alert and the authorities indicate that there is enough time to evacuate by vehicle, follow the official instructions exclusively.



Do not move a vehicle during an immediate threat simply to try to protect it.

Life takes top priority over the vehicle.





1.16. PREPARATION IN SCHOOLS, TEMPLES, CLUBS, ASSOCIATIONS AND INSTITUTIONS



You must determine in advance:

- Who declares or initiates the evacuation
- who leads each group
- who checks restrooms and common areas, provided doing so does not delay or endanger their own evacuation
- who carries the first aid kit and emergency items
- who assists people with disabilities
- who accompanies children and older people
- which is the main route
- which are the alternative routes
- where the head count will be taken
- how family reunification will be carried out
- how communication with the authorities will take place.

Attendance lists —when necessary— must be easy to transport and must not become a reason to delay evacuation.



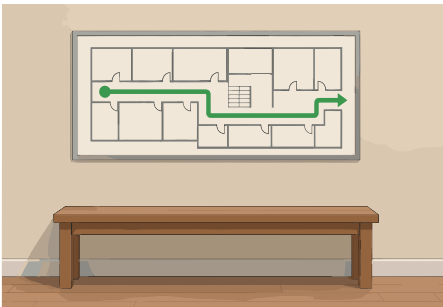


1.17. PREPARING VISITORS AND PEOPLE UNFAMILIAR WITH THE AREA

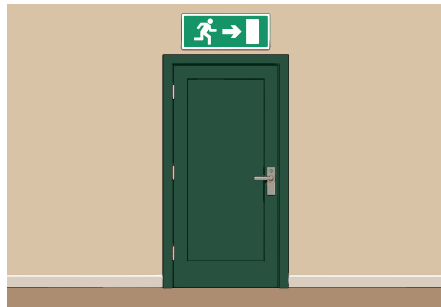


Hotels, churches, temples, community centers, clubs, educational institutions, businesses and organizations located inside a threat zone must consider that many people present may be completely unfamiliar with the evacuation routes.

Therefore:



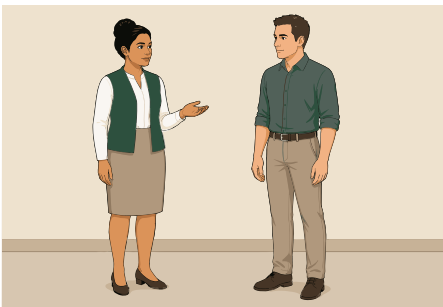
Place evacuation maps in visible locations



keep the exits clearly marked



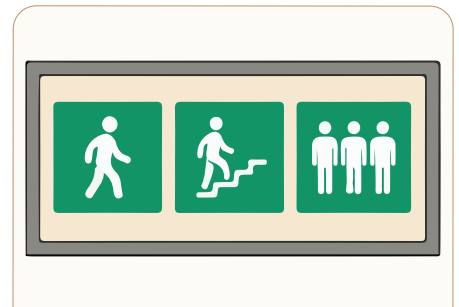
clearly indicate the direction to the safe zone



train staff



include visitors in drills when possible



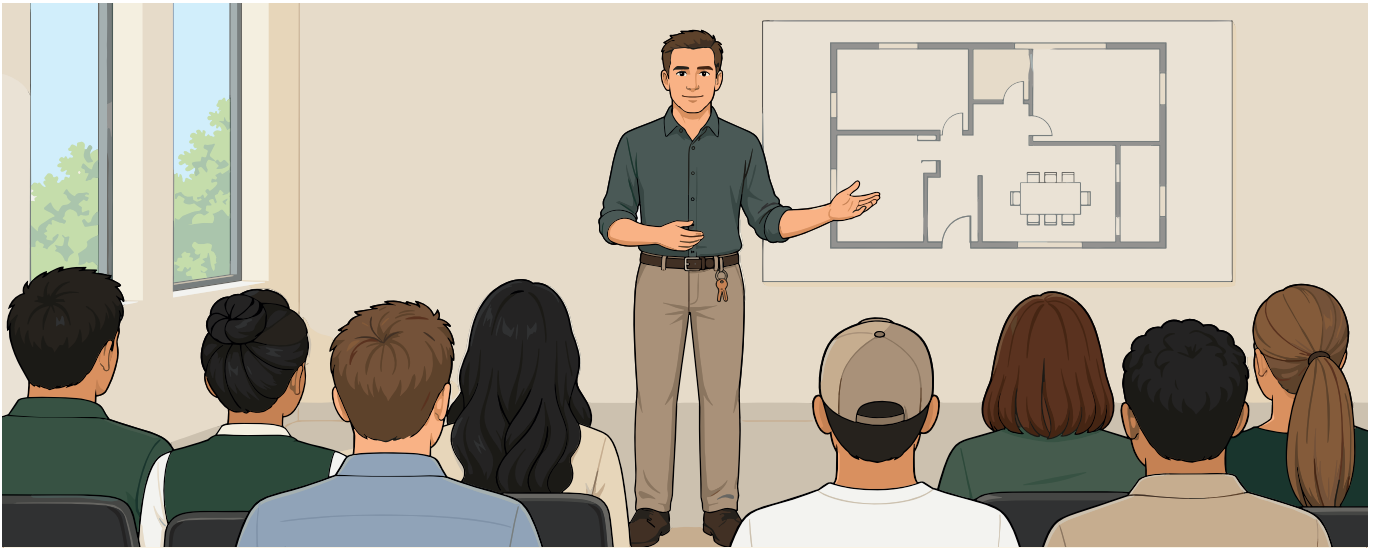
provide instructions that people who do not speak the local language can understand.





