



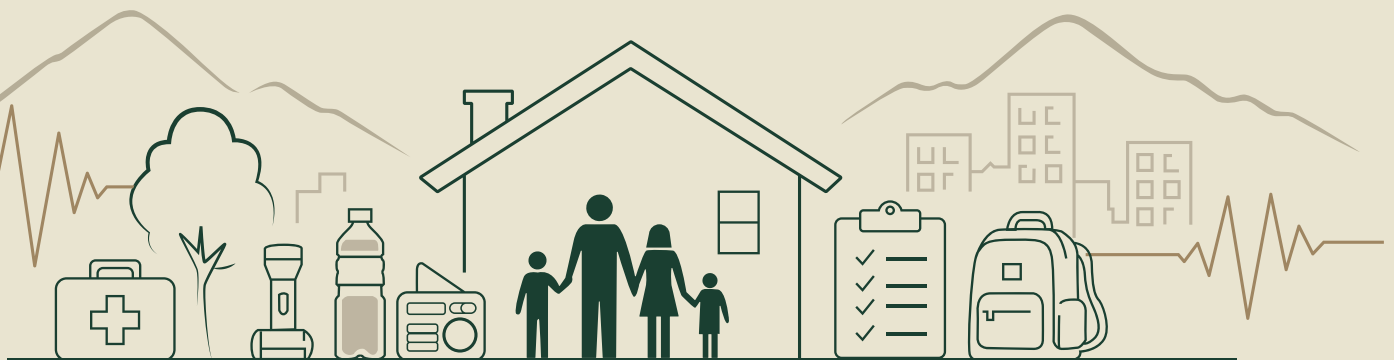
KINGDOM OF PEACE AND JUSTICE CENTER

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

EARTHQUAKES

MODULE 1

PHASE 3: AFTER



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

Edition 1 - 2026

EDUCATIONAL GUIDE FOR DISASTER MANAGEMENT:
EARTHQUAKES
MODULE 1 · PHASE 3: AFTER THE EARTHQUAKE
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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EARTHQUAKES

MODULE 1 | PHASE 3: AFTER

Safety, assessment, evacuation, and initial recovery



Learning objective

For the participants to assess their own safety and that of their surroundings once the shaking has ended, and apply the correct protective, evacuation and first aid actions after an earthquake — including aftershocks, checking essential utilities (gas, electricity and water), and caring for children, pets and people with disabilities.

When the main shaking of an earthquake stops, the emergency has not necessarily ended. Aftershocks may occur, causing additional materials to come loose or the collapse of previously weakened structures. Therefore, during the first few minutes and in the hours that follow, it is essential to act with caution, assess your surroundings before moving, and follow the instructions of the authorities and emergency services.

The priority remains: PROTECT LIFE.

After the shaking:



