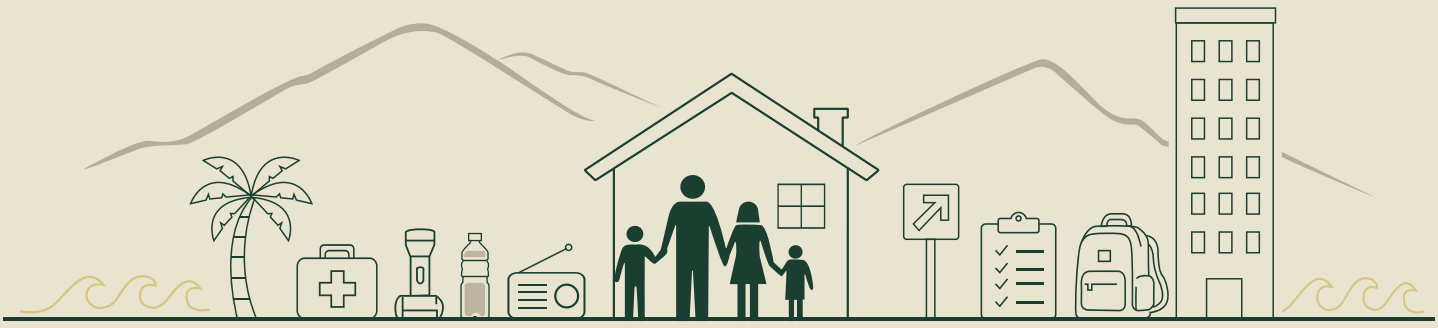
KINGDOM OF PEACE AND JUSTICE CENTER

Civil Training Program: Risk Management and Emergency Preparedness

TSUNAMIS

MODULE 2

PHASE 3: AFTER



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

Edition 1 - 2026

EDUCATIONAL DISASTER MANAGEMENT GUIDE: TSUNAMIS
MODULE 2 · PHASE 3: AFTER THE TSUNAMI
For the home, family, and community

| First edition · September 2026

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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 3: AFTER

Learning objective

For the participants to identify and apply post-tsunami safety measures, stay outside the danger zones until official authorization is received, recognize the ongoing risks, determine the safe consumption of water and food, stay informed through official sources, and protect those who require assistance, so as to return and begin recovery safely.

The fact that the water has receded **does not mean the danger is over.**

After the initial impact of a tsunami, serious threats can continue for hours and, depending on the scale of the disaster, for days or longer.



These include:

- New waves and currents associated to the tsunami
- aftershocks from the earthquake that may have caused the event
- flooding
- weakened buildings and structures
- damaged roads and bridges
- fallen electrical wires
- gas leaks
- fires
- contaminated water
- wastewater
- chemical substances
- glass, metal and other debris
- wounds and infections
- disruptions to water, electricity and communication services.

During this phase, the priorities are:

01 Remain outside the danger zone until the authorities authorize the return.

02 Attend to urgent medical needs.

03 Avoid further accidents and exposure to contamination.

04 Consume only water and food considered safe.

05 Stay informed through official sources.

06 Provide protection specially to children, elderly people, people with disabilities and others who need assistance.

07 Return and begin recovery efforts only when conditions allow it.

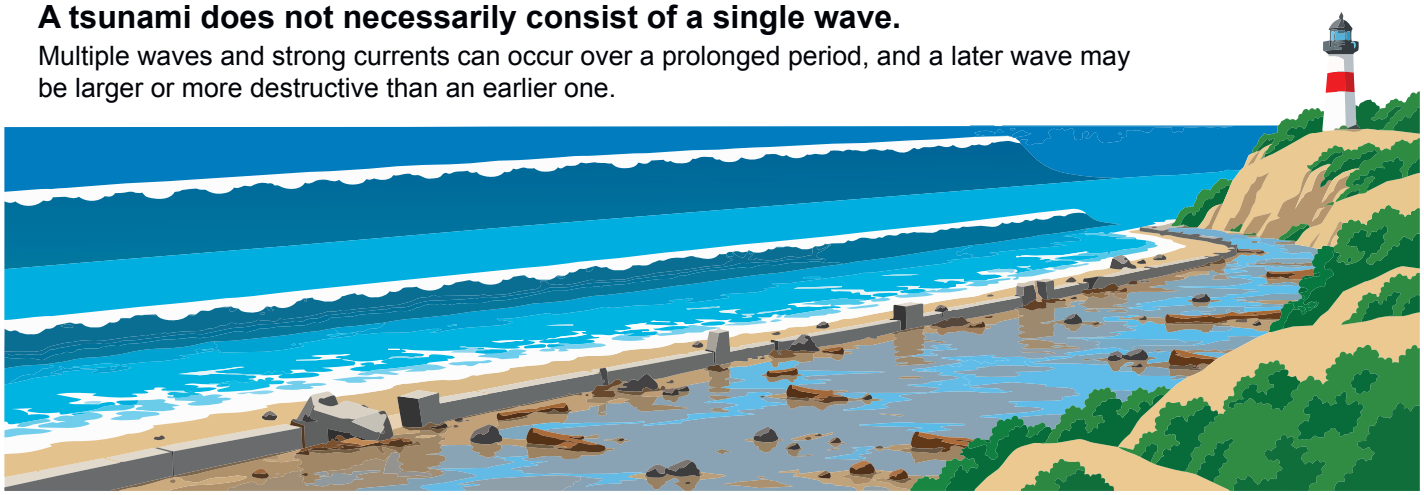
3.1. DO NOT RETURN UNTIL THE AUTHORITIES SAY IT IS SAFE

This is the main rule after a tsunami:

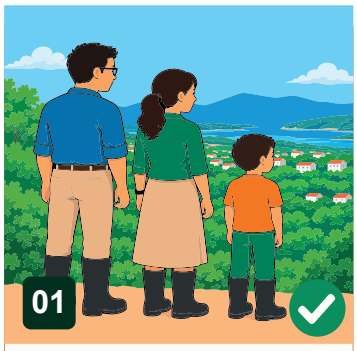
Remain outside the threat zone until the competent authorities expressly announce that it is safe to return.

A tsunami does not necessarily consist of a single wave.

Multiple waves and strong currents can occur over a prolonged period, and a later wave may be larger or more destructive than an earlier one.



Therefore:



Stay in the safe zone



keep up with official information



do not go down to the beach



do not travel on coastal roads



do not go closer to observe or record the phenomenon



do not go onto docks or damaged structures

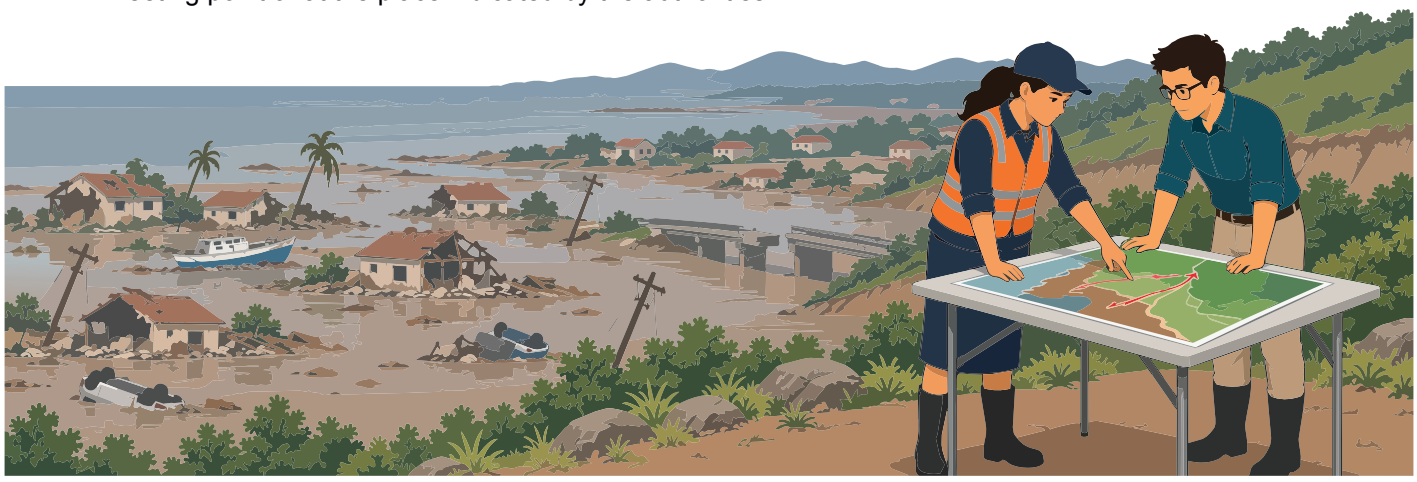


do not try to recover boats or property.

Only the competent authorities are to determine when the safety zone may be left and return operations may begin.

3.2. DO NOT USE A FIXED HEIGHT OR DISTANCE AS THE ONLY SAFETY CRITERION

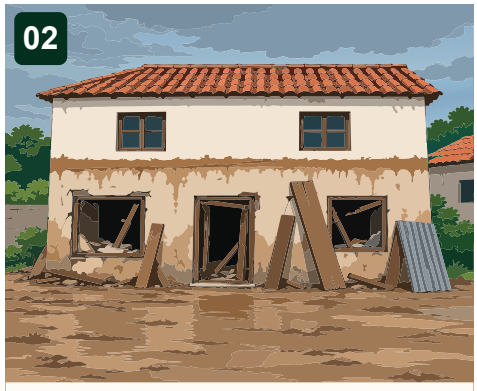
During the emergency you must stay in the safe zone established for the locality, at the corresponding meeting point or at the place indicated by the authorities.



The extent of the flooding produced by a tsunami depends, among other factors, on:



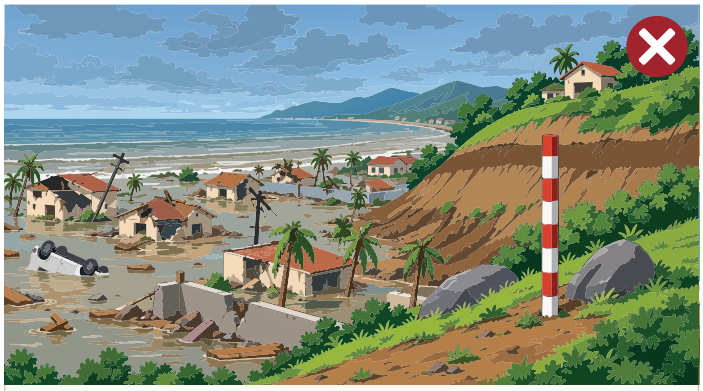
- The topography
- the characteristics of the coast



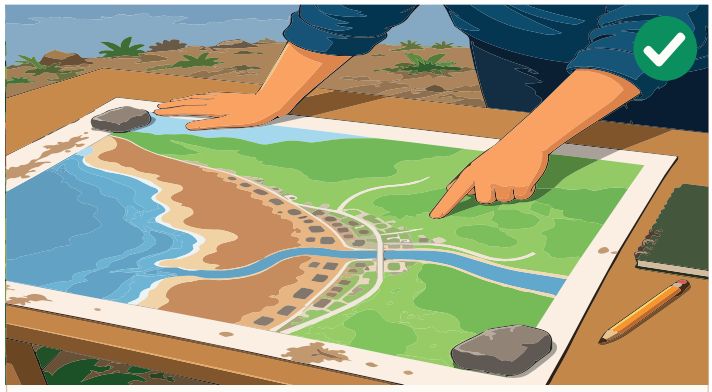
- the magnitude and characteristics of the tsunami



- the presence of rivers, inlets and canals
- local conditions.



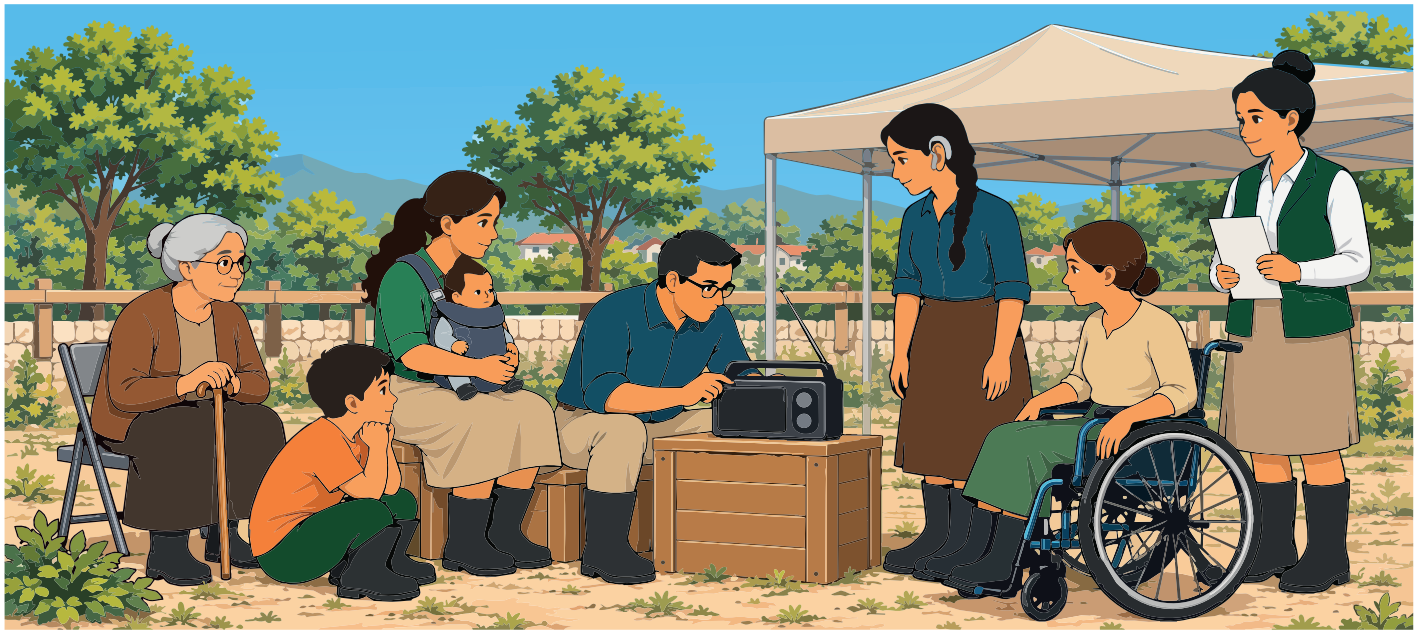
The so-called “Cota 30” should not be used as a universal rule for determining when a person is safe.



For this reason, the official hazard maps, the evacuation zones and the instructions of the local authorities take priority over any general reference to height or distance.

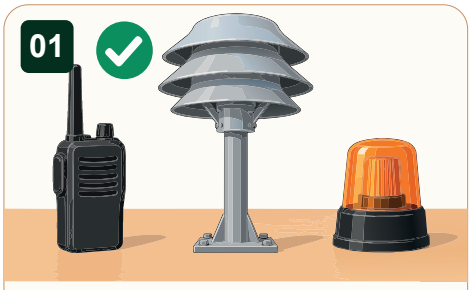
3.3. STAY INFORMED

After the impact, keep checking official communications.



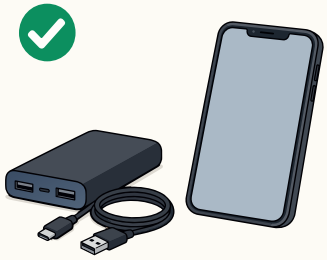
Use the means available:

01



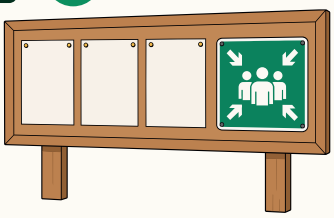
- Radio
- official alert systems

02



- mobile phone
- text messages
- official apps

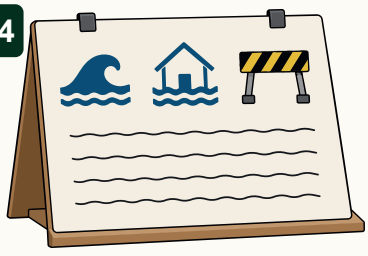
03



- institutional emergency channels
- other systems established by the local authorities.

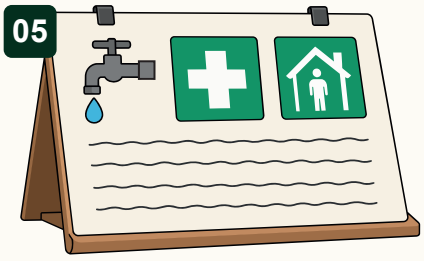
Official information may indicate:

04



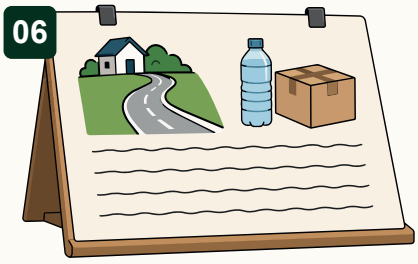
- Whether waves are still arriving
- which areas remain evacuated
- which roads are closed

05



- where shelters are located
- where medical care can be obtained
- whether the drinking water is safe

06



- where food and supplies are being distributed
- when return may begin.

Do not make safety decisions based solely on rumors, unverified posts or forwarded messages on social media.

3.4. USE COMMUNICATIONS RESPONSIBLY

After a disaster, telecommunications networks may be saturated or partially interrupted.



However, **it should not be established as an absolute rule that only SMS or social media may be used.**

If you need to request medical assistance, report an emergency or contact the response services and the phone network is working, use the appropriate means available.

When communications are working:

01



Use short messages to tell family that you are safe

02



avoid unnecessarily long calls

03



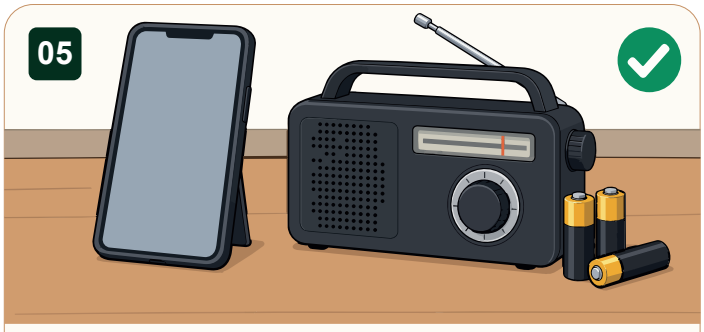
follow the recommendations of the authorities and telecommunications operators

04



conserve your phone battery

05



use emergency communications only when they are necessary.

Text messages and messaging apps can be useful when voice networks are congested.

3.5. BE READY FOR AFTERSHOCKS

If the tsunami was generated by a nearby earthquake, aftershocks may occur.



An aftershock can also generate **a new tsunami threat.**

If you receive a new alert or again recognize natural danger signs, immediately apply the corresponding evacuation instructions once more.

Some can be strong enough to:



- Bring down structures already weakened
- cause material to come loose
- make objects fall



- damage roads
- interrupt services
- complicate rescue operations.

If you feel an aftershock:



Protect yourself immediately



move away from unstable structures when you can do so safely



do not stay next to walls, poles, facades or other damaged elements

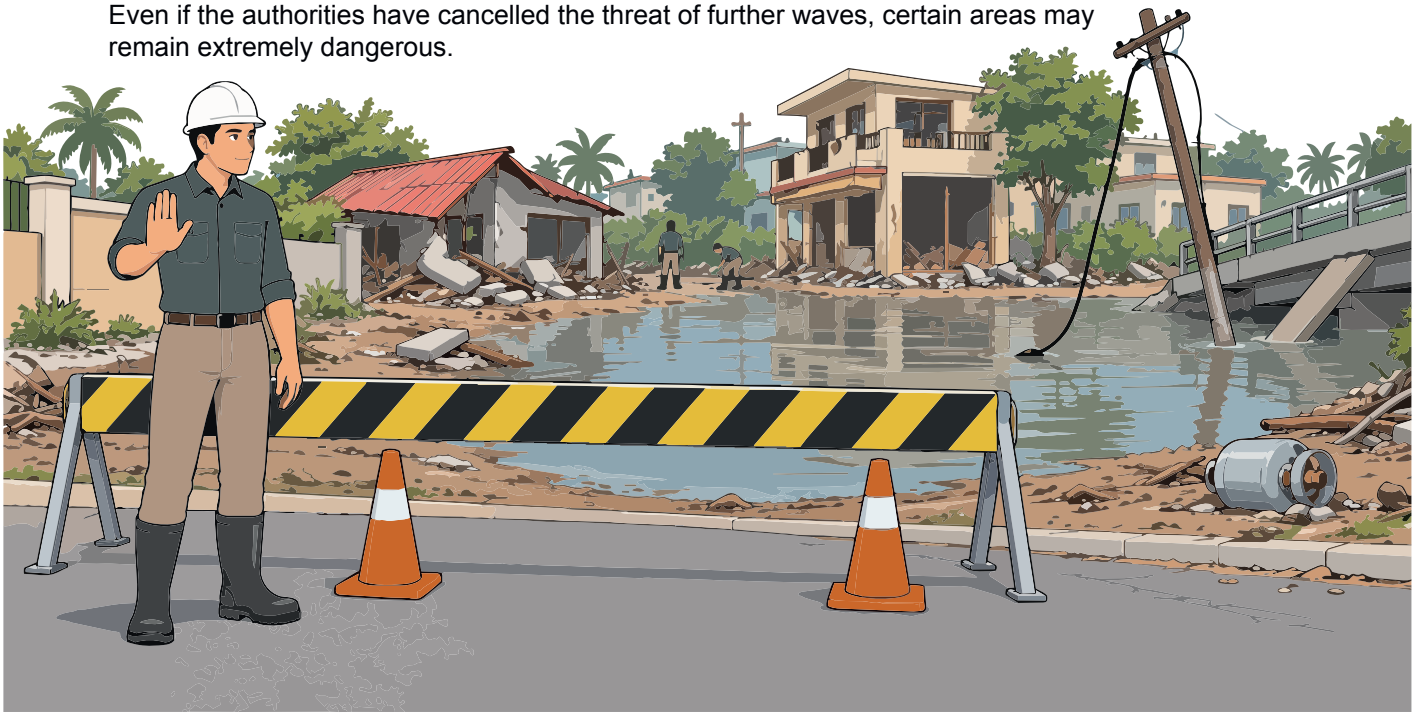


follow the instructions of the authorities.

Apply the action: DROP – COVER – HOLD ON

3.6. DO NOT ENTER AFFECTED AREAS IMMEDIATELY

Even if the authorities have cancelled the threat of further waves, certain areas may remain extremely dangerous.



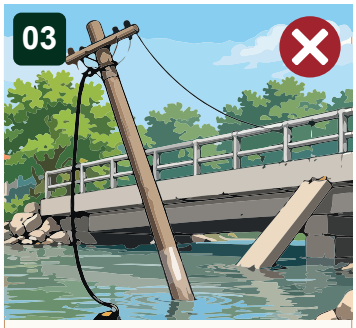
Avoid:



- Flooded streets
- areas covered in mud



- collapsed structures
- severely damaged buildings



- affected bridges
- areas with downed power lines



- places where there are gas leaks
- search and rescue operation areas.



Do not enter restricted areas.