1.18. INSTITUTIONAL AND COMMUNITY DRILLS

Drills must be carried out periodically and must reproduce, under safe conditions, the problems that could arise during an emergency.



They must make it possible to check:

- total evacuation time
- alarm operation
- understanding of instructions
- capacity of the routes
- effectiveness of alternate routes
- assistance to vulnerable people
- organization of group
- head-count procedures
- internal communication
- effectiveness of the meeting point.

After each drill, the problems identified must be corrected.



1.19. PERIODIC REVIEW OF THE PLAN

A plan that is not updated can stop being useful.



Review it periodically and whenever:

- you change addresses
- a child changes schools
- the workplace changes
- the evacuation routes are modified
- the authorities publish new maps
- new structures are built
- a member's mobility conditions change
- older adults, babies or pets join the household
- phone numbers or contacts change
- problems are detected during a drill.





1.20. SPECIFIC PREPARATION FOR OLDER ADULTS

Older adults may need more time to move, use essential medications, depend on mobility devices, or need assistance to evacuate.

These needs must be addressed before the emergency occurs.

Age alone does not imply disability. Planning must be based on each person's real conditions and needs.



01 EVALUATE NEEDS IN ADVANCE

Determine whether the person:

- can evacuate independently
- needs a cane, walker, wheelchair or other device
- requires help walking
- uses essential medications
- needs oxygen or other medical equipment
- has visual or hearing difficulties
- can understand and carry out evacuation instructions independently
- needs permanent assistance
- can complete the planned route within the time available.

If assistance is required, identify in advance who will be responsible for providing it.

02 CREATE A SUPPORT NETWORK

Do not rely exclusively on a single person.

Whenever possible, establish a network made up of family members, neighbors, caregivers or trusted people who:

- know the plan
- know where the person lives
- know their needs
- know how to help them
- know the evacuation route
- know how to use their mobility devices correctly.



03 MEDICATIONS

Keep regular medication organized and maintain an updated list stating:

- name of each medication
- dose
- schedule
- corresponding instructions
- known allergies
- details of the doctor or health service, where applicable.

Include a reasonable reserve of medication in the emergency kit, always respecting the medical instructions, storage conditions and expiration dates.



04 MOBILITY DEVICES

Canes, walkers, wheelchairs and other essential items must be kept in accessible places.

They must never be left:

- behind furniture
- stored in rooms that are far away
- blocked by objects
- in places that are difficult to reach after an earthquake.

When possible, have appropriate backup items for the person's needs.

05 PRACTICE THE ACTUAL ASSESSMENT

Do not calculate the evacuation time assuming a theoretical speed.

Do the route with the older person, using the devices they will actually need.

If the time required proves excessive, modify:

- the route
- the safe point chosen
- the assistance system
- the number of people assigned to help
- the evacuation strategy.

The plan must adapt to the person, not the person to the plan.





1.21. PEOPLE WITH SPECIAL MEDICAL NEEDS

Some people may depend on treatments, medications, electrical equipment or medical devices whose interruption represents a risk. Planning must expressly take these circumstances into account.