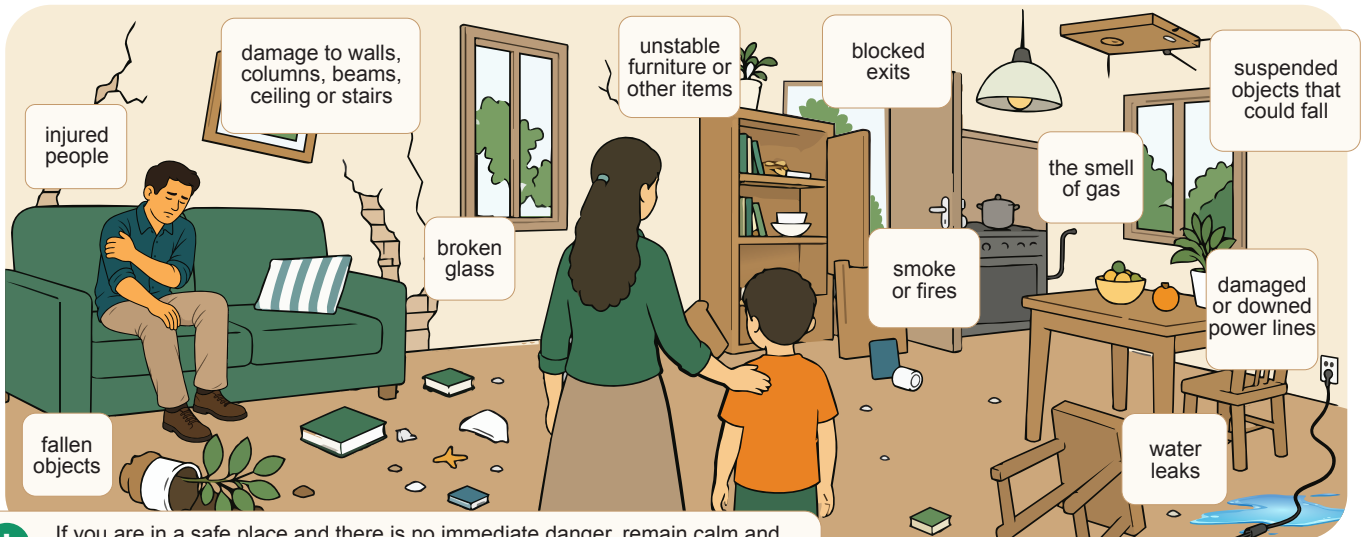
ASSESS – PROTECT YOURSELF – EVACUATE IF NECESSARY – STAY INFORMED.



3.1 WHEN THE SHAKING STOPS

When the shaking stops, don't automatically rush toward the exit. Quickly scan your surroundings and check for any immediate dangers.

01 Pay close attention to:



If you are in a safe place and there is no immediate danger, remain calm and figure out the safest route before moving.

02 IF EVACUATION BECOMES NECESSARY:

Walk, do not run.

Use the evacuation routes that remain safe.

Do not use elevators.

Avoid pushing and crowding.

Help those who need assistance without putting yourself in unnecessary danger.

Keep children and the members of your group together.

Proceed to the designated meeting point or the location indicated by the authorities.

Take the emergency kit only if it is immediately available and you can grab it without delaying a necessary evacuation.

Once outside, stay away from damaged buildings, facades, balconies, ledges, walls, poles, power lines, and other objects that could fall.

Do not return to a damaged building until the authorities or qualified professionals indicate that it is safe to do so.





3.2 PREPARE FOR AFTERSHOCKS

Aftershocks may occur after the initial shaking. Some may be strong enough to cause objects to fall or to worsen existing damage.

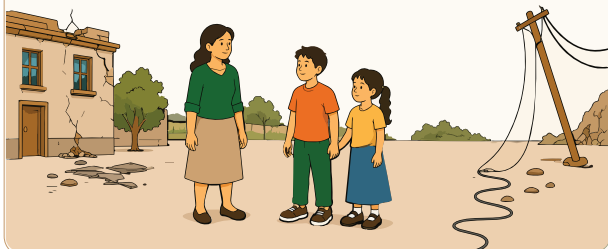
01 If another tremor begins:



02



If you are already in an open, safe area, stay away from buildings, poles, power lines, walls, and other objects that could fall.



Do not enter damaged structures.



A building that remained standing after the initial shaking may have sustained damage that is not immediately apparent.



3.3 CHILDREN AFTER THE EARTHQUAKE

Children need physical protection, supervision and emotional support.

01 When the shaking stops:



Check quickly for visible injuries.



Keep them close to a responsible adult.



Do not let them walk alone among debris, broken glass, wires or other hazards.



Wear sturdy, closed-toe shoes whenever possible.



During an evacuation, hold their hands or provide them with appropriate assistance based on their age and the conditions in that location.



Do not allow them to go back to retrieve toys, pets, or other items.



Keep them away from damaged structures and from rescue operations.



Explain to them what they should do in simple terms.

02 YOU CAN USE INSTRUCTIONS SUCH AS:



"Stay with me."

"Let's walk together."

"Don't touch anything on the floor."

"If it shakes again, we will take cover again."



Avoid sharing alarming information or unnecessarily exposing children to scenes that could increase their distress.