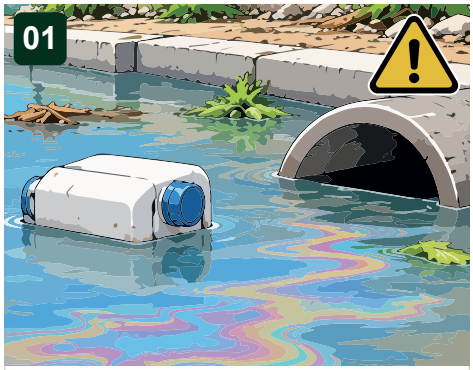
People entering prematurely can create new casualties and hinder the work of firefighters, medical services, police, civil protection and rescue teams.

3.7. AVOID FLOODWATER AND MUD

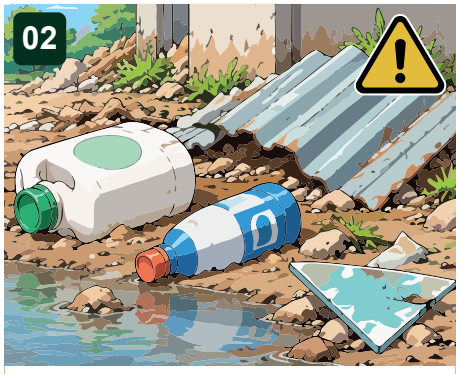
The water left behind by a tsunami **must not be considered clean water.**



It may contain:



- Wastewater
- microorganisms
- fuels
- oils



- pesticides
- chemical products
- metals
- glass

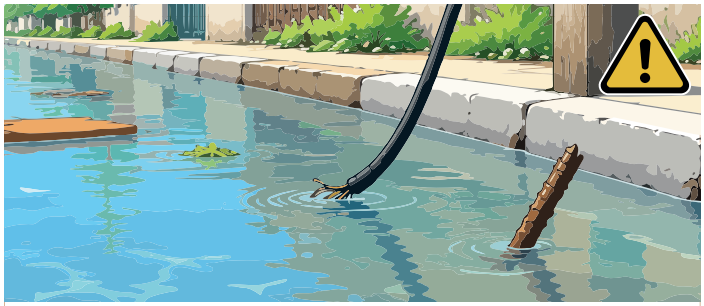


- sharp objects
- construction material debris
- other contaminants.

In addition, murky water can conceal:



- holes
- open drains
- changes in level



- sharp objects
- downed power lines
- other hazards.



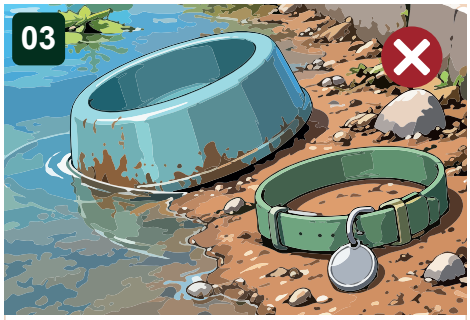
For that reason:



Do not walk through floodwater unnecessarily



do not let children play in it



do not let pets drink it



avoid contact with open wounds



use appropriate protection if authorized cleanup tasks make contact unavoidable.

If your skin comes into contact with floodwater, wash it as soon as possible with clean water and soap.

If a wound comes into contact with contaminated water, it must be cleaned properly and watched for signs of infection.

3.8. POWER LINES, INSTALLATIONS AND ELECTROCUTION

Treat every downed power line as dangerous.



Do not touch it.



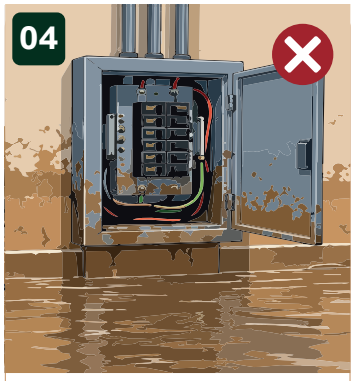
Do not touch these either



damaged poles



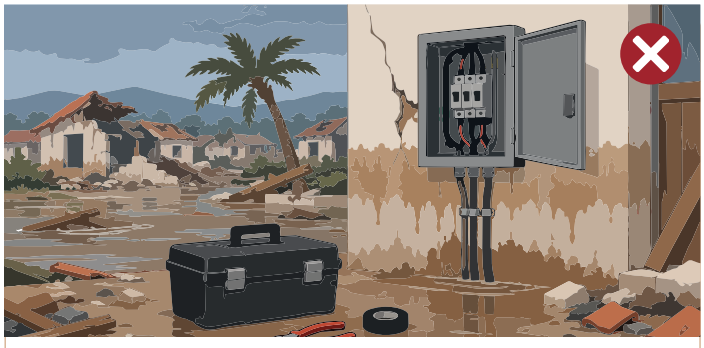
wet electrical equipment



flooded electrical installations.



Keep children and other people away, and report the presence of dangerous cables or installations to the corresponding services.



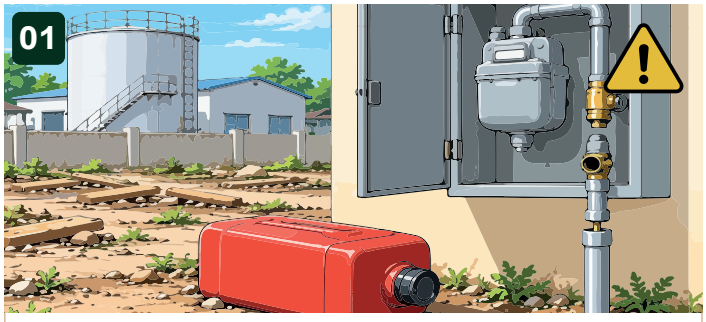
Do not attempt to repair damaged electrical installations if you are not trained and authorized to do so.

Water can conduct electricity.

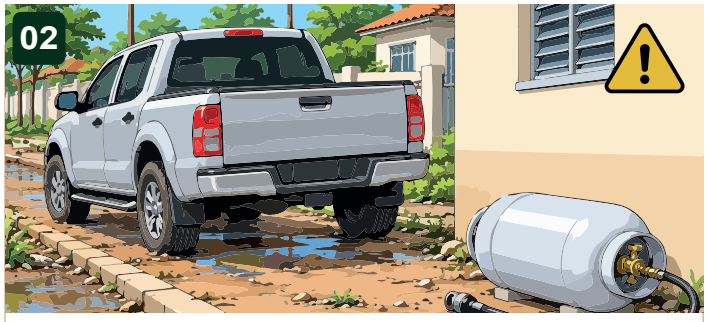
3.9. GAS, FUELS AND FIRE RISK



The earthquake and the tsunami can damage:



- Gas pipes
- fuel tanks
- industrial installations



- vehicles
- household systems.

If you smell gas, hear a leak or find signs of spilled fuel:



- move away



- do not light any flame
- do not smoke



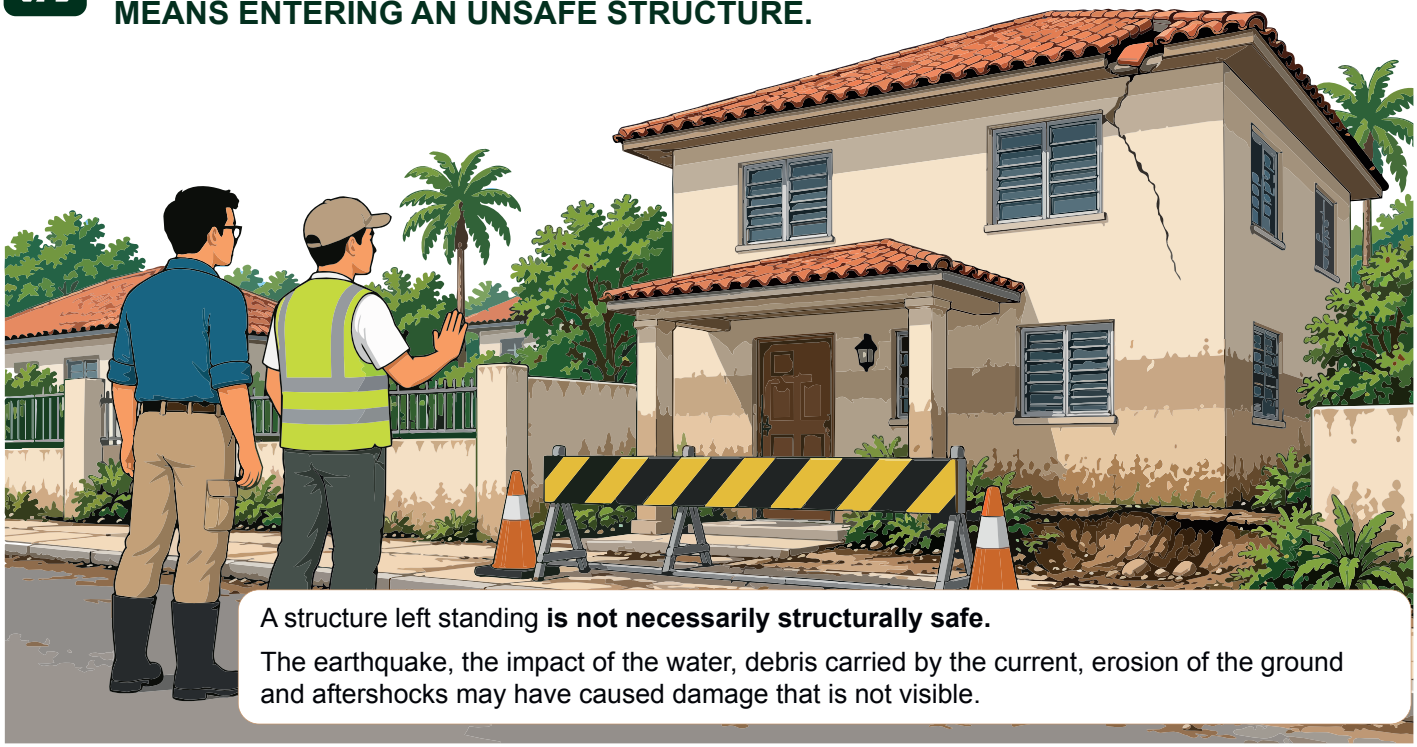
- do not operate electrical switches in the area



- report it to the corresponding services.

Do not attempt to inspect damaged installations if doing so means entering an unsafe structure.

3.10. DO NOT ATTEMPT TO INSPECT DAMAGED INSTALLATIONS IF DOING SO MEANS ENTERING AN UNSAFE STRUCTURE.



A structure left standing **is not necessarily structurally safe.**

The earthquake, the impact of the water, debris carried by the current, erosion of the ground and aftershocks may have caused damage that is not visible.

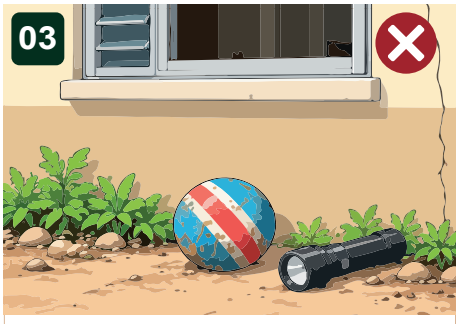
For that reason:



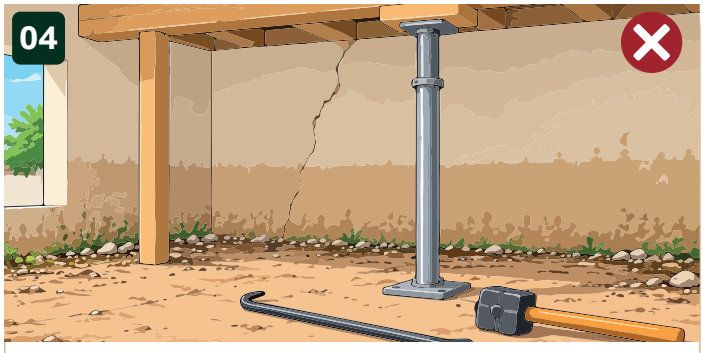
Respect closures and restrictions



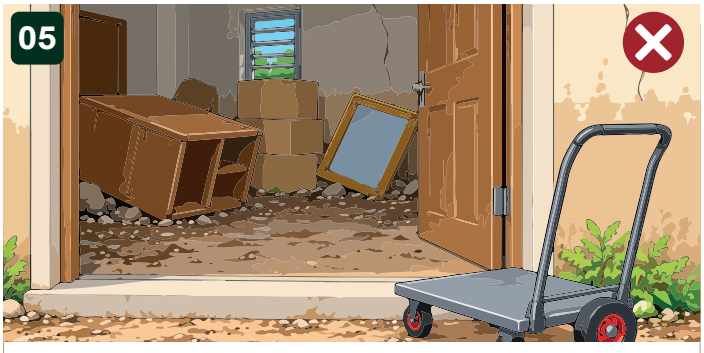
do not enter severely damaged buildings



do not let children go in to explore



do not remove structural elements



do not try to recover property when conditions are unsafe.

When the authorities or competent professionals determine that you may enter, do so with caution and stay alert to new risks.

3.11. ROADS, BRIDGES AND VEHICLES



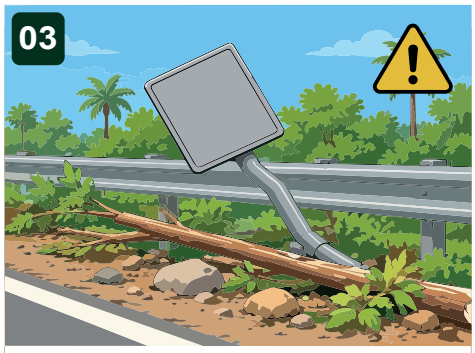
The water may have:



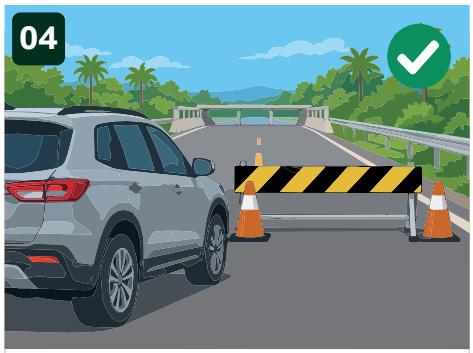
- Eroded the ground beneath the pavement
- weakened bridges



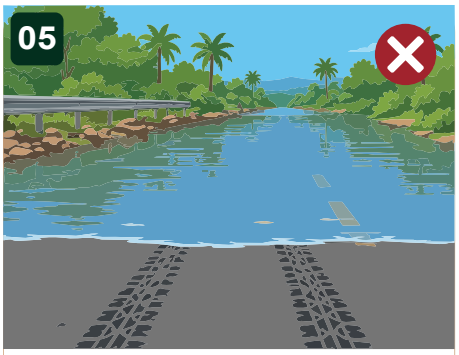
- opened sinkholes
- displaced sewer covers



- deposited debris
- destroyed signage.



- respect all barriers and closures.



- **never drive through an area that is still flooded.**



- do not use vehicles to enter restricted areas or to look at the damage.

3.12. WATER FOR HUMAN CONSUMPTION

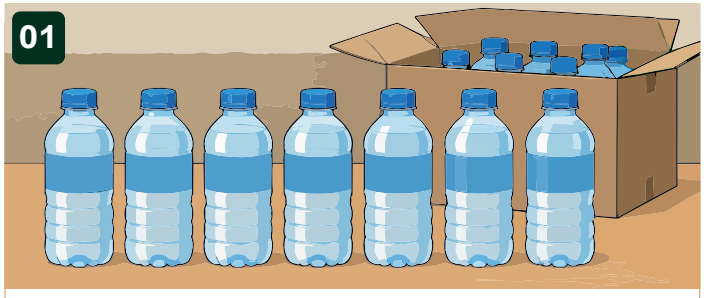
After a tsunami, the drinking water supply may have become contaminated.

However, **it should not be established as a universal rule that all tap water is prohibited after any tsunami.**

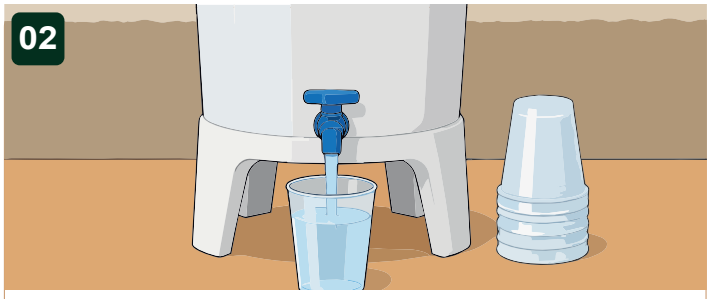
The correct rule is:
Follow the instructions of the health authorities and of those responsible for the water supply.



If a contamination warning exists, or if the authorities indicate that the water is not safe:



use bottled water

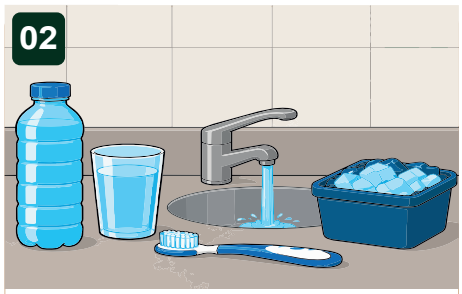


or water properly treated according to official sanitation standards.

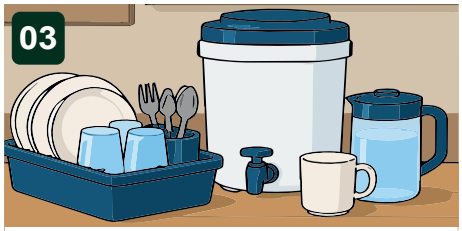
Safe water must be used not only for drinking, but also, in accordance to active sanitation guidelines, for:



- Preparing food
- preparing infant formula



- brushing teeth
- making ice



- washing food utensils
- other activities in which water could be swallowed.

Wells that have been flooded may require inspection, disinfection and testing before being used again.

Normal appearance, smell or taste do not guarantee that water is safe.

3.13. FOOD AFTER THE FLOODING

Food that has come in contact with floodwater may be contaminated.



However, it should neither be claimed that absolutely all food in an affected area must be discarded.

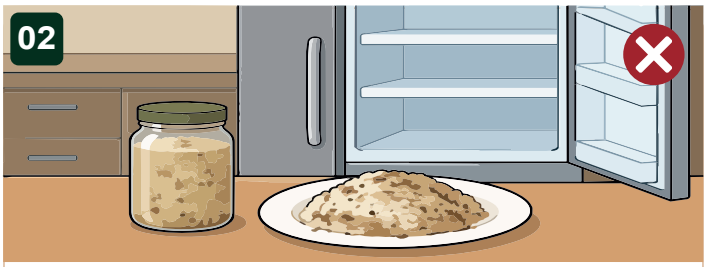
Some commercially packaged products in intact, and appropriate packaging may be recoverable through specific sanitary procedures.

Follow the instructions of the health authorities.

Discard food that:

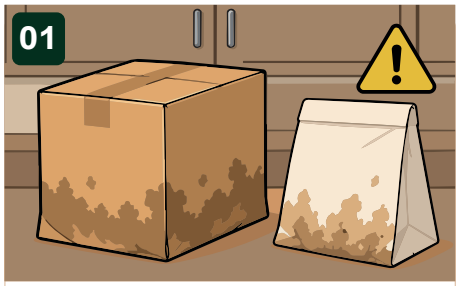


Has been directly exposed to floodwater and is not protected by packaging that can be considered safe; has open or damaged packaging



shows abnormal smell, color or texture; has been left unrefrigerated for a period that compromises its safety.

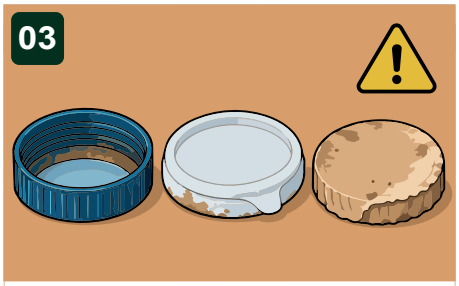
Pay particular attention to containers made of:



- cardboard
- paper



- absorbent materials



- lids that cannot be properly cleaned or disinfected.

Do not taste food to determine whether it is safe.

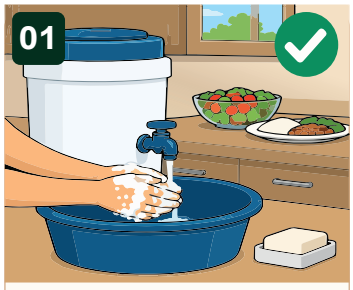
If there is any doubt about its safety, discard it.

3.14. HAND HYGIENE

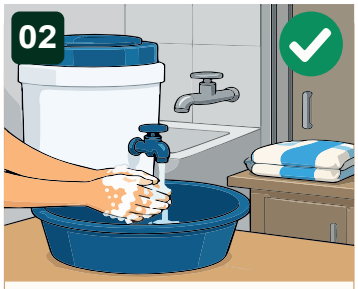
Hygiene is especially important after flooding.



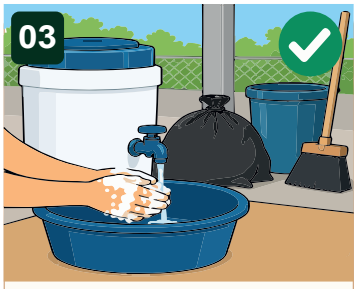
Wash your hands with safe water and soap:



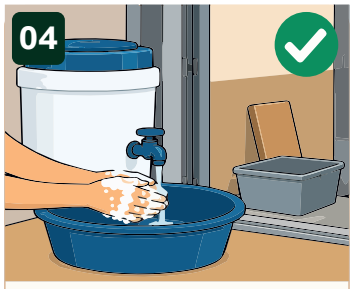
- Before preparing food
- before eating



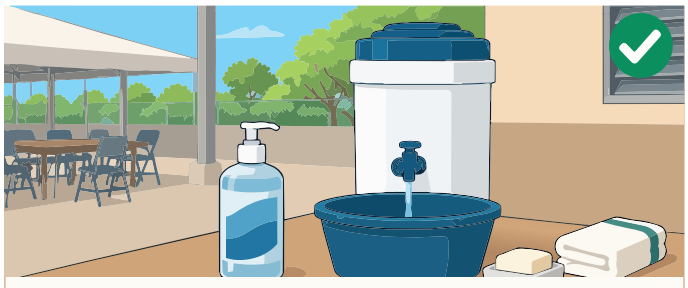
- after using the bathroom
- after changing diapers



- after handling waste
- after taking part in cleanup tasks



- after touching objects contaminated by floodwater or wastewater.



When soap and water are not immediately available, an appropriate alcohol-based product can be used as a temporary measure when conditions allow.



However, if hands are visibly dirty or contaminated, proper washing must be done as soon as safe water is available.

3.15. WOUNDS AND INJURIES

Glass, nails, metal, broken wood and other debris can cause wounds.

Do not ignore an injury simply because it looks minor.



If you are injured:



- Get out of the dangerous area
- control significant bleeding with appropriate first aid



- clean the wounds with safe water when possible
- cover them with clean material



- seek medical attention when the severity of the injury requires it.

Wounds that have been in contact with floodwater must be particularly watched.

Seek medical attention for signs such as:

- increasing pain
- spreading redness
- swelling
- discharge
- fever
- other signs of infection.

People with deep, puncture or contaminated wounds may need additional medical evaluation, including a review of their tetanus protection.