Prepare, when applicable:

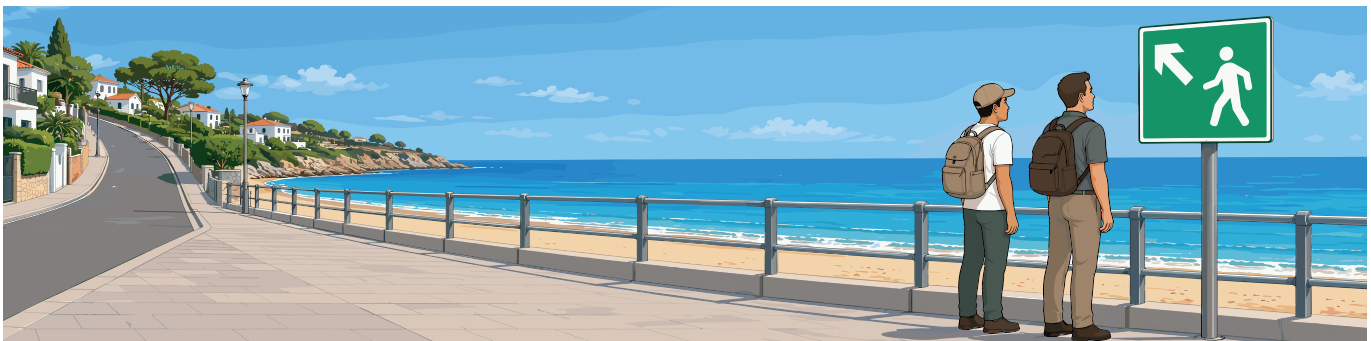
- medications
- prescriptions
- information on dosage
- identification of illnesses or conditions relevant to emergency care
- batteries
- suitable alternative power sources
- chargers
- medical supplies
- information on how the equipment operates
- phone numbers of professionals or medical centers
- simple instructions for third parties who may need to provide assistance.

If a device requires electricity, consult in advance with the manufacturer, supplier or a qualified professional about what safe alternatives exist for a prolonged power outage.



1.22. PREPARATION FOR PEOPLE ON THE COAST FOR TOURISM OR RECREATIONAL ACTIVITIES

A significant proportion of the people present in a coastal area may not reside there and, as a result, may be completely unaware of the risk.



Before visiting a coastal area susceptible to tsunamis:

- find out whether there is a tsunami threat
- observe the signage
- identify the evacuation routes
- locate the safe zones
- learn the local alert systems
- identify how to leave the coast on foot.

Especially for those staying at:

- beaches
- campsites
- hotels
- resorts
- ports
- marinas
- fishing areas
- coastal boardwalks
- recreational areas near the sea.

If you are staying at a hotel or lodging located in a threat zone, check the evacuation plan and find out in advance where you should go.

Do not assume that staff will be able to guide every guest individually.





1.23. PREPARATION DURING THE NIGHT

A tsunami can occur while people are sleeping. For that reason, the plan must also work under conditions of darkness.

Keep next to the bed or in an immediately accessible place:



Footwear is particularly important after an earthquake, since there may be broken glass, debris and sharp objects.

Everyone in the household must know the exit even without electric lighting.

Avoid placing furniture or objects that could fall and block:

- doors
- hallways

- stairs
- exit routes.





1.24. PREPARATION IN CASE OF RAIN, COLD OR ADVERSE WEATHER CONDITIONS

Evacuation can occur in heavy rain, cold, wind, extreme heat or other adverse conditions. The backpack must be adapted to the region's climate.

Consider including:



- lightweight raincoat
- warm clothing
- thermal blanket
- hat
- sun protection
- additional water where there is a risk of high temperatures.

These items must be lightweight and must not make moving difficult.
Weather threats must never become a reason to remain inside a zone exposed to tsunamis.



1.25. PREPARING EMERGENCY COMMUNICATION



During a disaster, the following may occur:

- power outages
- internet interruptions
- phone network overload
- antenna failures
- loss or breakage of phones.

For this reason, the communication plan must have alternatives.

01

WRITTEN INFORMATION



Every member capable of using it must have a card with:

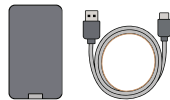
- family phone numbers
- external contact
- meeting point
- essential medical information, where applicable.

Do not rely exclusively on contacts stored in the phone.