Whenever possible, provide them with simple, safe activities that help keep them calm and accompanied.





3.4 EVACUATING WITH PETS

After the shaking, locate the pets when you can do so without putting yourself in danger.

Before opening doors to the outside, secure the animal to reduce the risk of it escaping.

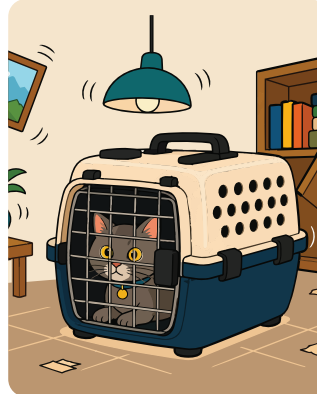
01 AS APPLICABLE:



Put a leash and harness on the dog.



Use a muzzle only when the animal needs it and is accustomed to wearing one.



Place cats and other small animals in a suitable carrier.

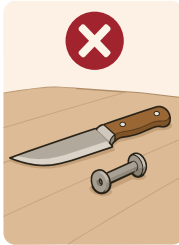


Keep pets under control throughout the evacuation.

02 Do not allow them to walk freely in areas where there may be:



glass



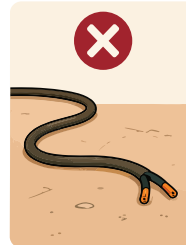
sharp objects



debris



spilled substances



electrical cables

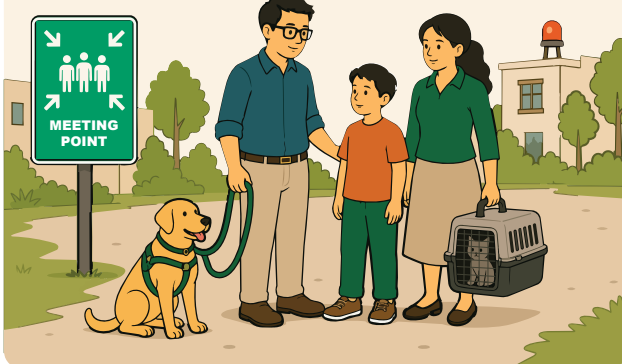


hot surfaces



other hazards

At the meeting point, keep your pet on a leash, in a harness, or inside its carrier.



Noises, sirens, people, other animals, and aftershocks can trigger unpredictable reactions even in normally calm pets.



Do not return to an unsafe building just to look for a pet.



When conditions allow you to search without putting yourself at serious risk, do so with caution.





3.5 EVACUATING CROWDED PLACES

When movement ends in a shopping mall, supermarket, cinema, theater, stadium, place of worship, school, train station, auditorium, or other crowded place, avoid rushing into a crowd.

Follow the instructions of staff, first responders, emergency services, or authorities.

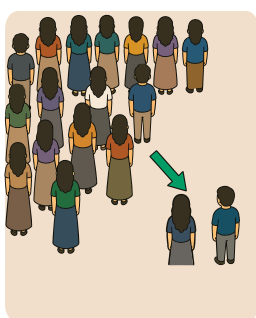
01 DURING THE EVACUATION:



02 IF YOU FIND YOURSELF IN A VERY DENSE CROWD:



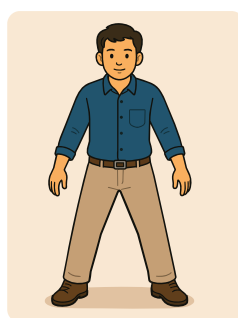
Avoid trying to force your way against the flow of people.



Try to move gradually toward a less crowded area whenever possible.



Keep your arms bent in front of your torso to maintain breathing space.



Maintain your balance and avoid sudden movements.



If you fall and cannot get up immediately, protect your head and neck and try to turn onto your side or in a compact position until you can stand up.





3.6 IF THERE IS A RISK OF A TSUNAMI

An earthquake that occurs in a coastal area can trigger a tsunami.