3.16. FIRST AID AND RESCUE



If you find a seriously injured person:



Request professional assistance



keep them away from immediate danger



do not move them unnecessarily if you suspect serious injuries, unless staying where they are represents a greater danger



follow the instructions of the emergency services when you can reach them.



Do not enter collapsed structures on your own to carry out rescues if you do not have training, equipment and authorization.

Secondary collapses, aftershocks and unstable materials can turn someone trying to help into a new casualty.

3.17. VOLUNTEERING AND COMMUNITY HELP



Community solidarity is vital after a catastrophe, but it must be organized.

If you want to help:



Follow the authorities instructions; join coordinated organizations or teams, whenever possible



only carry out tasks you are capable of, use the the required protective equipment



do not interfere with professional search and rescue operations.

It can be especially useful to help, when organized and authorized, with:



water and food distribution
guiding people
supporting elderly people or people with disabilities



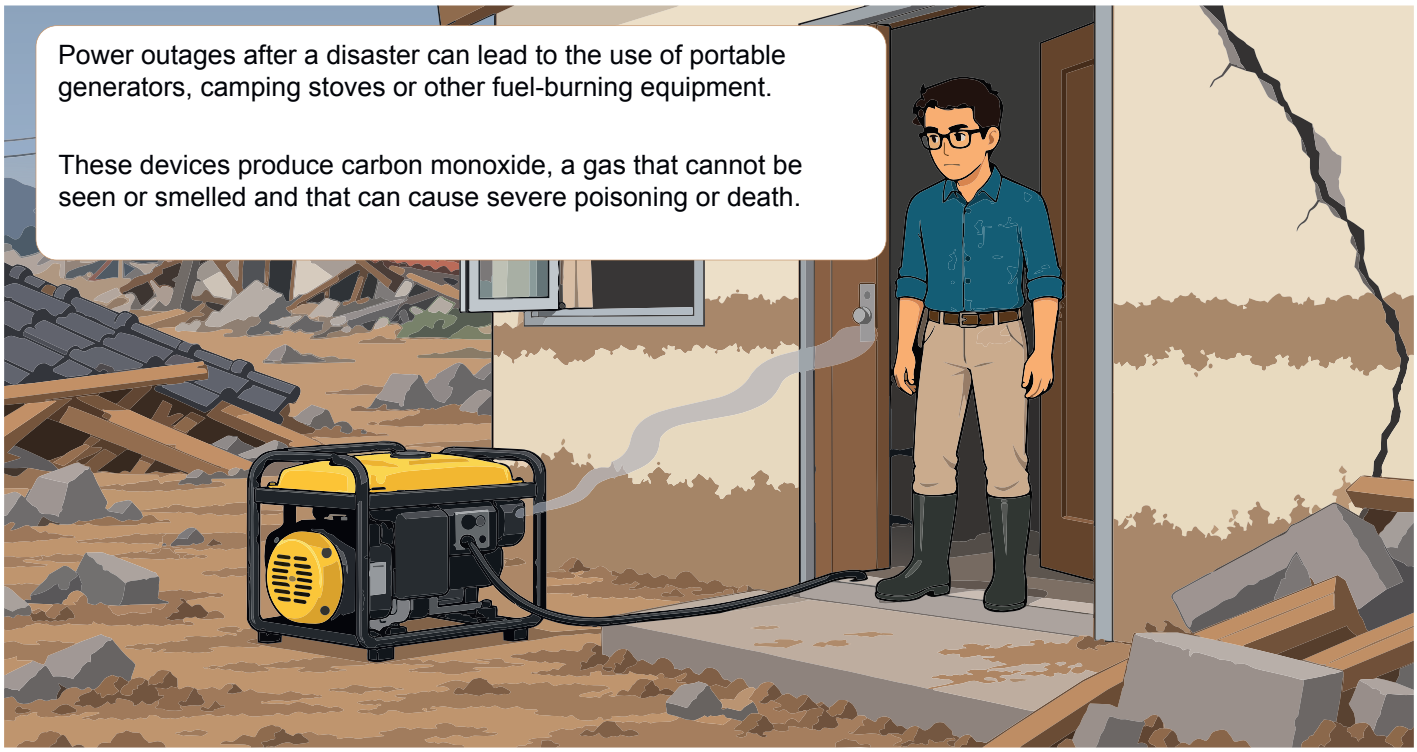
organizing shelters
family reunification
logistical tasks



other low-risk community tasks.

The intention to help **does not replace the training required to carry out technical rescues, enter collapsed structures, work with electricity, fuel, hazardous substances or other specialized threats.**

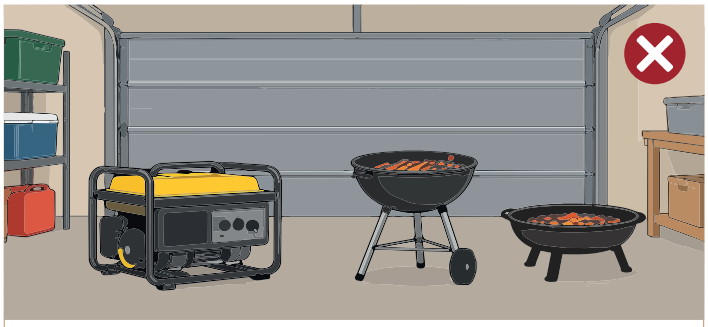
3.18. CARBON MONOXIDE: AN INVISIBLE DANGER



Power outages after a disaster can lead to the use of portable generators, camping stoves or other fuel-burning equipment.

These devices produce carbon monoxide, a gas that cannot be seen or smelled and that can cause severe poisoning or death.

Never use:



- Generators
- grills
- braziers

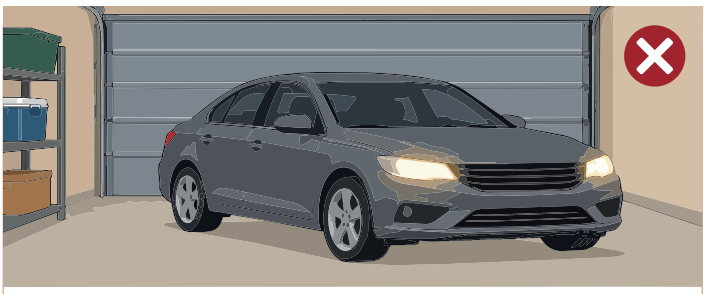


- fuel stoves
- engines

inside homes, garages, basements, tents, closed shelters or other spaces without adequate ventilation.



Generators must be used **outdoors and far enough away from doors, windows and air intakes**, following the safety instructions of the manufacturer and the authorities.



Never run a car with the engine on, inside a garage or other enclosed space.

3.19. CLEANING UP CAN ALSO BE DANGEROUS

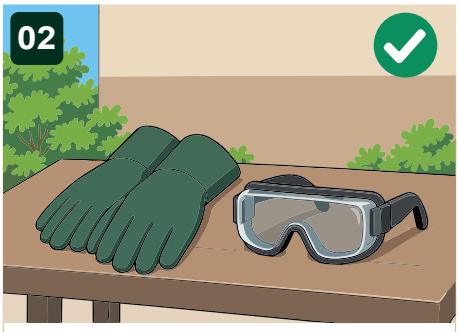
When entry is finally authorized and recovery efforts begin, use appropriate protective equipment based on the existing risks.



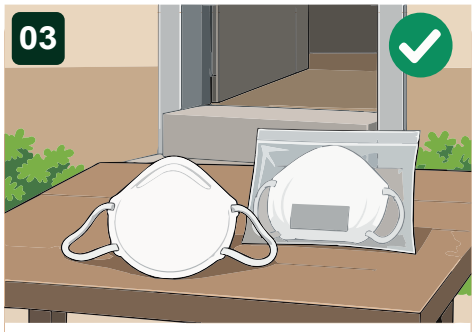
It may be necessary to use:



- Sturdy footwear
- long pants

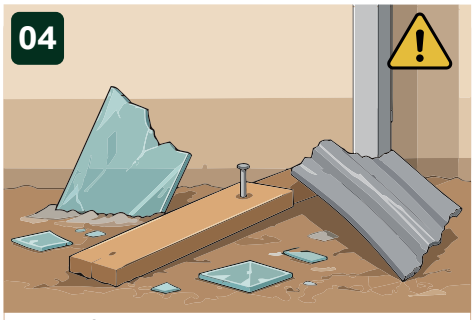


- appropriate gloves
- eye protection



- adequate respiratory protection for certain tasks.

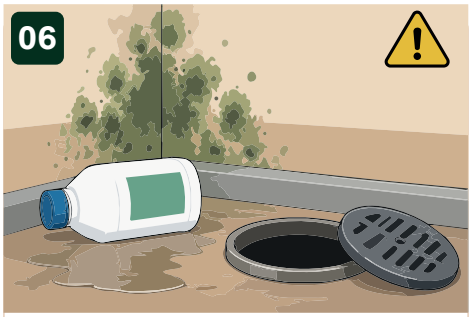
Take extra care with:



- glass
- nails
- metal



- slippery surfaces
- unstable heavy objects



- mold
- chemical products
- wastewater.

Do not let children take part in dangerous cleanup tasks.

Recovering property must never take priority over people's safety.

3.20. FUNDAMENTAL PRINCIPLE OF THIS PHASE

After a tsunami, the objective **is not to return as soon as possible, but to return when it is safe.**
The visible disappearance of the water does not remove the dangers.





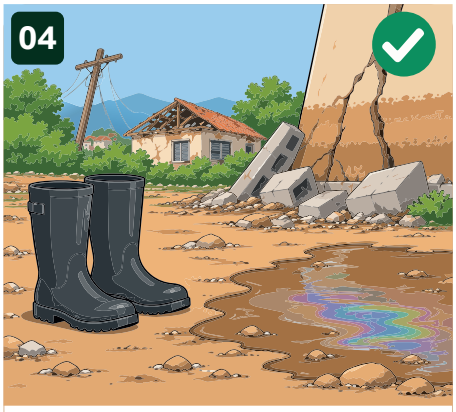
Stay informed.



Respect restricted areas.



Protect your health.



Avoid contaminated water and damaged structures.



Help in an organized way.

And remember:

The emergency does not end until the competent authorities indicate that the threat has finished and conditions allow a safe recovery to begin.

3.21. MINORS AFTER A TSUNAMI

After a tsunami, children and adolescents need special protection.

The danger is not limited to the possibility of new waves. The post-disaster environment can contain contaminated water, mud, debris, glass, metal, power lines, unstable structures and other risks that minors may not recognize.

At the same time, they may feel fear, distress, confusion, sleep disruptions or worry about family, friends, pets, their home or their school.



For that reason, the priorities are:



- Keep them out of dangerous areas



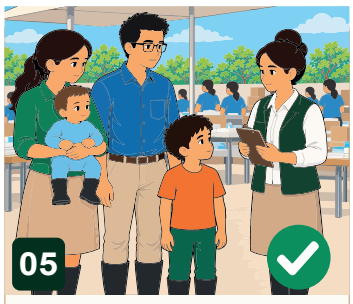
- guarantee adequate supervision



- provide safe water and food



- maintain appropriate hygiene conditions



- facilitate family reunification



- give them understandable information
- listen to their worries



- reduce unnecessary exposure to distressing images and conversations



- try, as much as possible, to reestablish routines and a sense of safety.

3.22. STAY WITH MINORS IN THE SAFE ZONE

Do not let children go back to the coast, home, school or any other evacuated area until the authorities have authorized the return.



Explain to them simply why they have to wait.

You can use phrases such as:

> "We still have to stay here until they tell us it's safe to go back."
>
> "The water is gone, but there can still be danger."

Do not let curiosity lead them near:



- the beach
- rivers or canals



- flooded areas
- damaged buildings



- displaced vehicles
- machinery



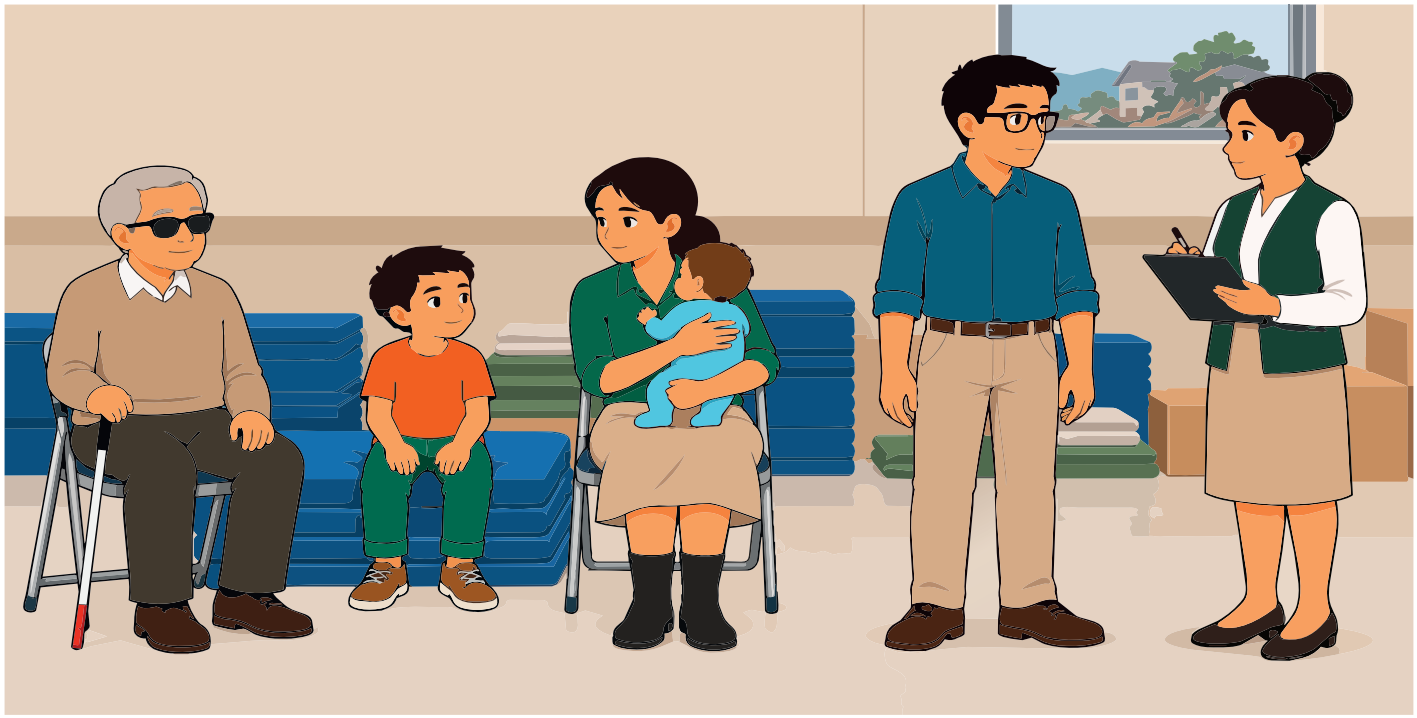
- rescue areas
- debris.

Children must not move around an area affected by a tsunami on their own.

3.23. SUPERVISION IN SHELTERS AND MEETING POINTS

Shelters and meeting points can bring many people together and present an unfamiliar environment for minors.

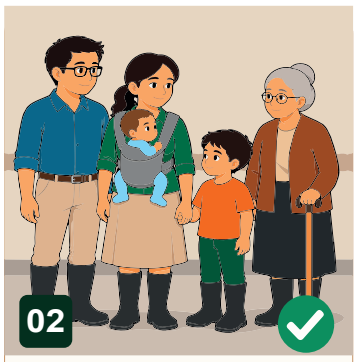
Keep appropriate supervision, especially of young children.



Make sure that they:



- Know who the responsible adult is



- stay with their family or group



- do not leave the shelter alone



- do not enter restricted areas



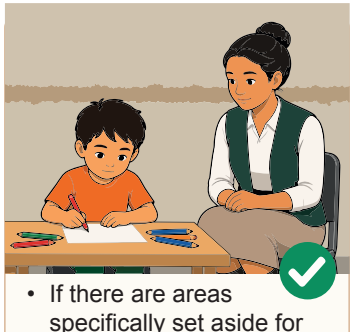
- do not handle emergency equipment



- do not go near vehicles or machinery



- do not pick up objects found among the debris.

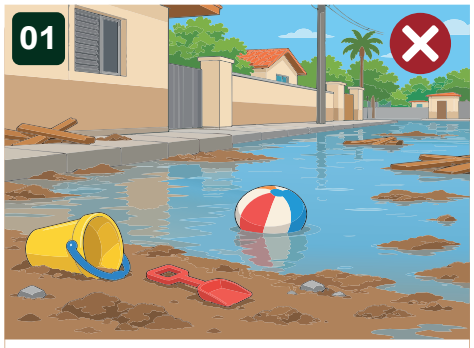


- If there are areas specifically set aside for children, use them in accordance with the shelter's rules.

3.24. DO NOT LET CHILDREN PLAY IN THE WATER, MUD OR DEBRIS



Minors:



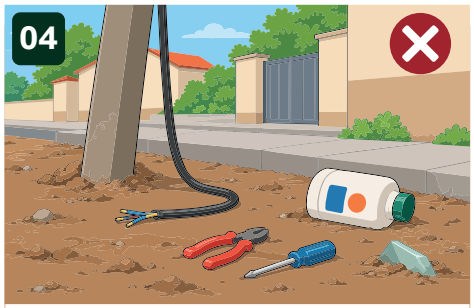
- Must not play in floodwater



- must not walk barefoot through affected areas



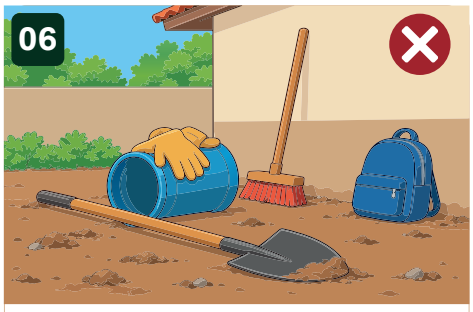
- must not play on piles of debris



- must not touch cables, containers, tools or unfamiliar objects



- must not enter damaged buildings



- must not take part in dangerous cleanup tasks.

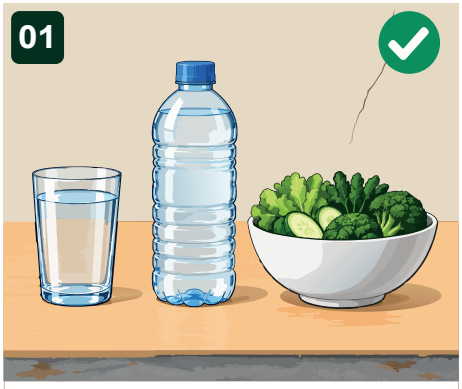
An area covered in mud can look passable and conceal glass, metal, wells, drops in level or other hazards.

3.25. WATER AND FOOD FOR MINORS

Children must consume water considered safe by the health authorities.



Extra attention must be paid to the water used for minors:



- drinking
- preparing food



- preparing infant formula
- brushing teeth



- washing utensils used for feeding.



Do not give minors food that has been contaminated by floodwater.

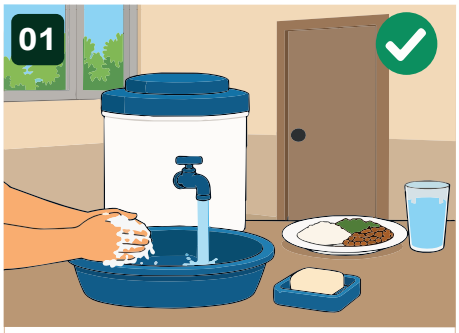


Follow the instructions of the health authorities on the consumption and storage of food.

3.26. HYGIENE FOR MINORS



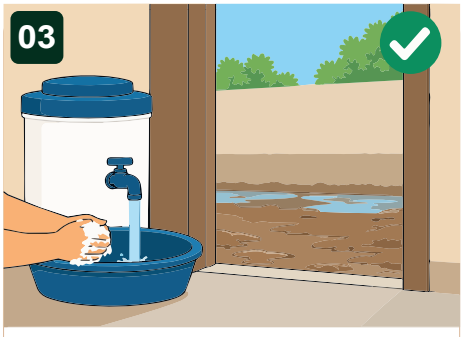
Help children maintain adequate hygiene, especially:



- Before eating
- after using the restroom

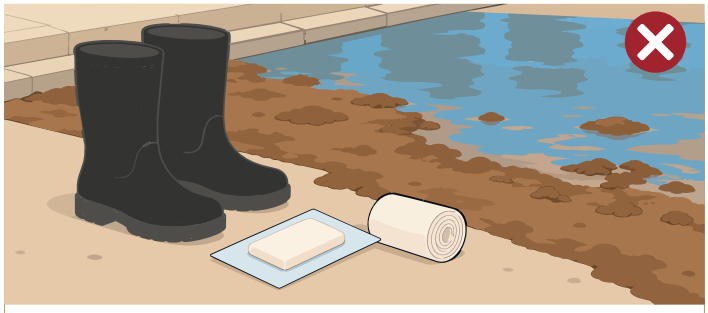


- after touching animals
- after handling waste



- after any accidental contact with mud or floodwater.

Use safe water and soap when they are available.



If a child has a wound, even if it seems minor, keep it from coming into contact with floodwater.



Contaminated wounds should be properly cleaned and monitored.

Seek medical attention when needed, especially for deep wounds, bites, fever, increasing pain, swelling, redness or other signs of infection.

3.27. EMOTIONAL SUPPORT AFTER THE DISASTER



They may:

- Cry
- appear fearful
- stay unusually quiet
- become easily irritable
- cling more to adults
- have difficulty sleeping
- ask repeatedly what happened
- worry about family members or pets
- temporarily show typical behavior of younger children.

Not all children will react the same way.

The adult should be present, listen, and give age-appropriate explanations.

Avoid expressions that dismiss their feelings, such as:

- "Don't cry."
- "Don't be scared."
- "That's over, forget about it."
- "Big kids don't cry."

It is better to use expressions such as:

- "I understand that you're frightened."
- "That was a very difficult situation."
- "We're together."
- "Right now we're following the instructions to keep ourselves safe."

3.28. DO NOT PROMISE WHAT YOU CANNOT GUARANTEE



Avoid assuring them:

“Nothing else is going to happen.”

“Our house is fine.”

“Everyone is fine.”

If you do not yet have information that allows you to say so.

Children need emotional reassurance, but it must be given without conveying false information.

You can say:

“We’re in a safe place now and we’re going to follow the instructions.”

“We still don’t know how the house is; when it’s safe, we’ll find out.”

“We’re trying to find out where everyone else is.”