02

POWER BANKS

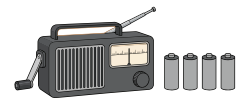
Keep power banks charged and check their function periodically. Keep the necessary cables.



03

RADIO

Have a portable radio powered by batteries or a hand crank. After an emergency, the radio can become one of the most important means of receiving official information.



04

RESPONSIBLE USE OF THE PHONE

In case of an emergency:



- prioritize short messages
- avoid unnecessary communications
- conserve the battery life
- use the official channels available
- do not spread rumors or information whose source is unknown.





1.26. PREPARING FOR THE POSSIBLE LOSS OF ELECTRICITY, WATER AND UTILITIES

A tsunami can disrupt the following services for prolonged periods:

- electricity
- drinking water
- telecommunications
- transportation
- medical services
- businesses
- cash machines
- fuel stations
- sanitation systems.



Preparation should not be limited exclusively to the time needed to evacuate.

Every household should also consider how to cover essential needs during the first stages after the disaster.

Keep appropriate supplies of:

- water
- non-perishable food
- medications
- hygiene items
- lighting
- batteries
- items for children
- supplies for pets
- the particular needs of dependent people.

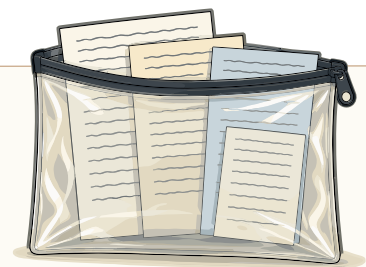
Part of these supplies must be ready to evacuate, and another part can form part of the household's emergency reserves.



1.27. PREPARING ESSENTIAL DOCUMENTS AND INFORMATION

Important documents must be protected before the emergency. Prepare physical copies protected against water and, when possible, secure digital copies. Consider:

- Identification documents
- passports
- birth certificates
- property records
- insurance policies
- medical records
- prescriptions
- vehicle documentation
- pet documentation
- important phone numbers.



Digital copies must be stored using secure, password-protected systems.

Never delay an evacuation to look for documents.
The purpose of its preparation is precisely to avoid that need.





1.28. BASIC FINANCIAL PLANNING

Keep, within your means, a small amount of cash set aside exclusively for emergencies. It is not necessary to carry large sums.

After a disaster, the following may be temporarily out of service:

- banks
- cash machines (ATM's)
- payment terminals
- data networks
- electronic payment systems.



The goal is to have a temporary resource for basic needs if electronic means of payment stop working.



1.29. WHAT SHOULD NOT BE PART OF THE EVACUATION PLAN

Proper preparation also requires identifying behaviors that must be avoided.

Do not plan to:

- go back for belongings
- wait for family members before evacuating
- head to the beach to look
- depend exclusively on a car
- do not wait for a siren
- do not wait for a phone message
- use elevators as an essential part of a vertical evacuation
- stop to photograph or film
- go back for pets if doing so means staying in danger
- move heavy objects
- use routes that have never been checked
- improvise the meeting point during the emergency.

Each of these decisions can consume critical minutes.



1.30. COORDINATION WITH SCHOOLS AND EDUCATIONAL CENTERS

Parents or guardians must know in advance the educational institution's emergency plan.

Find out:

- where students will be evacuated
- who will be in charge
- what the meeting point will be
- how the head count will be carried out
- how will the institution get in contact
- where and when families will be able to reunite afterward
- what the procedure will be if communications do not work.



Children must be taught a fundamental rule:
If an emergency occurs while they are at school, they must stay with their teachers or those in charge and follow the institution's plan.

Parents must also avoid exposing themselves by entering a threatened zone to try to reach the school when students are already being evacuated to a safe place.



The family plan and the school plan must be compatible.



1.31. RESPONSIBILITIES OF INSTITUTIONS, TEMPLES, CLUBS AND ORGANIZATIONS

Institutions that receive the public have a special responsibility to prepare. The plan must take into account the number and characteristics of the people who may be present.

It is not the same to evacuate:

- an office with few adults
- a church or temple during a service
- a club during a children's event
- an institution with older adults
- an educational center
- a facility with people with disabilities
- an event with a large number of visitors.

Each institution must calculate its actual evacuation capacity.

01

ASSIGN ROLES

Responsibilities must be established in advance. For example:

- overall evacuation leader
- area leads
- leads for groups of children
- leads for assisting people with disabilities
- first aid kit lead
- communications lead
- head-count lead at the safe zone.