3.29. REDUCE OVEREXPOSURE TO THE DISASTER

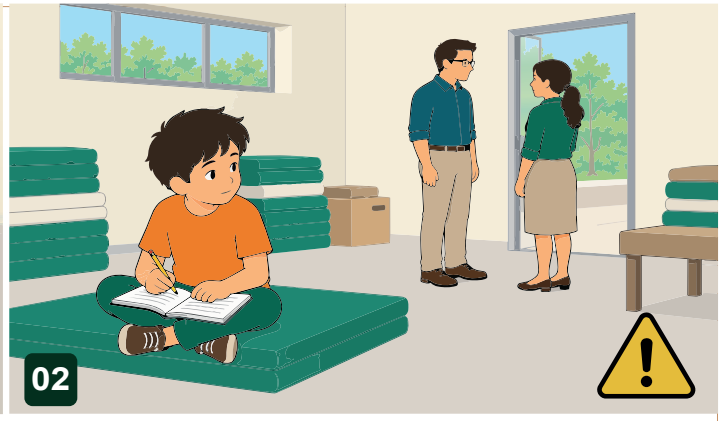


It is not necessary to hide from a child what has happened, but neither is it advisable to expose them continuously to:

- Images of injured or dead people
- repetitive videos of the tsunami
- especially disturbing photographs
- graphic conversations about deaths
- rumors
- alarming arguments
- constantly repeated news.



Explain what happened using truthful, simple information appropriate for their age.



Adults should also bear in mind that children hear conversations even when they appear to be playing or doing something else.

3.30. RESTORE ROUTINES WHEN POSSIBLE

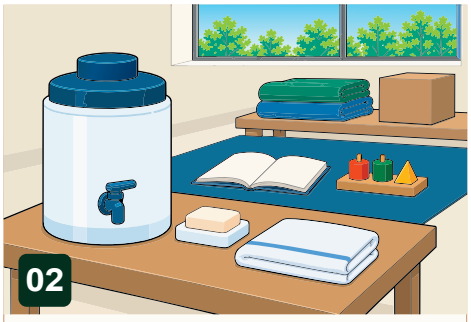
In the middle of an emergency, small routines can help restore a degree of normalcy.



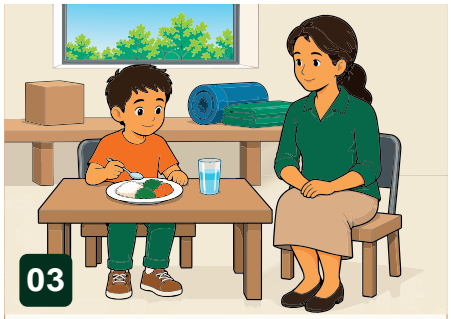
When circumstances allow it, try to maintain:



- Reasonable mealtimes
- rest periods



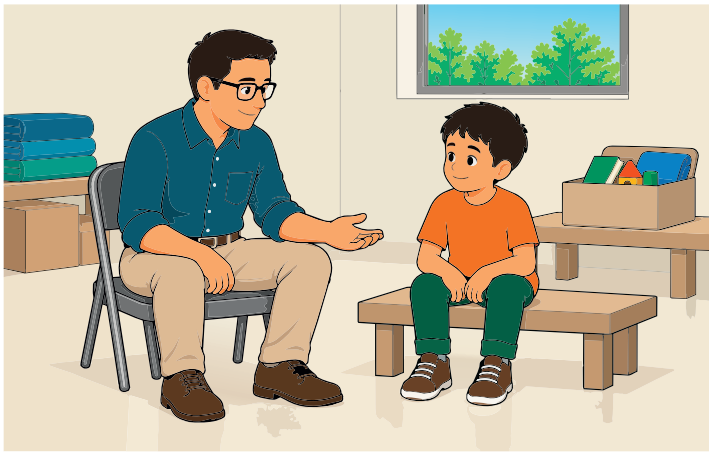
- hygiene
- quiet activities



- play
- reading
- contact with familiar people.



If the child has a toy, book, blanket or comfort object that was packed in the emergency backpack in advance and is available, it can be used.



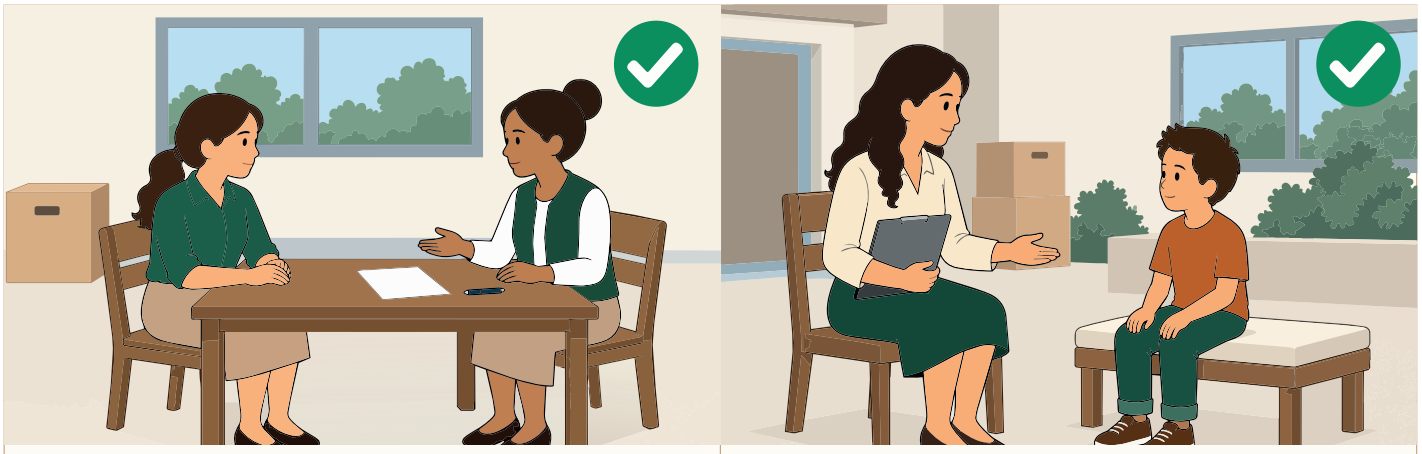
3.31. WHEN TO SEEK ADDITIONAL HELP FOR A MINOR

Fear, sadness and certain temporary emotional changes are to be expected after a disaster.



Extra attention should be paid if the child:

- Remains extremely distressed
- shows significant and persistent changes in behavior
- cannot sleep for a prolonged period
- stops eating or drinking adequately
- shows persistent physical symptoms related to stress
- cannot separate from the responsible adult at any time
- shows behavior that could put them in danger
- expresses intense hopelessness or thoughts of harming themselves.

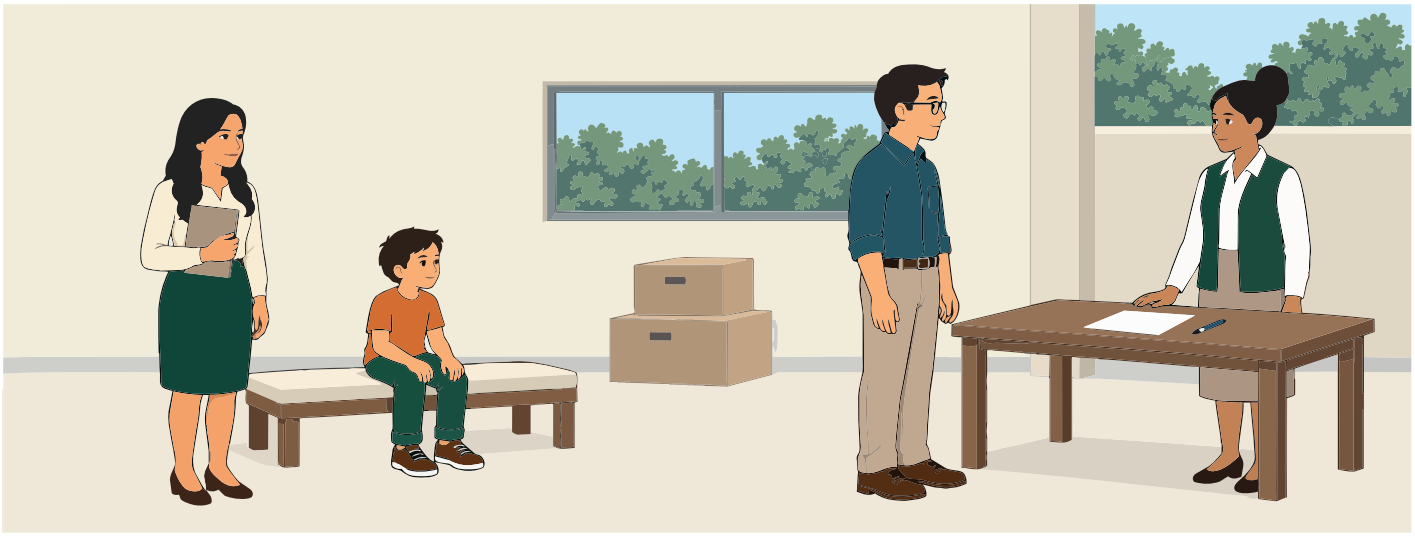


However, seek professional guidance when the reactions are intense, persist, worsen or interfere significantly with the child's daily life.

Early attention can help reduce later consequences.

3.32. FAMILY REUNIFICATION

After an evacuation, reunification must be carried out in an organized way.



If a minor was evacuated by a school, educational center, club, temple or other institution:



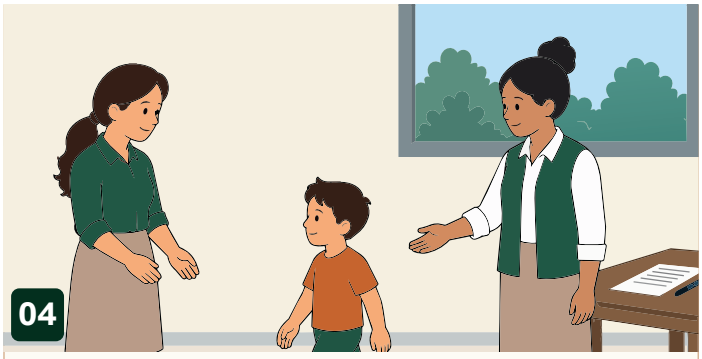
Follow the established reunification procedure



go to the location specified by the institution or the authorities



identify yourself according to the corresponding process



respect the system used to release minors to their authorized guardians

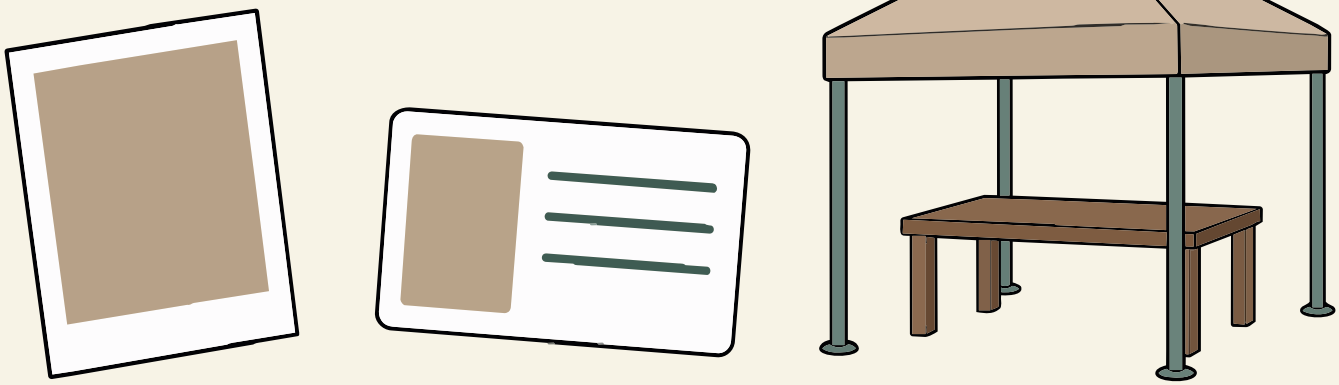


do not enter restricted areas on your own to look for them.

Minors must not be released to unauthorized people simply because they claim to know them.

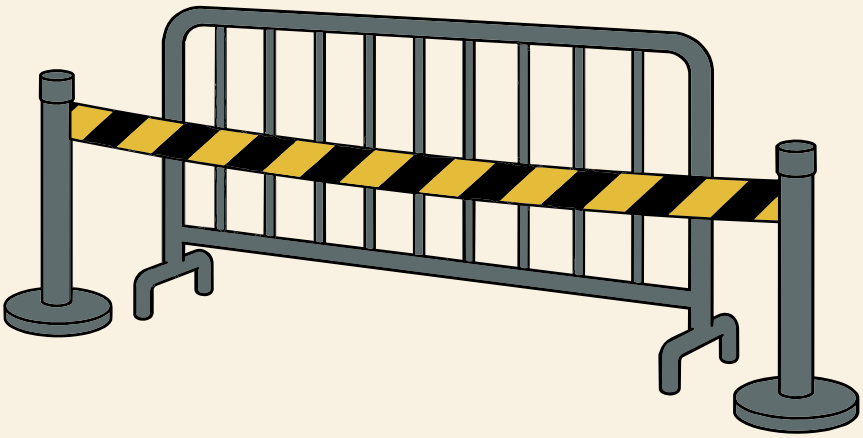
Institutions must keep minors under supervision until reunification is completed in accordance with the established process.

3.33. IF A MINOR IS MISSING



If after the evacuation you cannot locate a minor:

- Report it immediately to the authorities or those in charge of the shelter
- give precise information about the minor
- state where they were last seen
- say who they were with
- provide a recent photograph if one is available
- follow the official search and reunification procedures.

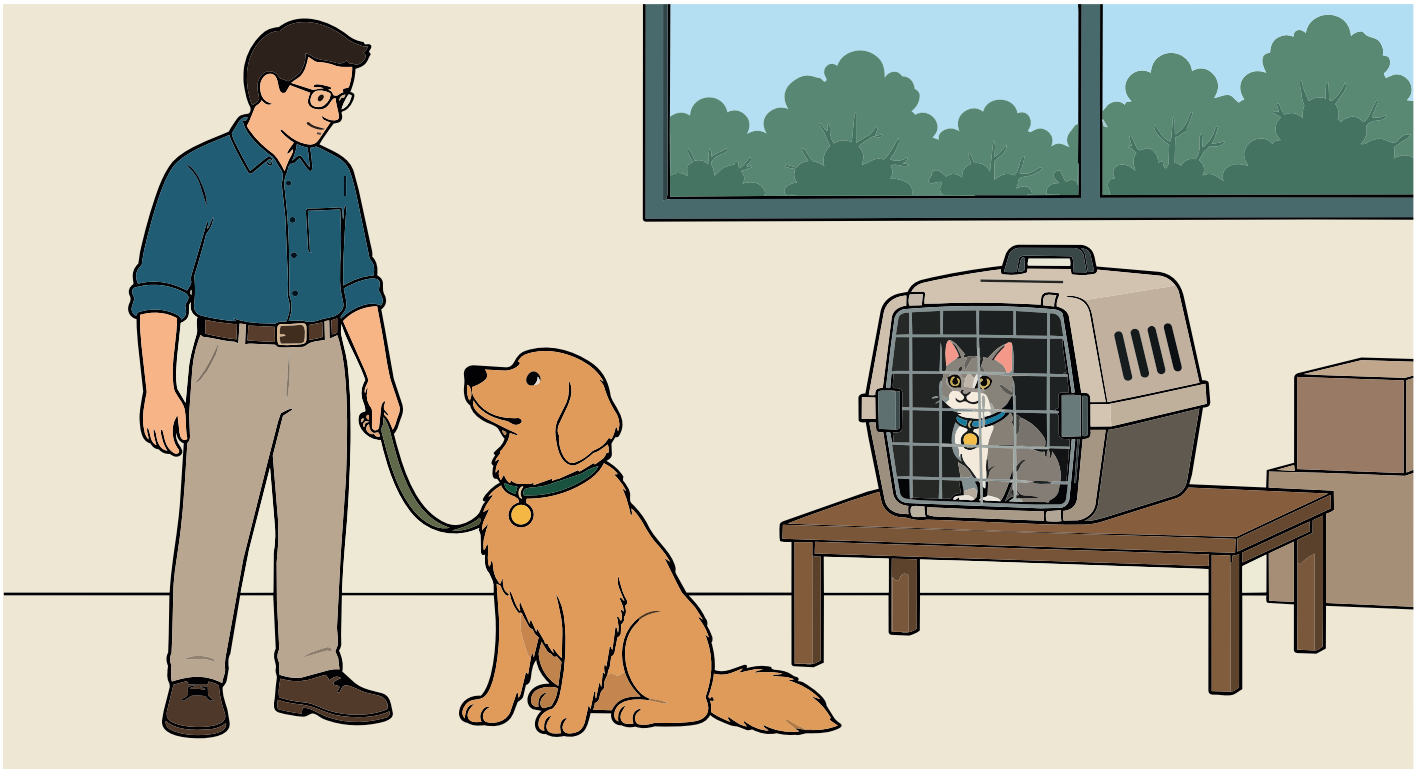


Do not leave a safe zone to go back on your own into an affected or evacuated area.

An improvised search can create new missing persons and hinder professional operations.

3.34. PETS AFTER A TSUNAMI

Pets can also be injured, disoriented, contaminated or extremely stressed after a tsunami.



Their main needs will be to:



01

- Stay out of dangerous areas



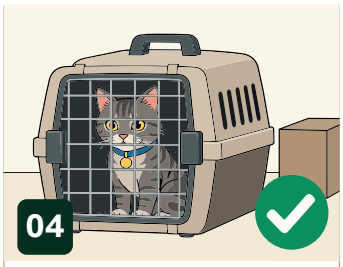
02

- have safe water



03

- receive uncontaminated food



04

- remain under control.



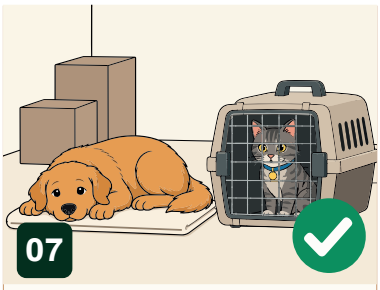
05

- to be examined for possible injuries



06

- to avoid unnecessary contact with floodwater



07

- to reduce situations that could cause them to bolt, bite or fight.

3.35. DO NOT GO BACK INTO A DANGER ZONE TO LOOK FOR A PET



If a pet escaped during the evacuation or was left in an affected area, **do not go back while the authorities maintain the access ban or while danger persists.**

Report the animal to the services, shelters or organizations coordinating the emergency when those mechanisms are available.



A missing pet is a distressing situation, but a search carried out during an active threat can create new casualties.





3.36. KEEP PETS UNDER CONTROL

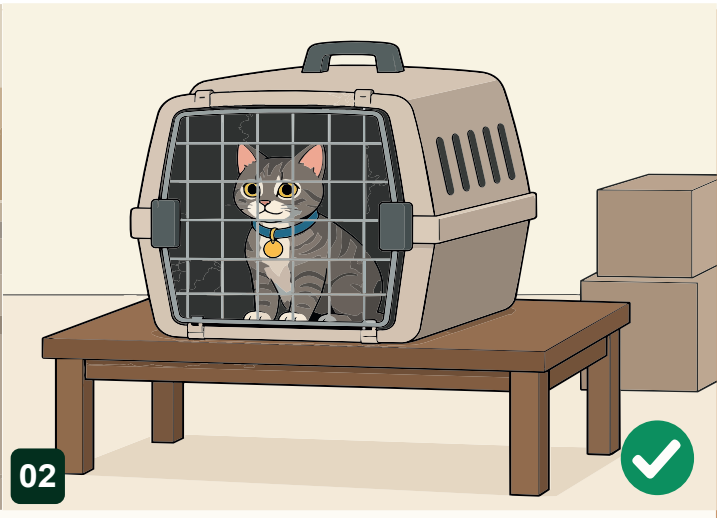
After a disaster, even normally calm animals can behave differently because of:

- fear
- pain
- noise
- the presence of unfamiliar people
- other animals
- sirens
- machinery
- changes in the environment.

Keep:



Dogs on a leash or in a secure enclosure



cats and other small animals in appropriate carriers when possible



animals away from dangerous areas.

Do not let a pet wander freely around the affected area.

A disoriented animal can get lost, be injured, come into contact with hazardous substances or interfere with emergency operations.

3.37. WATER FOR PETS

Do not let animals drink:

- floodwater
- seawater
- pooled water
- water from sources whose quality is unknown.

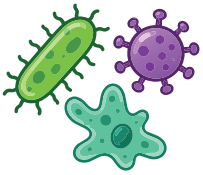
Provide safe water.



Floodwater may contain:



• wastewater



• microorganisms



• fuels



• chemical products

and other contaminants.

Swallowing salt water can also cause serious health problems.

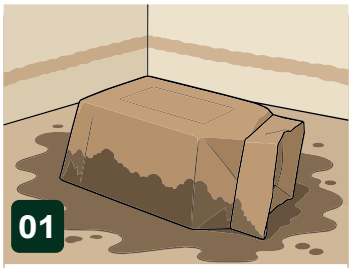
If you suspect the animal drank a significant amount of salt water or contaminated water and shows symptoms, seek veterinary attention as soon as possible.

3.38. FEEDING PETS



Use food that has been kept protected from the flooding and is in safe condition.

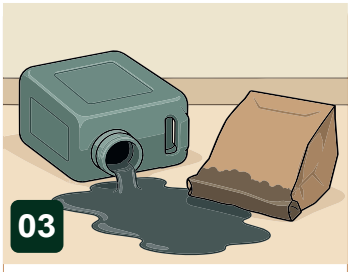
Discard animal food that is:



Wet from floodwater



in damaged packinging



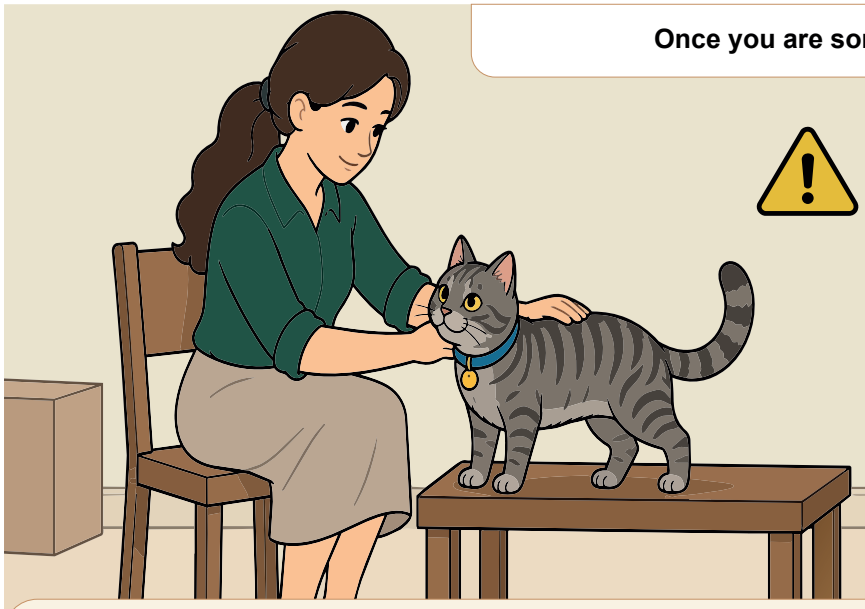
contaminated by chemical products



spoiled.

Any appropriate food that is in safe condition and suitable for the animal may be used.

3.39. CHECK THE ANIMAL FOR INJURIES



Once you are somewhere safe, check the pet.

Look for:

- material stuck to the coat
- cuts
- wounds
- limping
- pain
- bleeding
- burns
- skin irritation
- difficulty breathing
- injuries to the paw pads
- significant changes in behavior.

Pain and fear can cause a normally docile pet to bite or scratch.

If there is a significant injury or you suspect poisoning, seek veterinary assistance when it is available.

3.40. CONTACT WITH MUD OR CONTAMINATED WATER

If the pet has been through floodwater or mud, stop it from licking substances stuck to its paws or coat.

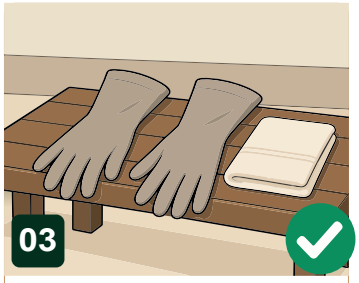
When conditions are safe:



Carefully remove the dirt



use clean water to wash the contaminated areas where appropriate



protect your hands if you are handling potentially contaminated material



wash your own hands after tending to the animal.



Do not use chemical products or household disinfectants on the animal that could be toxic.

If you suspect exposure to hazardous substances, seek veterinary guidance.

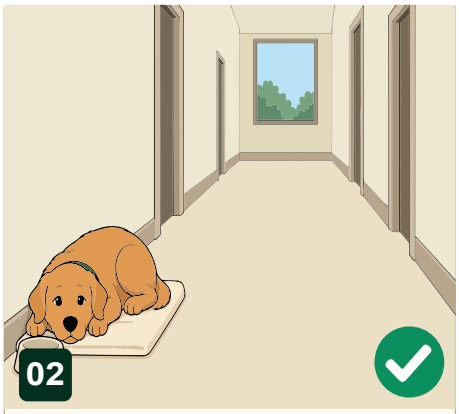
Respect the rules established at each shelter.

Not all shelters intended for the general population will necessarily be able to house pets, so local instructions about facilities set up for animals must be followed.

Where pets are allowed:



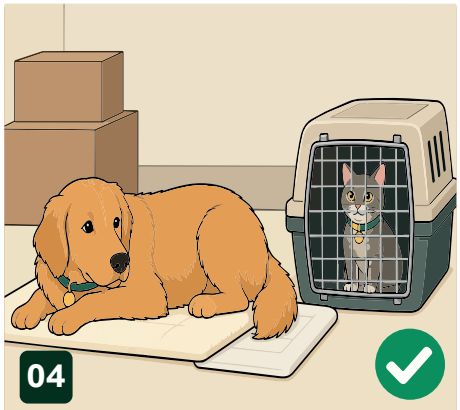
Keep them under control



stop them from blocking paths



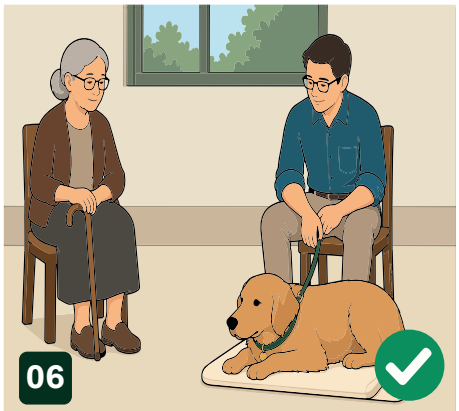
keep them away from food preparation areas



reduce unnecessary contact with other animals



pick up their waste



respect people who may have allergies, a fear of animals or other needs.

If there is a specific area for animals, use it.

3.42. ANIMAL WASTE



Pick up feces and other waste when it can be done safely, and dispose of them according to the guidelines set by the shelter or health authorities.



Follow the system established for the location.

Proper waste management helps maintain sanitary conditions in the shelter.

3.43. PET STRESS AND BEHAVIOR

Animals may:

- tremble
- vocalize
- become restless
- try to escape
- hide
- show defensive aggression
- temporarily lose their appetite
- become more dependent on their caregivers.



Maintain calm and predictable behavior as much as possible.



Familiar items that are available may be used, such as a blanket or the pet's usual carrier, provided they are safe and clean.

Avoid allowing unfamiliar people from handling a visibly frightened animal unnecessarily.

Do not punish a reaction caused by fear.

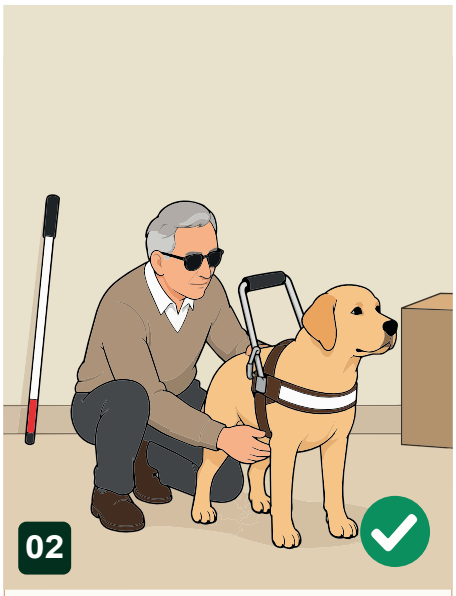
3.44. SERVICE ANIMALS

Service animals perform functions that are different from those of pets and should remain, whenever possible, with the person they assist.

After a tsunami:



Make sure they have safe water



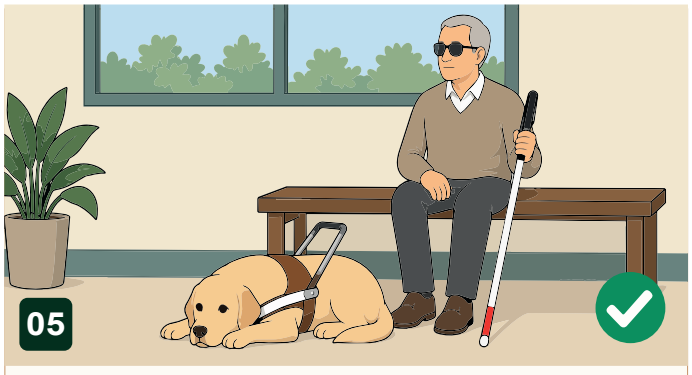
check them for injuries



prevent contact with contaminated water and debris



allow them to continue performing their function when it is safe



respect the bond between the animal and the person.

Do not separate a person from their service animal if it's not necessary.

If the animal is injured or temporarily unable to perform its function, communicate the need for alternative assistance to those in charge of the shelter or the appropriate services.

3.45. FUNDAMENTAL PRINCIPLE FOR MINORS AND PETS



After a tsunami, **curiosity, the desire to return, and the need to be reunited with people, animals, or belongings must never lead to renewed exposure to danger.**

- Adults are responsible for keeping minors protected and supervised.
- Pets must remain under control and outside contaminated or unsafe zones.
- Family reunification and the search for animals must be carried out through organized procedures.

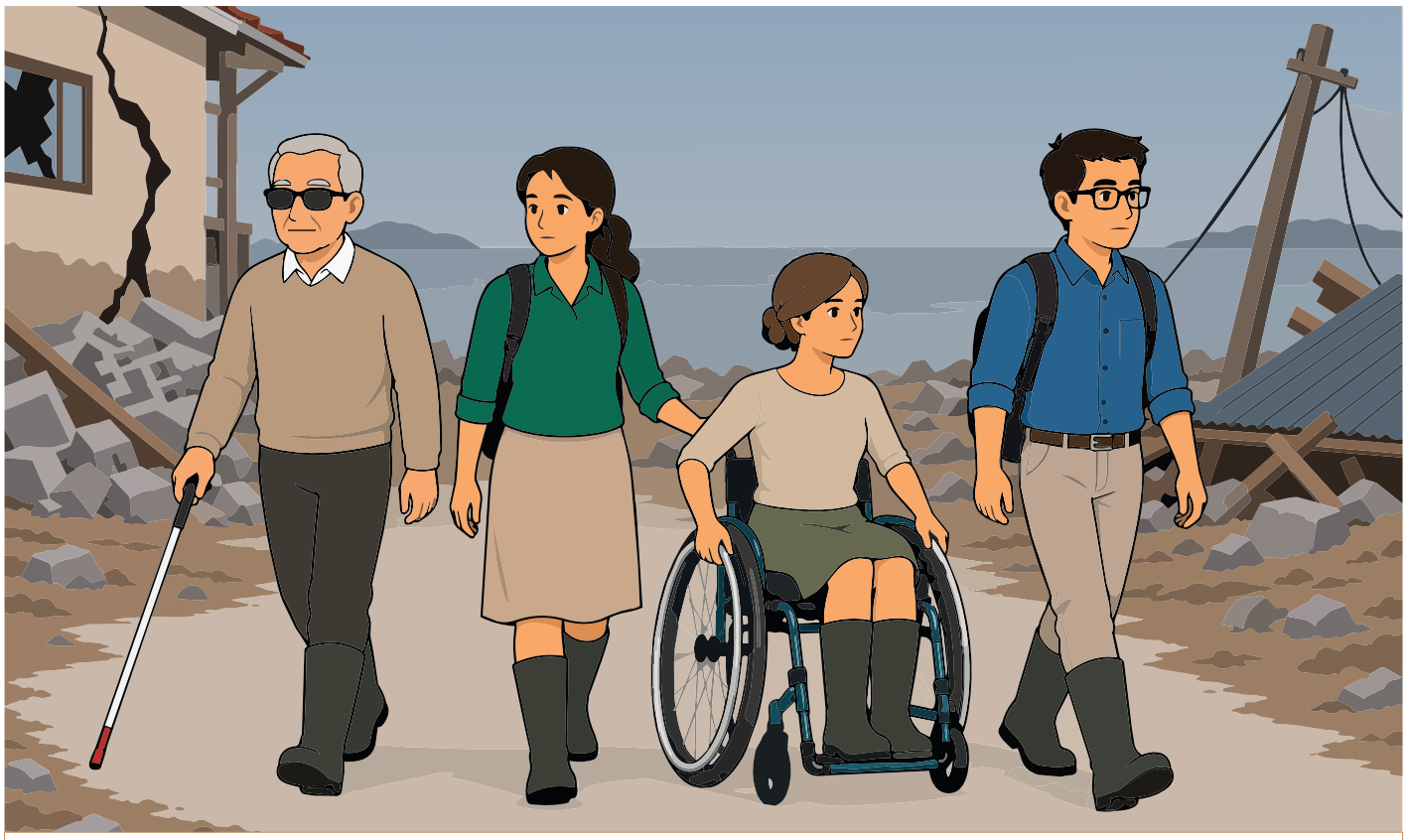
01

Safety must be ensured first.

02

Recovery begins afterward.

3.46. PEOPLE WITH DISABILITIES AND PEOPLE WHO NEED SUPPORT



After a tsunami, normal accessibility conditions may have changed considerably.

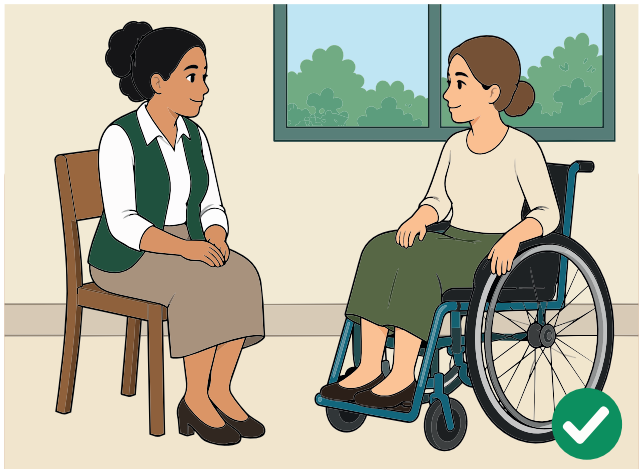
Streets, ramps, elevators, transportation systems, signage, power supply, communication networks, and healthcare facilities may be damaged or out of service.

Therefore, each person's needs must be assessed individually.

A person may need support related to:

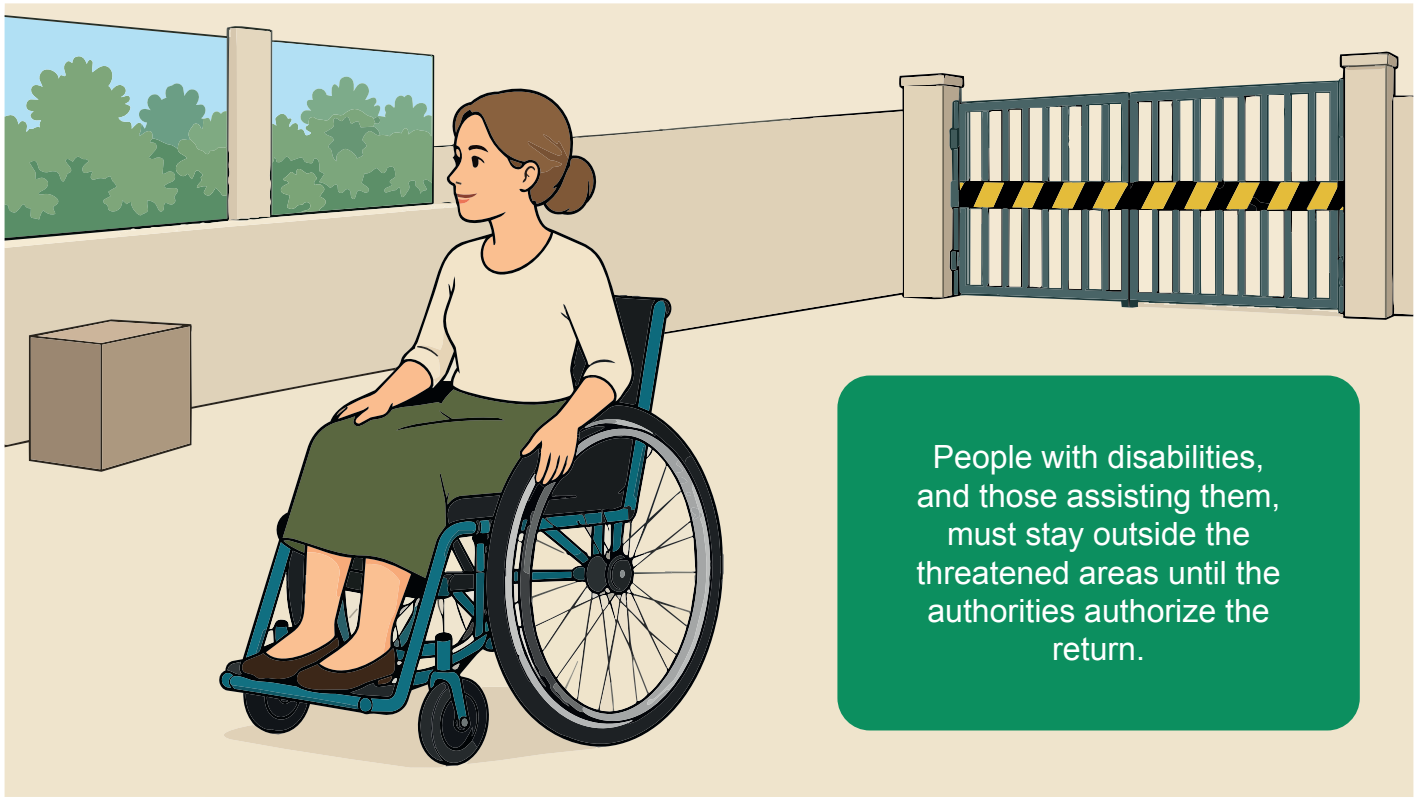
- mobility
- orientation
- vision
- hearing
- communication
- understanding
- eating
- medication
- medical equipment
- power supply
- transportation
- personal assistance
- service animals
- sensory regulation
- other functional needs.

Do not assume that people with the same disability need the same assistance.



Whenever possible, ask the person directly what they need and what is the best way to help them.

3.47. STAY IN THE SAFE ZONE



People with disabilities, and those assisting them, must stay outside the threatened areas until the authorities authorize the return.

Do not go back to recover:

- medications
- equipment
- wheelchairs
- electronic devices
- documents
- animals
- other belongings

if doing so means entering a dangerous or restricted area again.



If an essential medication, device, or equipment was left in the affected area, communicate the need to those in charge of the shelter, healthcare services, or the appropriate authorities in order to seek a safe alternative.

3.48. KEEP THE SUPPORT NETWORK ACTIVE WHEN NECESSARY



If a personal, family, community, or institutional support network was established before the emergency, keep it active for as long as it remains necessary.

The network can help with:

- Accompanying the person
- obtaining information
- managing supplies
- assisting with mobility
- keeping devices
- communicating with family members
- requesting assistance
- avoiding the overload of a single caregiver.

However, the support network must adapt to the circumstances after the disaster.

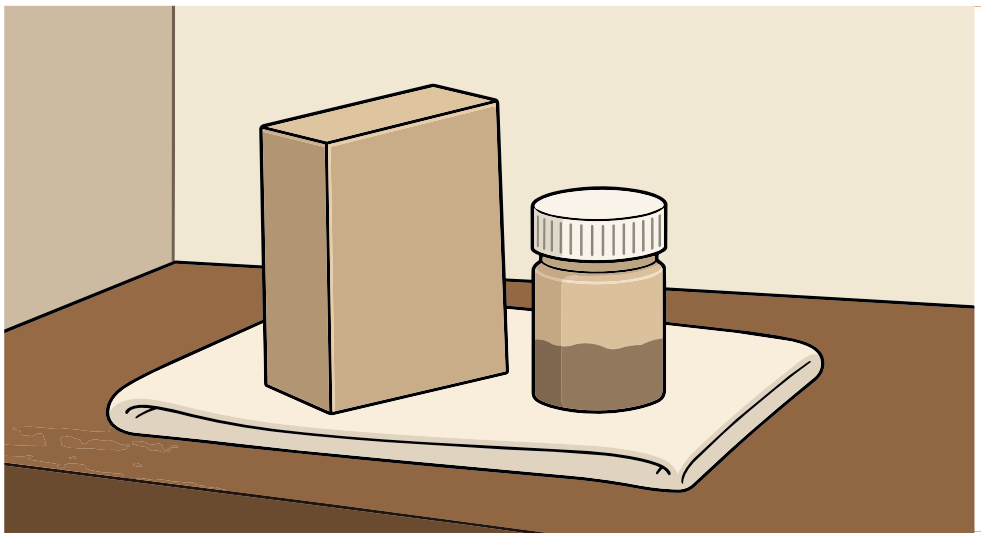


The person with a disability must retain, to the greatest extent possible, their autonomy and decision-making capacity.

3.49. MEDICATIONS

If the person takes medications regularly:

- Check which medications they still have
- make sure the containers have not been contaminated by floodwater
- keep them dry and properly stored
- keep the instructions, prescriptions or available information
- inform the health personnel
- avoid the risk of running out of an essential medication.



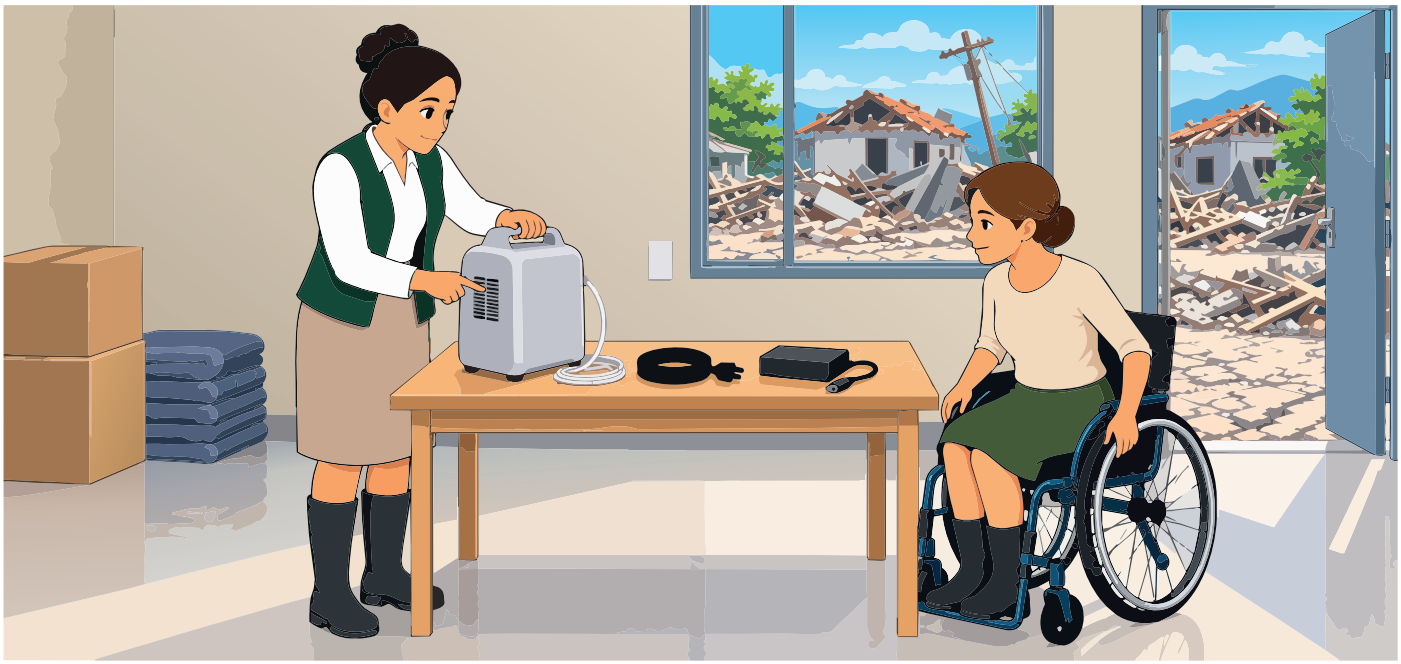
Do not use medications that have been directly exposed to contaminated water if there are doubts about their safety.

Do not change doses, stop treatments or substitute medications on your own, unless there is professional guidance

If an essential medication was lost, report it as soon as possible to healthcare personnel or to those in charge of the shelter.



3.50. MEDICAL EQUIPMENT AND ASSISTIVE DEVICES

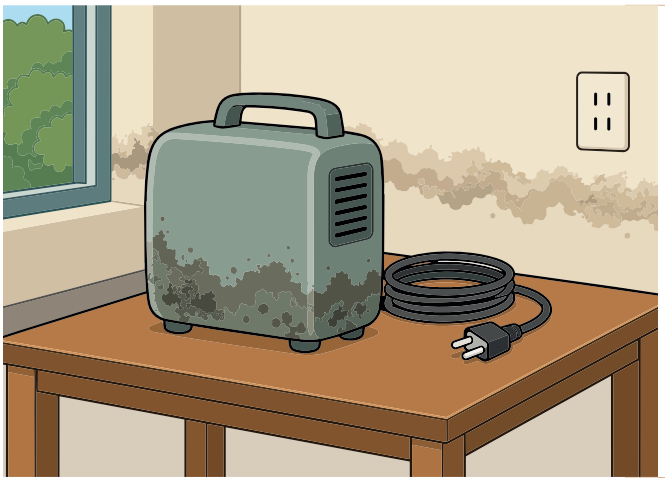


Some people depend on:

- oxygen concentrators
- respiratory equipment
- pumps
- communication devices
- hearing aids
- prostheses
- electric wheelchairs
- feeding equipment
- other medical or assistive devices.

After the tsunami, check whether the equipment:

- is dry
- has visible damage
- is working properly
- has sufficient battery power
- requires electricity
- needs supplies or replacement parts.