More than one person must be trained for each critical role, because the usual responsible person could be absent.

02

KEEP EXITS CLEAR

Evacuation routes must never be used for storing:

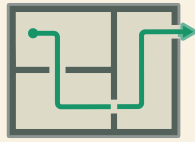
- boxes
- furniture
- equipment
- materials
- merchandise
- sports items
- religious or ceremonial objects
- extra chairs
- waste
- vehicles
- anything that could obstruct circulation.



03

SIGNAGE

Routes must be clearly identified. Where applicable, place:



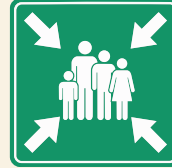
Maps



Arrows



Exit indicators



Location of the safe point



Short, easily understood instructions.

Signage must be quickly understandable and visible, even for a person visiting the establishment for the first time.

**1.32. INSTITUTIONAL EMERGENCY EQUIPMENT**

Every institution must adapt its resources to the number of people, the characteristics of the premises and local risks.

Consider having:

- first aid kits
- flashlights, preferably head-mounted
- spare batteries
- AM/FM portable radio, battery-powered or hand-crank
- whistles
- charged power banks
- charging cables
- masks suitable for dusty environments
- basic hygiene items
- emergency water
- thermal blankets
- sturdy bags
- protected copies of essential institutional information
- emergency lists and phone numbers
- gloves
- specific items needed for the institution's activities.

Equipment must be kept in accessible places known to the responsible staff.





1.33. AFTER THE DRILL: EVALUATE AND CORRECT

Every drill must end with an evaluation.

Ask:

- ☐ Did everyone recognize the alarm?
- ☐ Did everyone know what to do?
- ☐ Did the evacuation begin quickly?
- ☐ Did anyone go back for belongings?
- ☐ Did any exit become congested?
- ☐ Was the route adequate?
- ☐ Did obstacles appear?
- ☐ Were people with disabilities able to evacuate?
- ☐ Did the children follow the instructions?
- ☐ Did the communication system work?
- ☐ Was the head count able to be conducted?
- ☐ Did the safe point have enough capacity?
- ☐ What would happen if the route used were blocked?

Every problem identified during a drill is an opportunity to correct the plan before a real emergency.





1.34. CHECKLIST: BEFORE A TSUNAMI

Every family or institution located in a threat zone should be able to answer **YES** to the following questions:

- ☐ Do we know whether we are inside a zone susceptible to tsunami?
- ☐ Do we know the official evacuation map?
- ☐ Do we know where the safe zone begins?
- ☐ Do we know our main route?
- ☐ Do we have an alternate route?
- ☐ Have we walked those routes on foot?
- ☐ Do we know how much time we need to evacuate?
- ☐ Do we recognize the natural tsunami signs?
- ☐ Do we know the official alerts for our locality?
- ☐ Do we know what to do if we do not receive any electronic alert?
- ☐ Do we have a family meeting point?
- ☐ Do we have an external contact?
- ☐ Do the children know the plan?
- ☐ Do we know what each child will do if their parents are not present?
- ☐ Do older adults have assistance planned?
- ☐ Do people with disabilities have an accessible plan?
- ☐ Are essential medications prepared?
- ☐ Are assistive devices accessible?
- ☐ Do pets have identification and a transport system?
- ☐ Do we have the emergency backpack ready?
- ☐ Do we check its contents periodically?
- ☐ Do we have a flashlight and radio independent of the electrical grid?
- ☐ Do we also have contact information on paper?
- ☐ Are the exits permanently clear?
- ☐ Are furniture and heavy objects secured?
- ☐ Do we know how to evacuate at night?
- ☐ Have we conducted drills?
- ☐ Do we know what to do if the main route is blocked?
- ☐ Does everyone understand that they must not go back for belongings?
- ☐ Does everyone know that a natural sign can require evacuating without waiting for further instructions?