Do not connect equipment that has been wet or may be damaged to the electrical grid until it has been determined that it is safe to do so.

Immediately inform healthcare personnel or those in charge of the shelter when a device is essential to the person's health or safety and there is a risk that its operation may be interrupted.

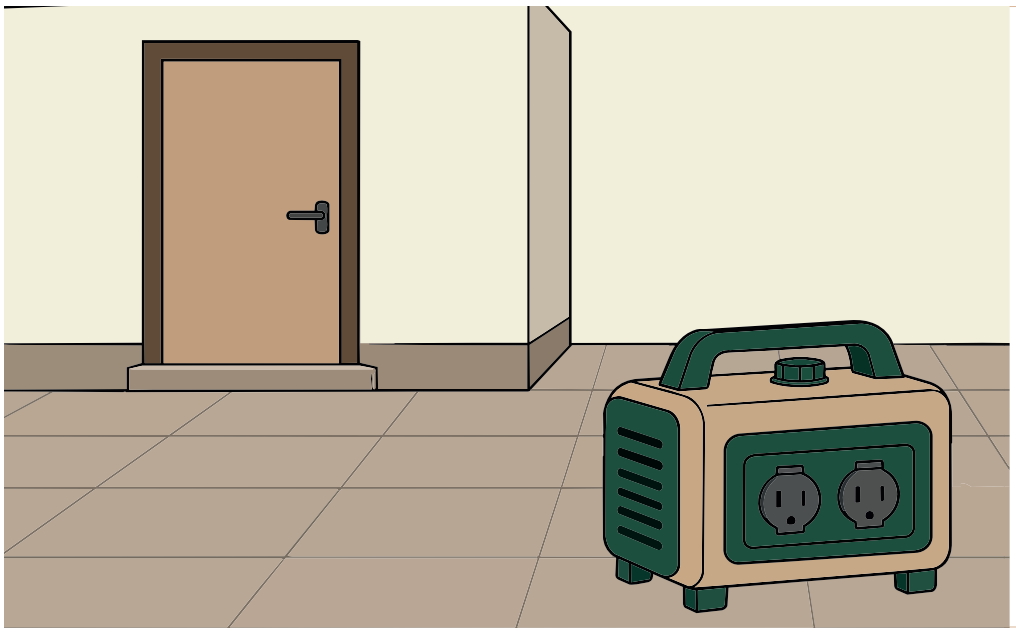
3.51. ELECTRICITY NEEDS

Power outages may especially affect people who depend on medical equipment or mobility and communication devices.



If a person needs electricity for an essential device:

- Report this need upon entering the shelter
- indicate which device they use
- communicate how long it can operate on battery power
- use alternative power sources only in a safe manner
- prioritize charging essential devices.



Portable generators must be used in accordance with safety rules and **never indoors or in enclosed spaces**, due to the risk of carbon monoxide poisoning.

3.52. WHEELCHAIRS, CANES, WALKERS, PROSTHESES, AND OTHER AIDS

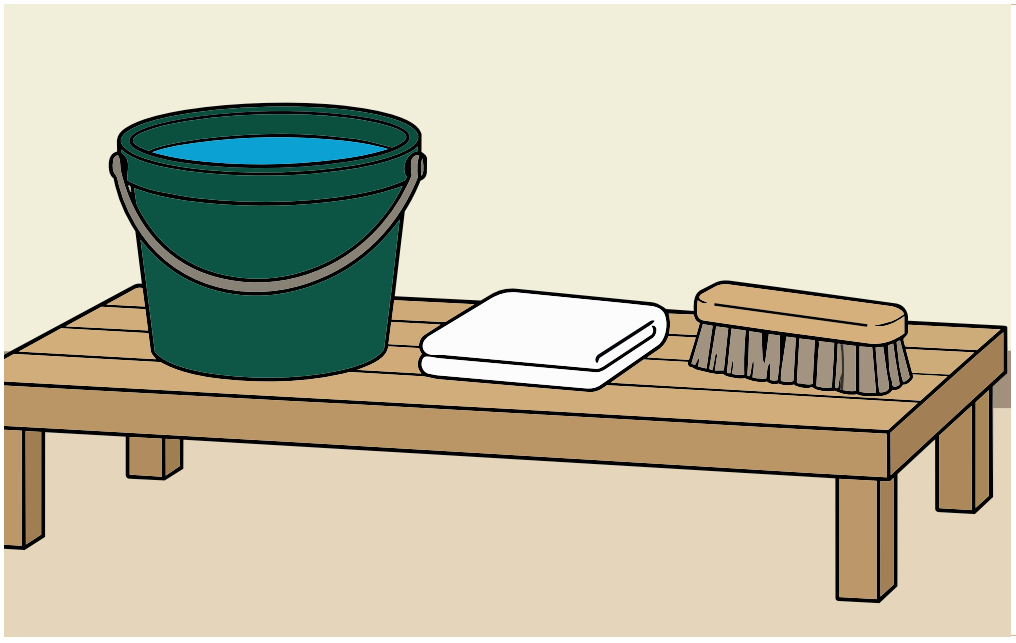
Mobility devices are part of a person's autonomy.



Do not remove, move, or handle them unnecessarily without authorization.

If a device has been damaged:

- report the need to the appropriate personnel
- seek a temporary alternative when available
- keep any salvageable parts and accessories
- avoid improvised repairs that could cause a fall or injury.



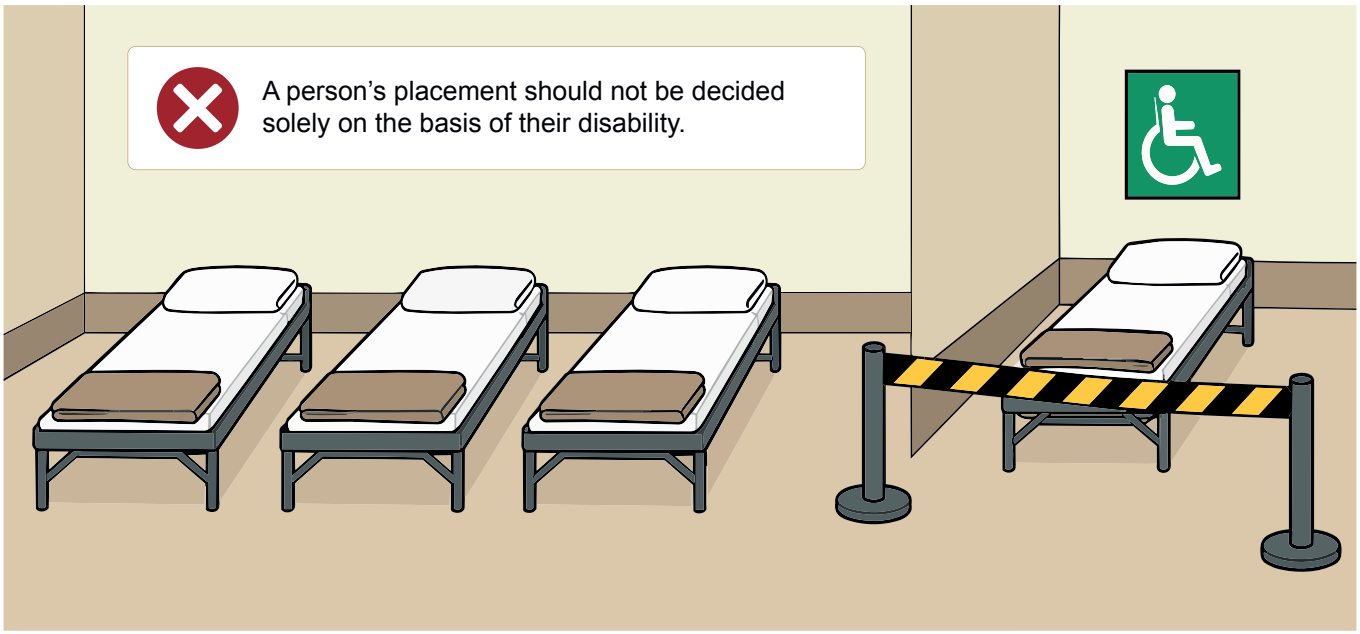
If a wheelchair or other device came in contact with contaminated water, it may require cleaning and, depending on the equipment, evaluation before it is used normally again.

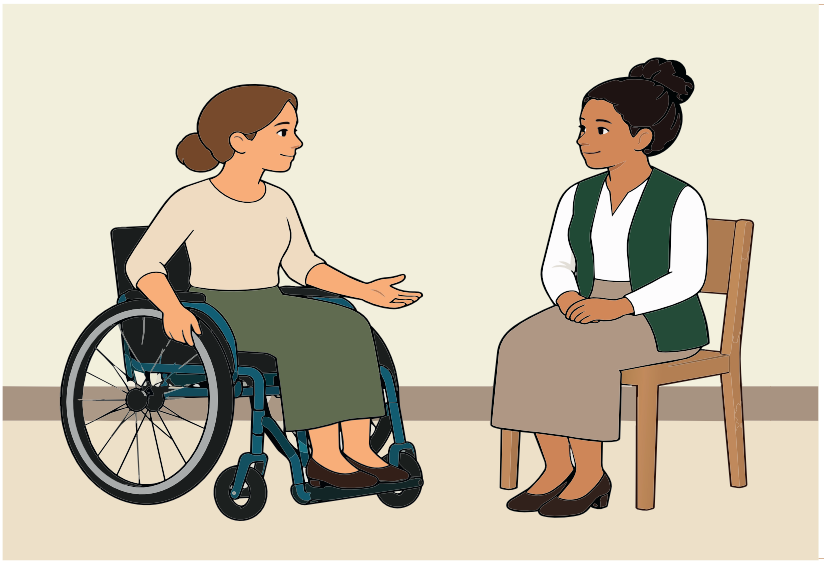
3.53. ACCESSIBILITY IN SHELTERS AND MEETING POINTS

When entering a shelter, communicate any relevant functional needs.

It may be necessary to request:

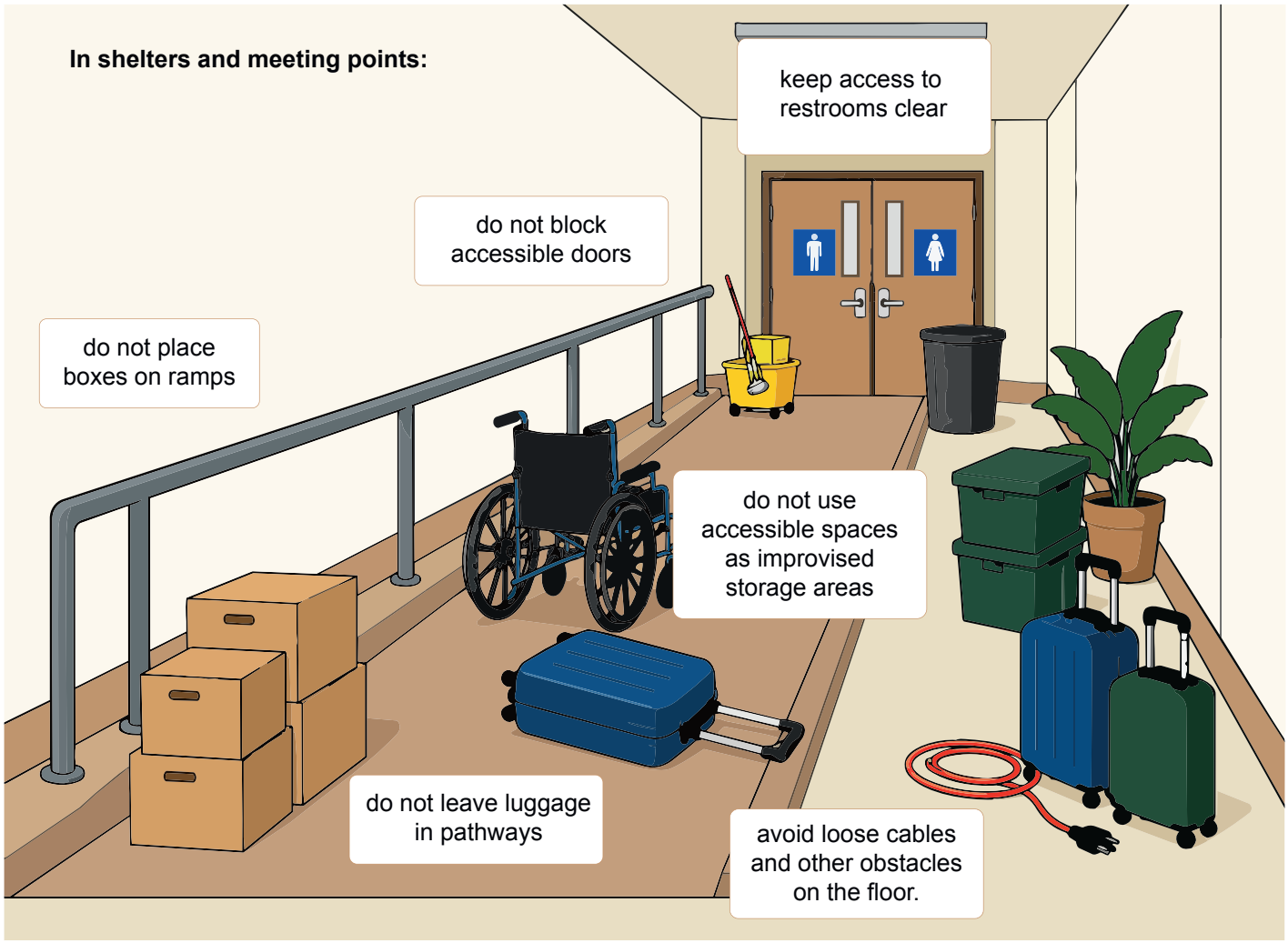
- an accessible route
- reasonable proximity to accessible restrooms
- enough space for a wheelchair
- a safe, obstacle-free surface
- access to electricity
- appropriate storage for medications
- assistance with eating
- a space with fewer stimuli
- alternative means of communication
- other accommodations.

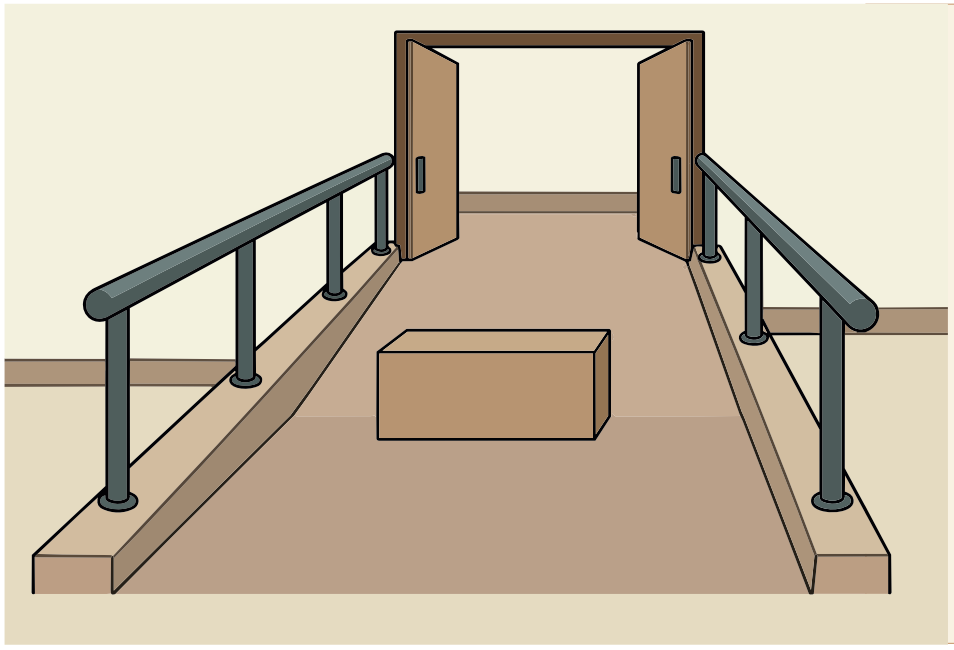




Whenever possible, the person should be consulted directly about which location and assistance are most appropriate.

3.54. KEEP ACCESSIBLE ROUTES CLEAR



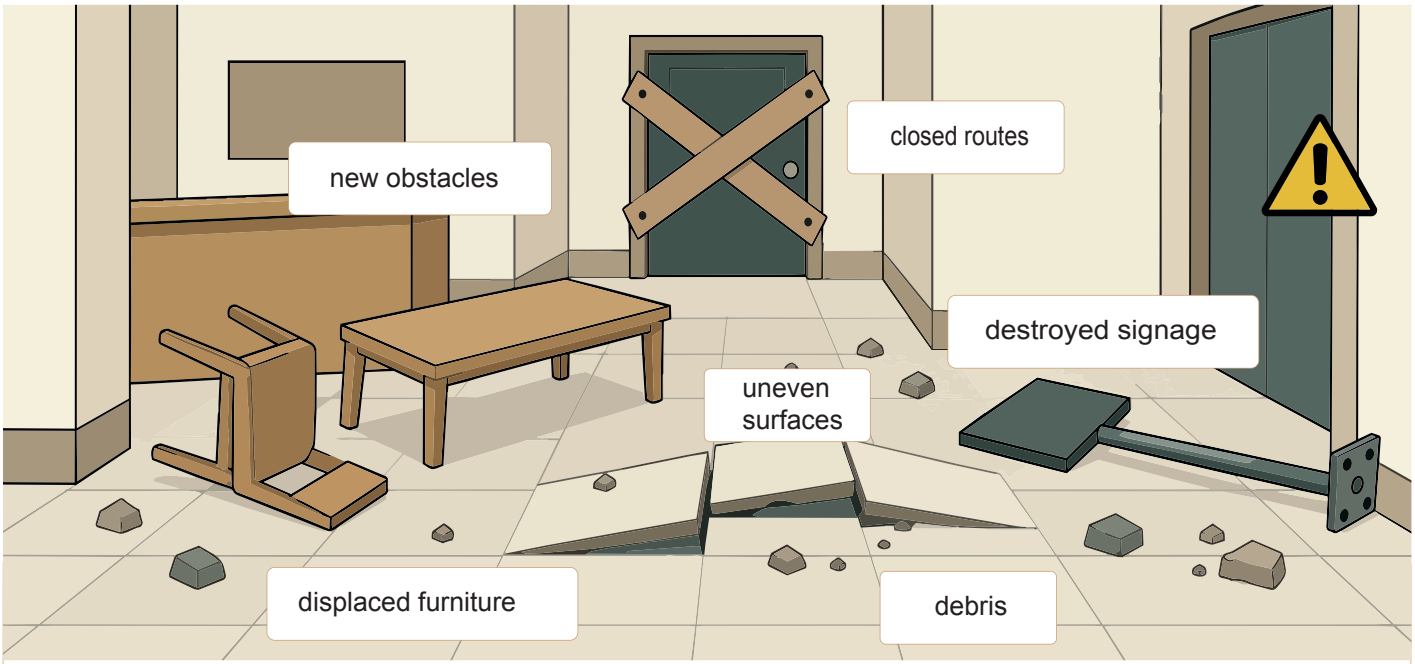


After a disaster, a seemingly small obstacle can completely prevent a person with reduced mobility from moving or cause a fall.

3.55. PEOPLE WITH VISUAL IMPAIRMENTS

After a tsunami, a previously familiar environment may have changed completely.

There may be:

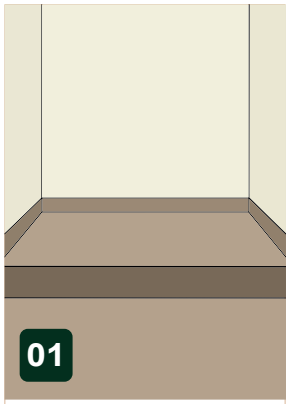


If a person requests assistance:

- Identify yourself
- ask how they would like to be guided
- offer your arm when that is their preferred method
- describe relevant obstacles
- announce steps and changes in elevation
- clearly indicate changes in direction
- explain important changes in the surroundings.

DO NOT USE AMBIGUOUS EXPRESSIONS SUCH AS "OVER THERE" OR "CAREFUL."

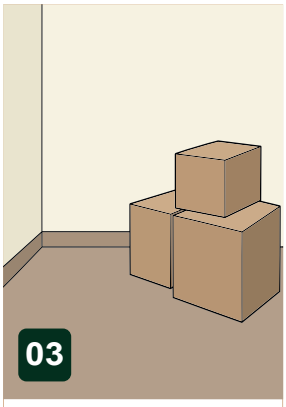
Use specific instructions:



"There is a step down."



"The door is on your right."



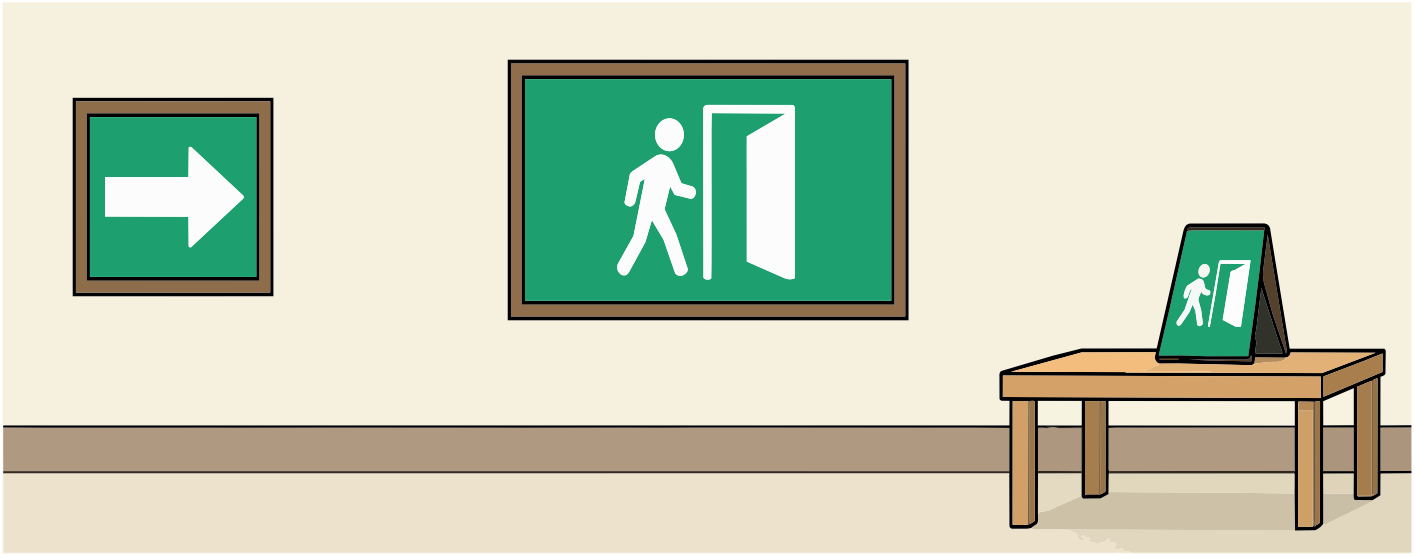
"There are boxes ahead; we are going to go around them on the left."



Do not force the person to stay permanently holding onto a guide's arm. Offer assistance and respect the form of orientation the person themselves prefers.

3.56. DEAF PEOPLE OR PEOPLE WITH HEARING IMPAIRMENTS

Information after a tsunami must also be provided through visual and written means.



Do not rely exclusively on:

- loudspeakers, sirens
- verbal announcements
- radio.



When possible, use:

- written messages
- signs
- screens
- text messages
- apps
- pictograms
- sign language when available
- other appropriate systems.

Make sure the person has access to essential updates about:

- new alerts
- evacuations
- shelter changes
- supply distribution
- medical care
- authorization to return.



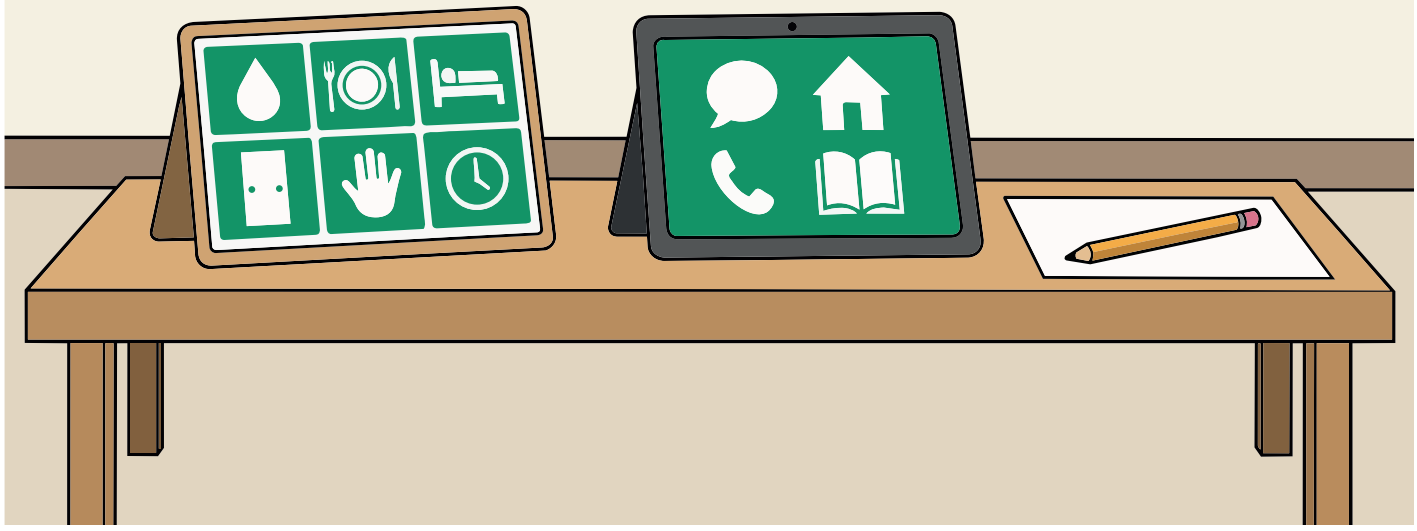
3.57. PEOPLE WITH COMMUNICATION NEEDS

Some people may use:

- communication boards
- electronic devices
- pictograms
- writing
- gestures
- augmentative or alternative communication systems.

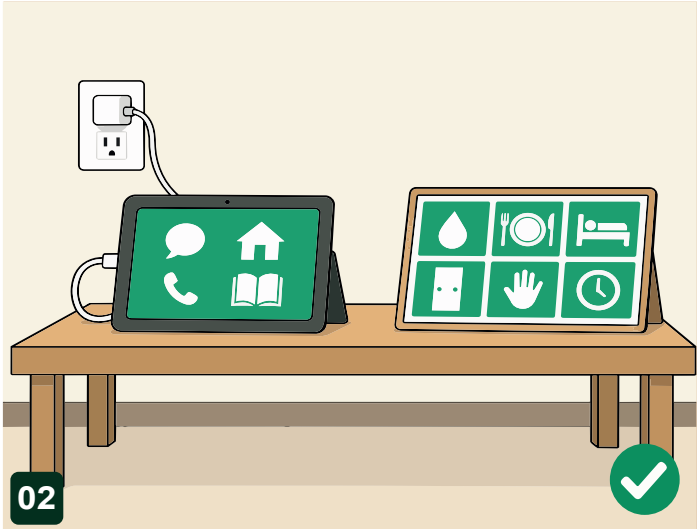
Do not confuse difficulty speaking with difficulty understanding or making decisions.

Give enough time to respond when circumstances allow.





Keep their communication devices available and charged whenever possible.



Speak directly to the person, not exclusively to the person accompanying them.

3.58. PEOPLE WITH INTELLECTUAL, COGNITIVE, OR DEVELOPMENTAL DISABILITIES, AND NEURODIVERGENT PEOPLE



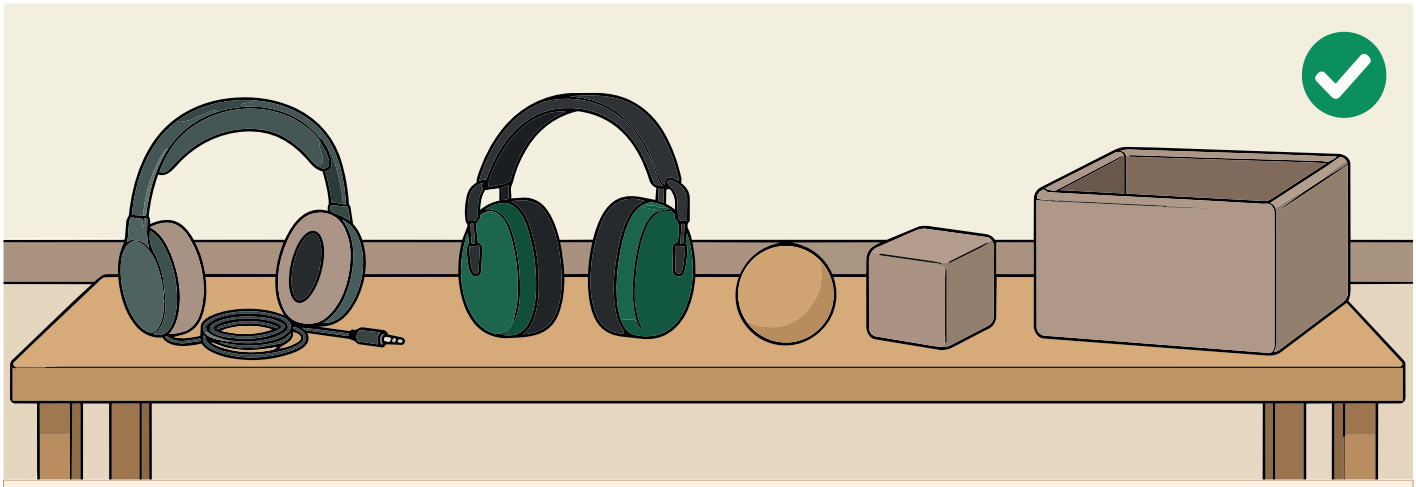
Shelters may have:

- Intense noise
- constant lighting
- crowds
- unfamiliar smells
- frequent physical contact
- disruption of routines
- lack of privacy.

These conditions may cause distress or sensory overload in some people.

When possible:

- provide a quieter space
- reduce unnecessary stimuli
- maintain familiar routines
- use brief instructions
- explain changes in advance
- allow the use of familiar sensory regulation items
- avoid unexpected physical contact.



If the person uses headphones, hearing protection, sensory regulation items, or other resources, and these are available, allow their use when it is safe.

Do not assume that all autistic people or people with intellectual disabilities need isolation. Assistance must be individualized.

3.59. PEOPLE WITH DISABILITIES AND CONTAMINATED WATER

Unnecessary contact with floodwater and mud should be avoided for all people.



Pay special attention when a person:

- Has open wounds
- uses devices that remain in prolonged contact with the skin
- has difficulty detecting an injury
- cannot inspect certain parts of their body
- needs assistance with hygiene.

If contact with contaminated water occurs:

- perform the corresponding hygiene measures using safe water
- check for possible wounds
- properly clean any devices that were exposed
- seek healthcare services when necessary.

Do not assume that all people with disabilities automatically have greater vulnerability to infections. The risk depends on the circumstances and on individual conditions.



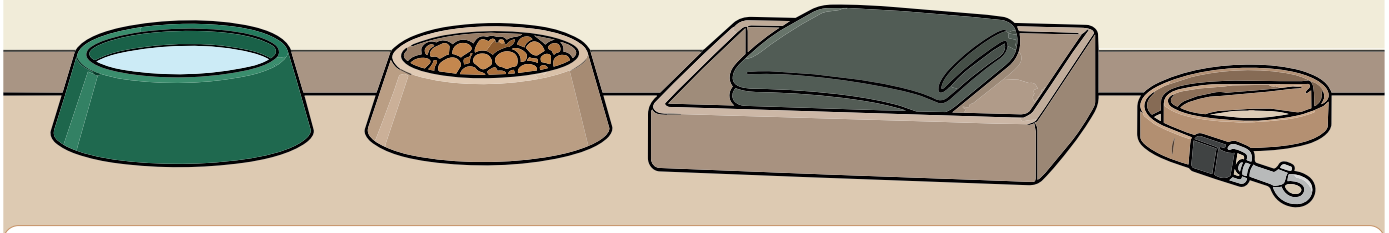
3.60. SERVICE ANIMALS

Service animals must remain with the person they assist whenever possible.



Ensure:

- Safe water
- appropriate food
- a place for them to relieve themselves
- proper physical control
- assessment for possible injuries.



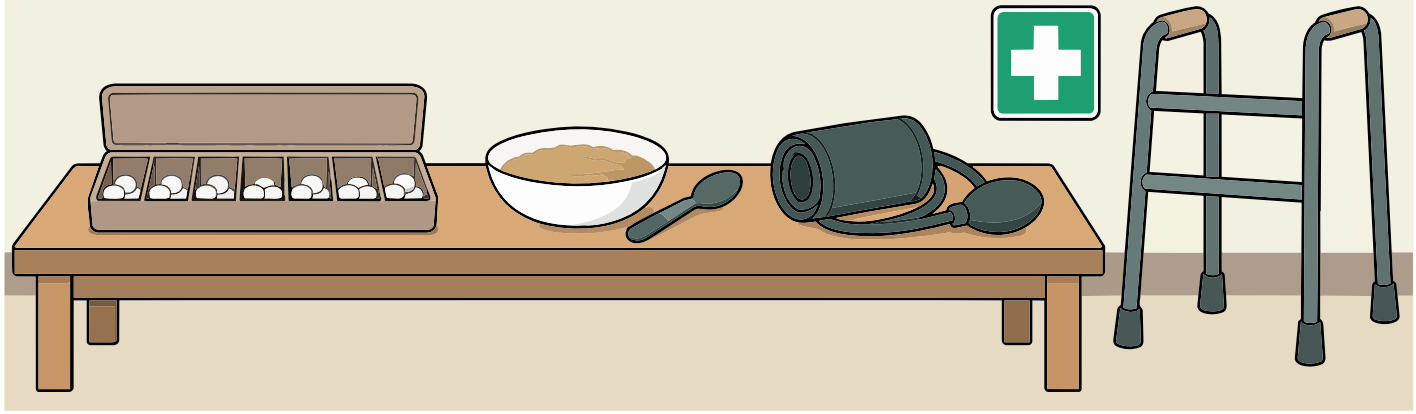
Do not separate a person from their service animal simply because other pets are not admitted in a certain area without first consulting the applicable rules and seeking an appropriate solution.

If the animal is injured or can no longer perform its function, immediately communicate that the person may need alternative assistance.

3.61. OLDER ADULTS AND PEOPLE WITH MEDICAL NEEDS

Some older adults or people with medical needs may require:

- Medication
- specific food
- assistance with mobility
- medical devices
- healthcare services
- help understanding information
- support communicating with family members.



Do not assume someone is incapable simply because of their age.



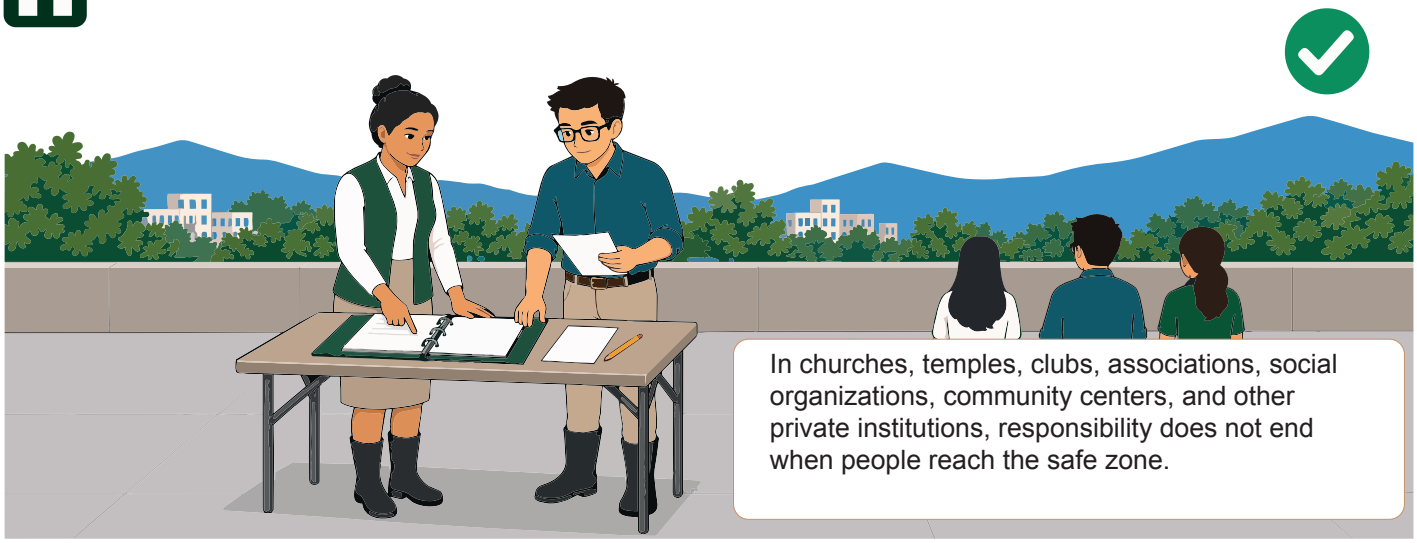
Ask what assistance the person needs and respect their autonomy.

Pay attention to signs of:

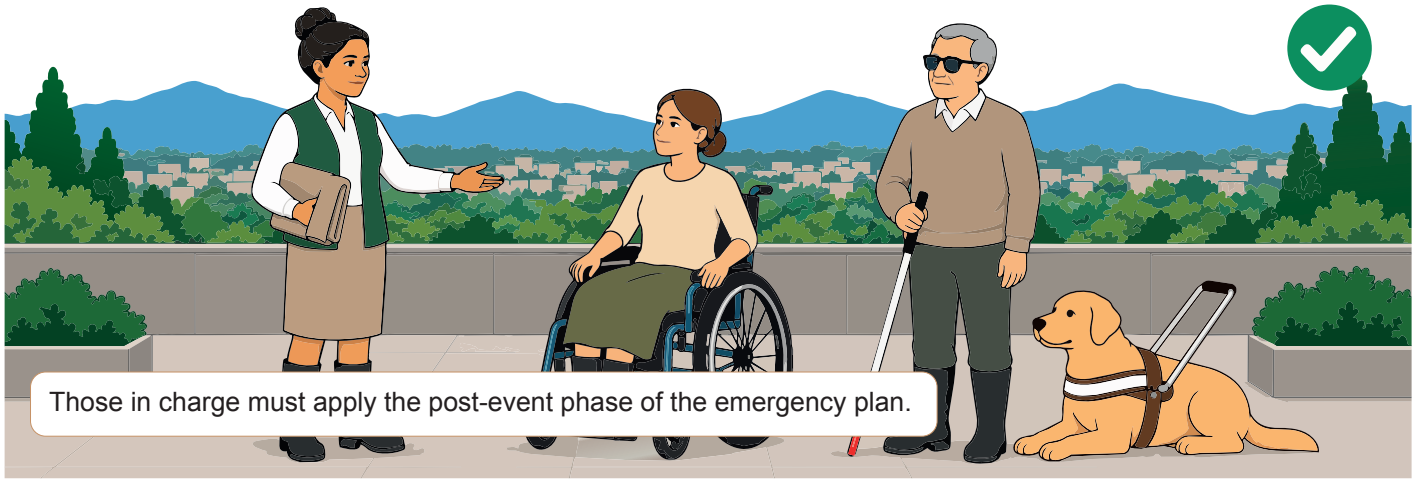
- Dehydration
- exhaustion
- confusion
- pain
- difficulty breathing
- worsening of a pre-existing condition.

Seek healthcare services when appropriate.

3.62. RESPONSIBILITY OF INSTITUTIONS AFTER THE TSUNAMI



In churches, temples, clubs, associations, social organizations, community centers, and other private institutions, responsibility does not end when people reach the safe zone.



Those in charge must apply the post-event phase of the emergency plan.



The institutional priorities are to:

- Protect evacuated people
- verify who reached the safe point
- identify missing persons
- detect injured people or people who need assistance
- maintain communication with the authorities
- prevent premature returns
- facilitate reunification
- provide verified information
- collaborate with the official response.

3.63. TAKE A HEADCOUNT IN THE SAFE ZONE

When conditions allow, each person in charge of a group must account for the people under their supervision.

The headcount must be done in the safe zone, not delaying the evacuation inside the building or threatened area.





Use:

- attendance lists
- registration records
- rosters
- information from group leaders
- other available means.



Identify:

- people present
- injured people
- people who need assistance
- people whose whereabouts are unknown.

Report any people who are missing to the institutional coordination team and, when appropriate, to emergency services.

3.64. DO NOT SEND PEOPLE TO LOOK FOR MISSING PERSONS

If a person is missing:

- gather information about where they were last seen
- determine who they were with
- record their information
- communicate the information to the authorities or responsible teams.



01 Do not organize improvised groups to return to the affected area while danger or access restrictions remain.



02 Do not allow family members, volunteers, or members of the institution to return individually.



Searching in flooded areas, damaged buildings, or collapsed structures requires coordination and, in many circumstances, specialized training.



3.65. CARE FOR INJURED PEOPLE

Quickly identify those who need care.

Provide first aid within the abilities of the trained people who are present.



Request professional assistance for:

- major bleeding
- difficulty breathing
- loss of consciousness
- serious injuries
- burns
- fractures
- deep wounds
- other medical emergencies.



01 Do not perform procedures that you are not qualified to do.



02 Keep access clear for emergency services.

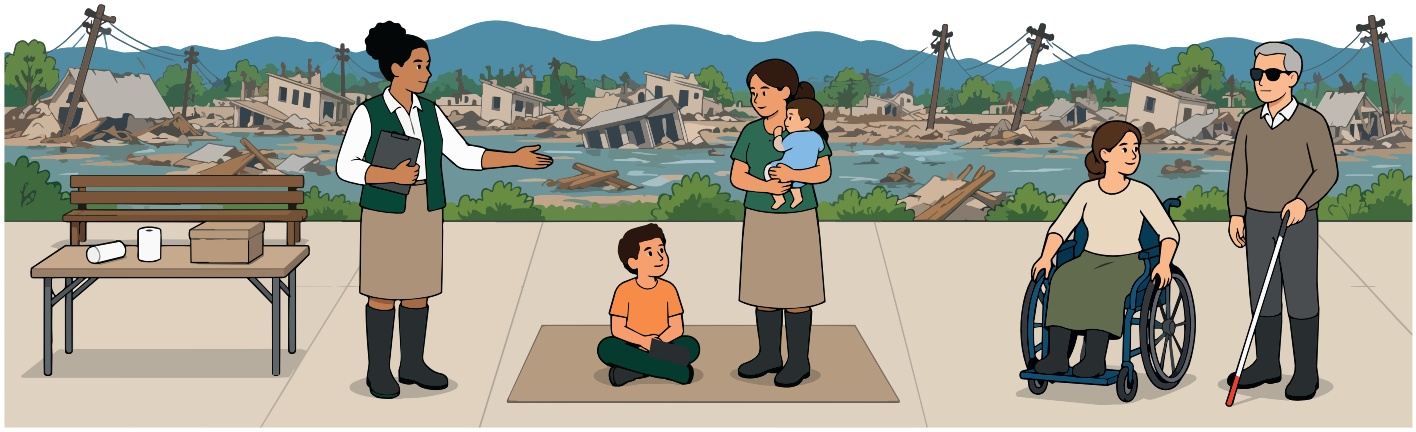


3.66. ORGANIZATION OF THE MEETING POINT

When an institution must remain at a safe point for some time, organize the space to reduce risks.

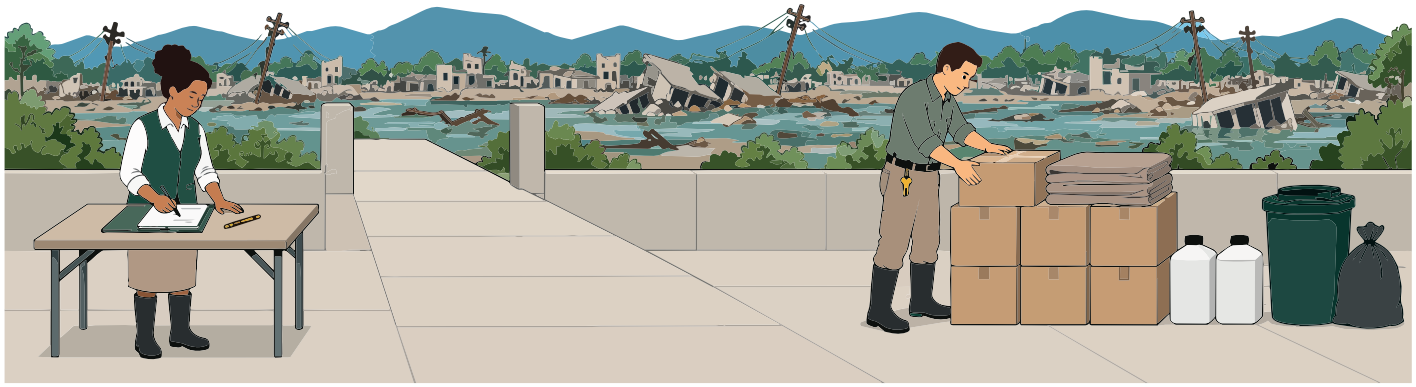
When conditions allow, establish areas for:

- people who require first aid
- minors
- people who need additional assistance
- water distribution
- information and registration
- reunification.



Keep:

- Pathways clear
- access points unobstructed
- supplies organized
- waste controlled
- information centralized.



Do not turn the meeting point into a disorganized space where it becomes impossible to determine who is present or who needs help.



3.67. INSTITUTIONAL INFORMATION

When possible, designate one person responsible for centralizing information.



The institution must communicate only information that is:

- confirmed
- necessary
- understandable
- from official sources or verified observations.

01

Avoid spreading:

- rumors
- unconfirmed figures
- names of possible victims before the corresponding confirmation
- contradictory accounts
- alarmist messages.

02

The information must clearly indicate what people should do.