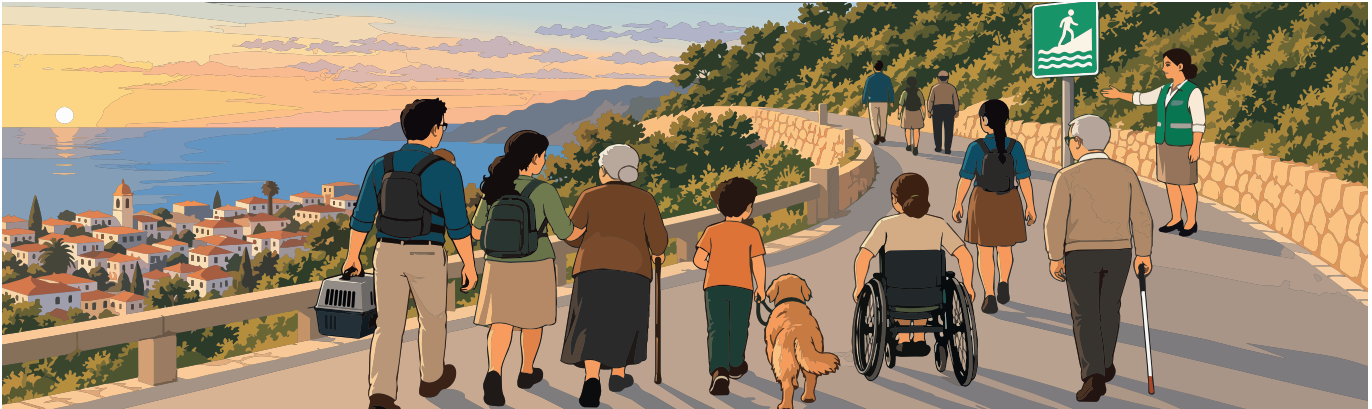
If any answer is NO, there is an aspect of the plan that still needs to be prepared.





1.35. DECISION RULE

In the case of a local tsunami, there may not be sufficient time to receive, verify, or wait for additional information. For that reason, a simple rule must be learned before the emergency:



If you are in a coastal area and feel a strong or prolonged earthquake, observe a sudden and abnormal change in the sea, or hear an unusual roar coming from the ocean:

PROTECT YOURSELF FROM THE EARTHQUAKE FIRST.

AS SOON AS YOU CAN MOVE SAFELY, EVACUATE.

MOVE AWAY FROM THE SEA.

HEAD FOR THE ESTABLISHED SAFE ZONE.

DO NOT WAIT TO SEE THE TSUNAMI.

DO NOT GO BACK.



1.36. FUNDAMENTAL RULES EVERYONE MUST MEMORIZE

- 01 KNOW YOUR RISK ZONE.**
Find out in advance whether you live, work, study or stay within a zone susceptible to tsunami.
- 02 KNOW YOUR ROUTE.**
Know how to walk to a safe zone and have an alternative.
- 03 RECOGNIZE NATURAL SIGNS.**
A strong or prolonged earthquake, a sudden and abnormal change in the sea, or an unusual roar from the ocean can mean danger.
- 04 DO NOT WAIT FOR AN OFFICIAL ALERT AFTER A NATURAL SIGN.**
Evacuate as soon as you can move safely after the shaking.
- 05 MOVE AWAY FROM THE SEA.**
Head for high ground or as far inland as the local plans indicate.
- 06 DO NOT GO TO WATCH THE TSUNAMI.**
Do not go near beaches, ports, river mouths or coastal areas to look, photograph or film.
- 07 PLAN TO EVACUATE ON FOOT.**
The vehicle can get stuck and block the evacuation.
- 08 PREPARE THE WHOLE FAMILY.**
Children, older adults, people with disabilities and those responsible for pets must know the plan.
- 09 PRACTICE.**
A route that has been learned and rehearsed is completed more quickly and safely.
- 10 DO NOT RISK YOUR LIFE FOR PROPERTY.**
Do not go back for documents, money, vehicles or belongings.
- 11 FOLLOW THE AUTHORITIES' INSTRUCTIONS.**
Each locality's official maps, routes, evacuation zones and procedures take priority over general recommendations.
- 12 REMEMBER: PREPARING BEFOREHAND SAVES MINUTES WHEN EVERY MINUTE CAN SAVE A LIFE.**





1.37. THE MAIN GOAL OF PREPARING

Preparing for a tsunami does not consist solely of having a backpack. When an emergency begins, it is not the moment to design the plan: **it is the time to execute it**. For that reason, preparation must be done now, reviewed periodically, and practiced until every member of the family, institution or community clearly knows their role.



BEFORE THE TSUNAMI: KNOW, PLAN, PREPARE AND PRACTICE.
DURING THE THREAT: ACT WITHOUT DELAY.
LIFE IS ALWAYS THE PRIORITY.



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TSUNAMIS

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