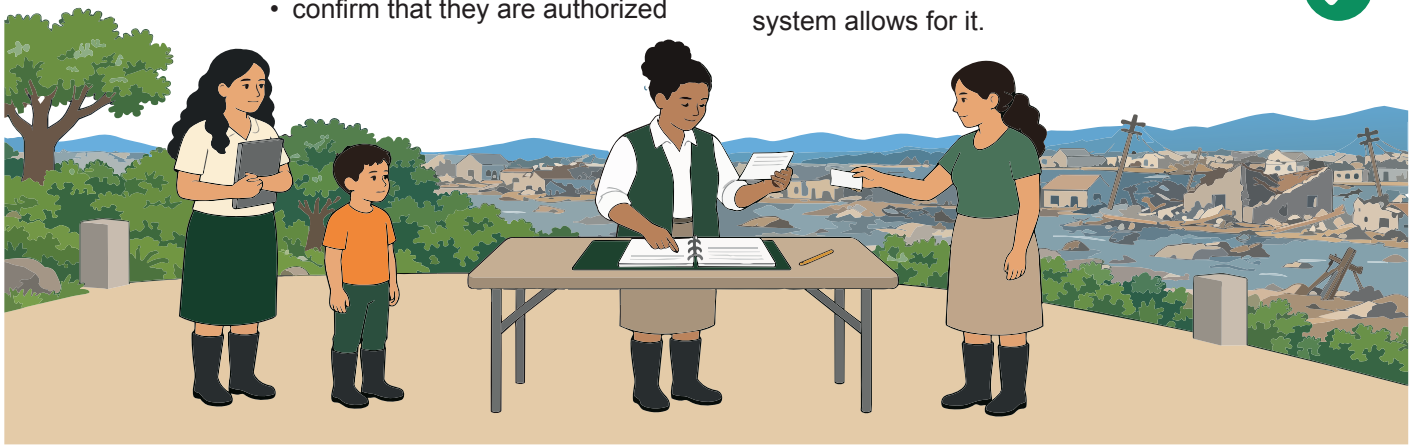
3.68. REUNIFICATION IN INSTITUTIONS

When minors or dependent people have been evacuated under institutional responsibility, apply the previously established reunification procedure.

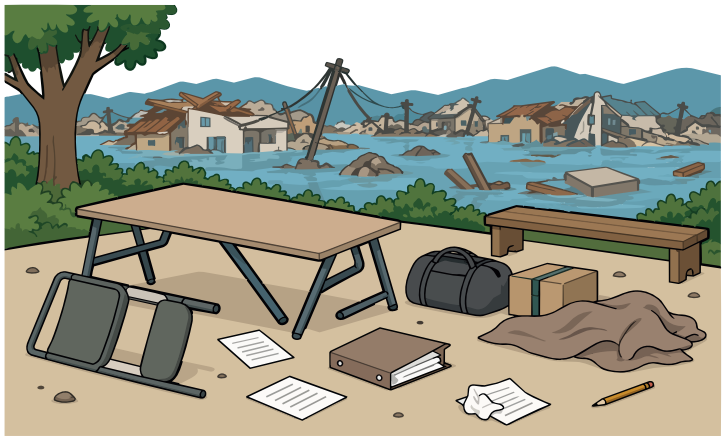


Before releasing a minor:

- verify the adult's identity
- confirm that they are authorized
- record the release when the institutional system allows for it.



01 Do not allow the chaos after the disaster to eliminate basic protection controls.



02 If a family member has not yet arrived, keep the minor under supervision and follow the corresponding procedure.



3.69. DO NOT AUTHORIZE RETURN ON YOUR OWN

An institution must not independently declare that an evacuated area is safe simply because:

- the water receded
- no new waves are observed
- other people began to return
- the building appears intact
- someone informally reported that the emergency was over.



Wait for authorization from the relevant authorities.



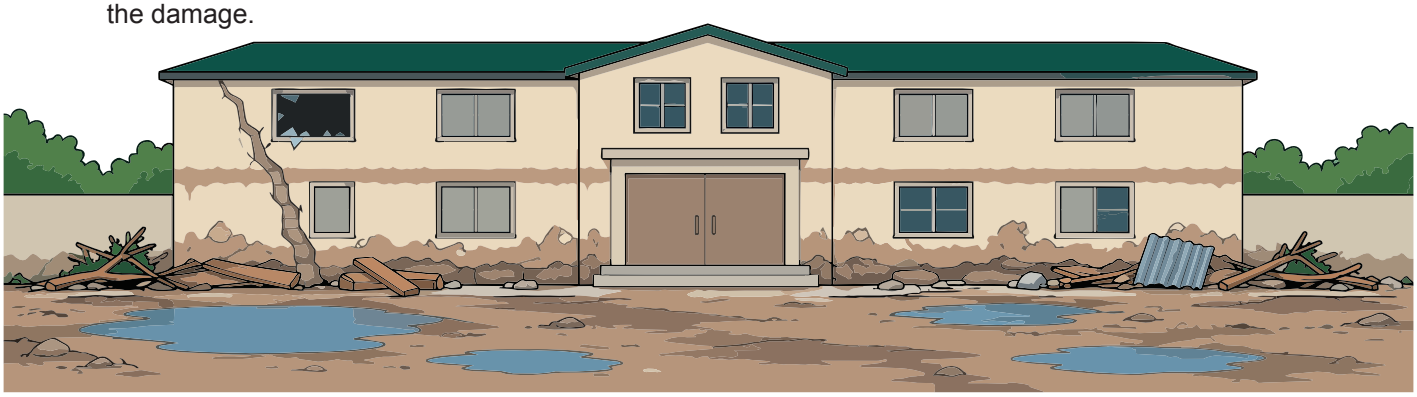
The decision to return must be based on official information, not on personal impressions.



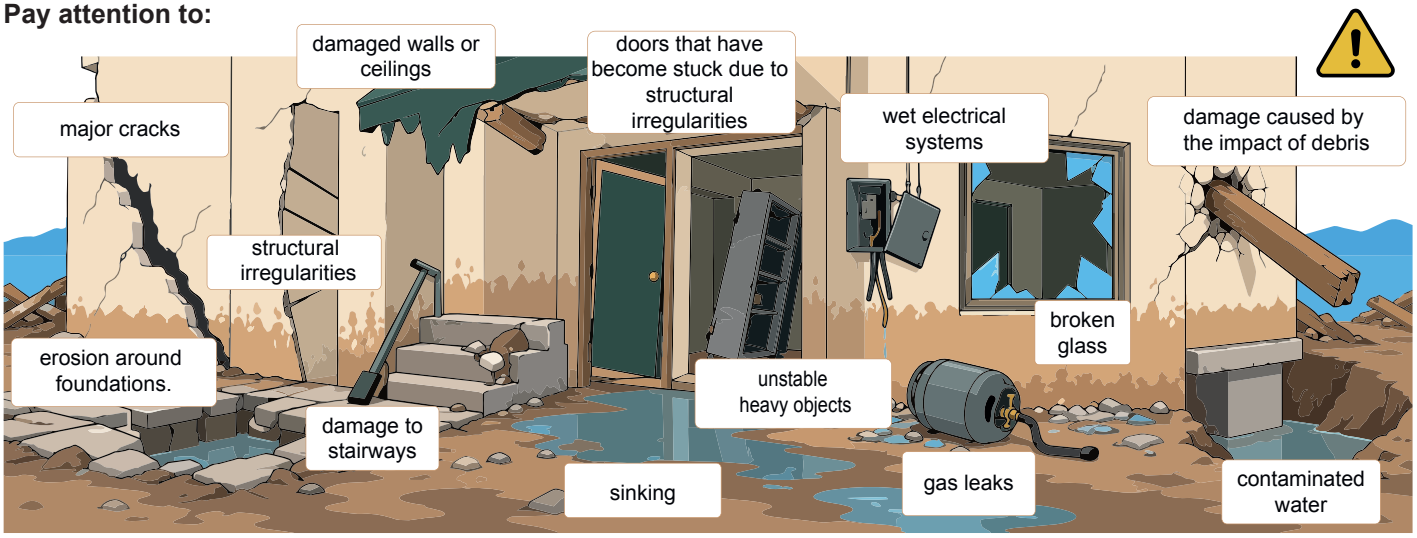
3.70. INSPECTION OF THE INSTITUTIONAL BUILDING

Once general return to the area has been authorized, this does not automatically mean that each individual building is safe to occupy.

Before resuming activities, the condition of the facilities must be assessed according to the extent of the damage.



Pay attention to:

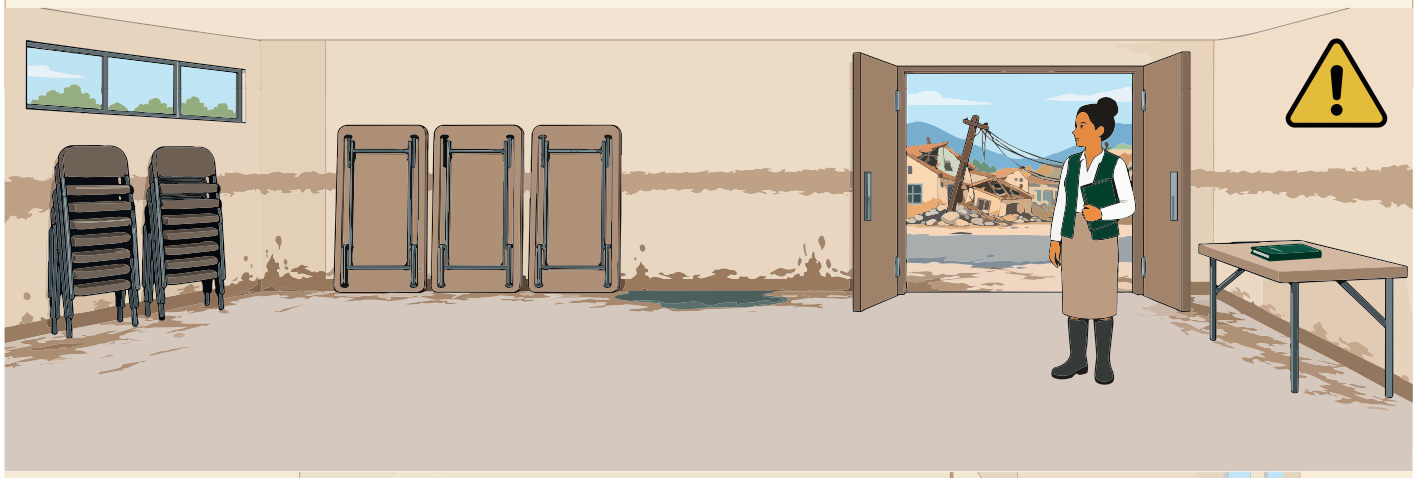


If there are signs of structural damage, do not allow entry until the appropriate assessment determines that it can be done safely.



3.71. DO NOT RESUME ACTIVITIES PREMATURELY

The fact that an institution may be able to re-enter its facilities does not necessarily mean that it is ready to resume its usual activities.





Before reopening, the following must be considered:

- structural safety
- electricity
- gas
- availability of safe water
- sewage and waste-disposal systems
- working restrooms
- accessibility
- emergency exits
- communication systems
- hygienic conditions
- risks arising from moisture or contamination
- ability to respond to a new emergency.

The continuation of activities must never take priority over safety.



3.72. CLEANING THE FACILITIES

Cleaning tasks must be organized according to the existing risks.



Do not allow the following to participate in dangerous tasks:

- children
- people without appropriate protection
- people who are not trained for the specific task.

Volunteers must not handle the following on their own:

- power lines
- gas systems
- unknown chemical substances
- unstable structural materials
- other hazardous items.



3.73. DOCUMENT DAMAGE WHEN IT IS SAFE

When the authorities allow access and doing so does not pose a danger, the institution may document:



Use photographs, videos, inventories, or other records when necessary for insurance, assistance, repairs, or institutional administration.



Never enter an unsafe area solely to take photographs or obtain documentation.



3.74. PROTECT INSTITUTIONAL INFORMATION AND DOCUMENTATION

If institutional records have sustained water or physical damage:

- preserve what can be recovered when it can be done safely
- protect personal and confidential information
- do not leave sensitive documents in public spaces
- use the backup copies prepared during the prevention phase when available.





Protecting information is important, but no document justifies entering a dangerous structure.

3.75. COORDINATION WITH THE AUTHORITIES

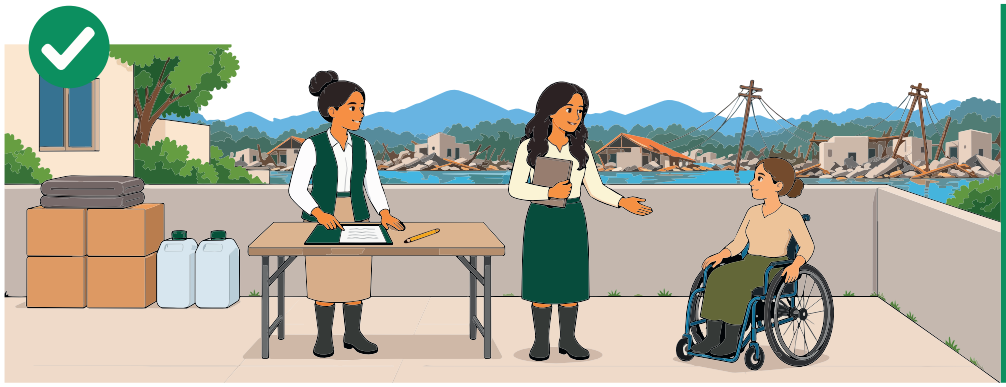
Private institutions and community organizations must collaborate with the authorities and agencies in charge of the emergency response.





When appropriate:

- communicate the approximate number of people under your supervision
- report injured persons
- report missing persons
- communicate special needs
- follow instructions regarding shelters and evacuations
- respect movement restrictions
- avoid duplicating or interfering with emergency operations.



An institution can be a valuable resource for the community, but it must act within its capabilities and in a coordinated manner.

3.76. DONATIONS AND MATERIAL AID



After a disaster, a large volume of donations may be generated quickly.



Before collecting or distributing goods:

- determine which items are truly necessary
- coordinate with the responsible organizations
- organize receipt and storage
- avoid accumulating products that have not been requested
- check the safety of food, water, and medications.



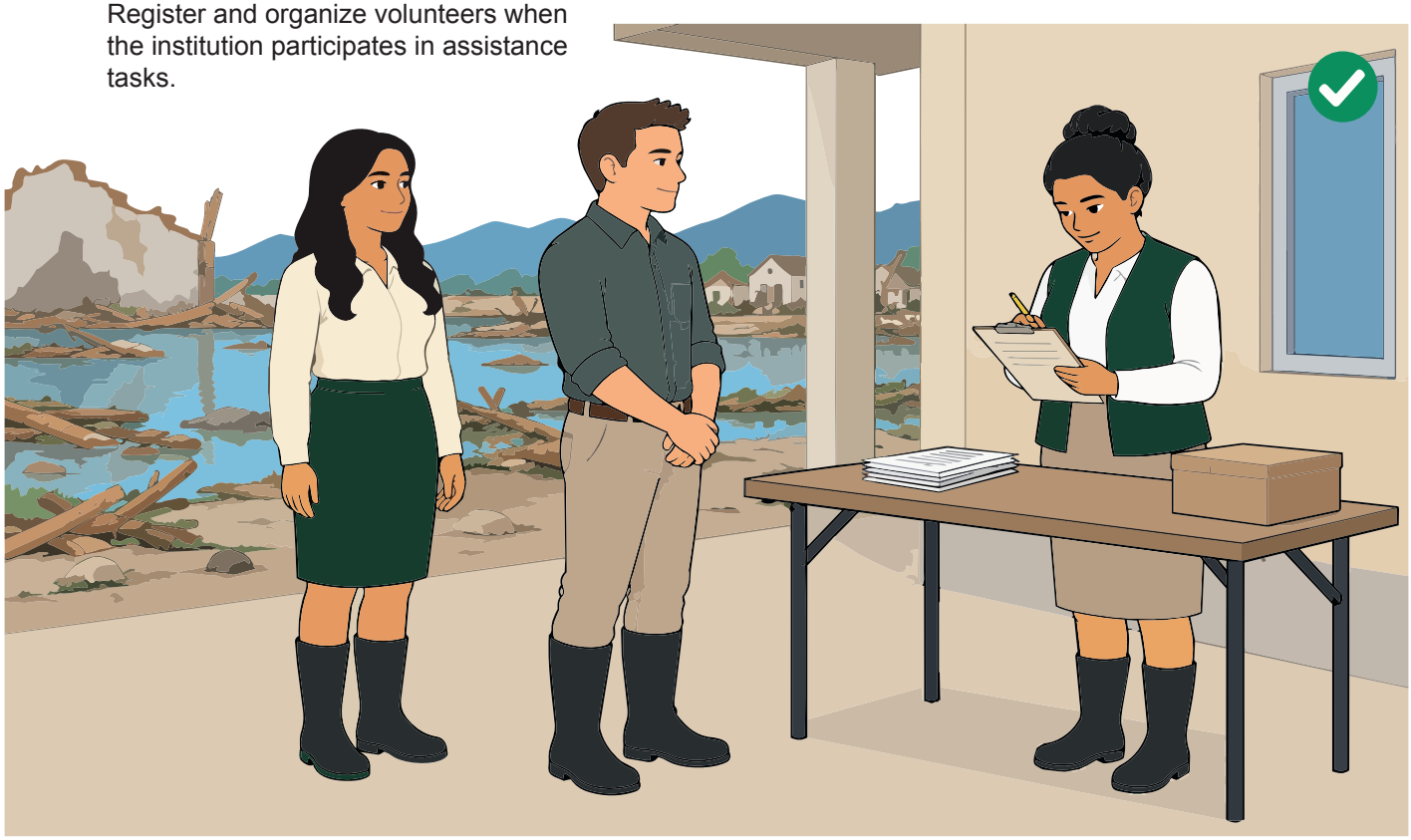
Do not distribute food, medications, or health products with questionable origins or storage conditions.



Aid must respond to real needs and must not become an additional logistical difficulty.

3.77. VOLUNTEERS

Register and organize volunteers when the institution participates in assistance tasks.





Assign functions according to:

- training
- experience
- physical condition
- existing risks.

Do not allow unprepared volunteers to perform:

- technical search and rescue
- entry into unstable structures
- electrical work
- gas handling
- intervention involving hazardous substances
- medical procedures for which they are not trained.

Good intentions do not eliminate risks.



3.78. CARE FOR THOSE WHO HELP

Institutional leaders, volunteers, caregivers, and members of support teams may also experience:

- exhaustion
- stress
- fear
- sadness
- irritability
- difficulty concentrating.





Organize breaks when circumstances allow.



Avoid allowing one person to take on all care, coordination, or assistance tasks for prolonged periods.



Requesting relief or help when necessary is part of a responsible response.

3.79. RECORD OF DECISIONS AND NEEDS



When the immediate emergency has decreased and conditions allow, record:

- people assisted
- pending needs
- available supplies
- identified damage
- decisions made
- official communications received
- actions requiring follow-up.



This record will facilitate the continuity of the institutional response and later recovery.



However, do not allow administrative tasks to interfere with immediate safety and assistance needs.

3.80. INSTITUTIONAL PRINCIPLE FOR RECOVERY



After a tsunami, an institution must act according to a clear sequence:

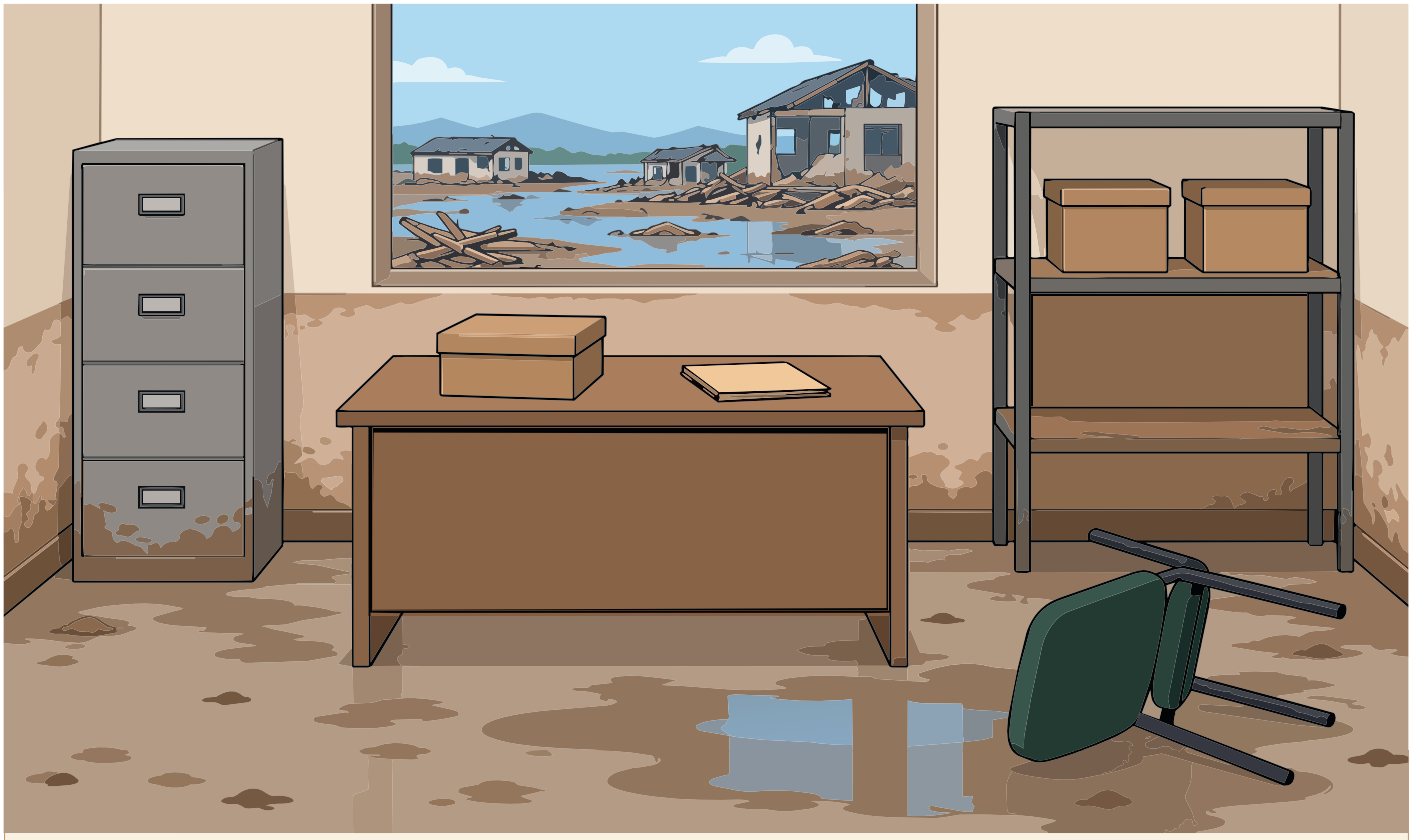
First, protect people.

Then, verify who is present and who needs help.

Next, coordinate assistance and reunification.

Only when the authorities allow it, assess the facilities and the damage.

Finally, begin an organized and safe recovery.



Buildings, equipment, documents, and material goods may be important for institutional continuity.

None of them takes priority over the life and safety of people.

CENTRO DEL REINO DE PAZ Y JUSTICIA

Civil Training Program: Risk Management and Emergency Preparedness

TSUNAMIS

MODULE 2

PHASE 3: AFTER

EDUCATIONAL DOCUMENT FOR THE GENERAL POPULATION
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