01 IF YOU ARE NEAR THE COAST AND:



the earthquake was strong



the shaking lasted a long time



you receive an official tsunami warning



you notice an unusual retreat or rise in the sea level



you hear an unusual noise coming from the sea



or the authorities order an evacuation

MOVE AWAY FROM THE COAST IMMEDIATELY!



Do not necessarily wait for an official warning if there are obvious natural signs of a possible tsunami.



Head inland or to high ground following the marked evacuation routes. Do not go near the coast to observe the sea.



If it is not possible to reach higher ground, use a structure specifically designated or deemed suitable by the authorities for vertical evacuation and proceed to the indicated level.



Do not independently establish a universal distance or height as a guarantee of safety. Evacuation zones depend on the topography, the characteristics of the coastline, and the plans established for each location.



Do not return to the coast after the first wave. A tsunami can consist of several waves separated by long intervals.



Stay in the safe zone until the authorities officially announce that the danger has passed.





3.7 PEOPLE TRAPPED UNDER DEBRIS

01 IF YOU ARE TRAPPED:

stay as calm as possible;

avoid unnecessary movements that could dislodge unstable debris;

protect your nose and mouth from dust by wearing a mask or, if one is not available, a piece of clothing;

do not light matches, lighters, candles or any other type of flame;

do not tamper with electrical systems;



use a whistle if you have one;

periodically tap a pipe, wall, or other object that can carry sound;

shout only when necessary to attract the attention of rescuers, and try to conserve energy;

use your phone to call for help or report your location if you have a signal and are able to do so (remember to conserve the battery as much as you can);

report, when possible, how many people are trapped and any hazards you can identify.



Do not attempt to move heavy or structural items if doing so could cause the debris to shift.

If you are injured, try to control any visible bleeding by applying direct pressure whenever possible.



Be prepared for possible aftershocks.





3.8 HELP FOR PEOPLE WHO ARE TRAPPED

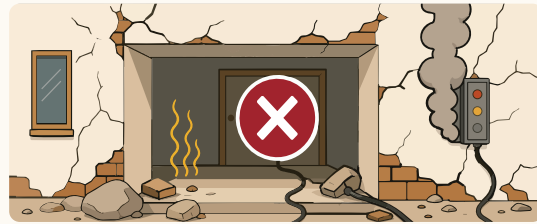
The first people to reach an injured person after an earthquake may be family members, neighbors, bystanders, or members of the community itself. However, a rescue carried out without assessing the risks can result in more casualties.

Before you try to help:

OBSERVE– ASSESS – DO NOT BECOME ANOTHER VICTIM



Do not enter a building that has sustained significant damage, is at risk of collapse, is on fire, has a gas leak, has live electrical wires, or poses other serious hazards.



01 IF A TRAPPED PERSON IS VISIBLE:

✓
communicate with the person;

✓
determine, to the extent possible, whether they are conscious and injured;

✓
notify emergency services immediately;

✓
provide the exact location;

✓
maintain verbal contact with the person;

✓
reassure the person;



✓
instruct the person to avoid unnecessary movements;

✓
remove only small, loose, and clearly safe objects when necessary to provide assistance;

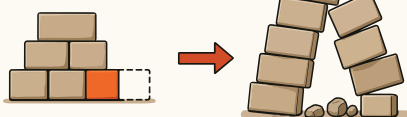
✗
do not remove elements that support parts of a structure;

✗
do not move beams, columns, slabs, or other structural components;

✗
do not use jacks, levers, or other makeshift tools to lift heavy structures unless you have received specific training and conditions allow you to do so safely.



Keep in mind that moving an element that appears to be isolated can affect the stability of the entire structure and cause it to collapse.



Structural search and rescue operations should, whenever possible, be carried out by trained and properly equipped personnel.





3.9 FIRST AID



01 After checking that the surroundings are reasonably safe:



Identify the people who are injured.



Call for assistance from the emergency services when possible.



If you have first-aid training, apply it within the limits of your knowledge.



Prioritize situations that may pose an immediate threat to life.

02  Do not move a seriously injured person unless:



there is an immediate danger there



it is essential to provide life-saving care



trained personnel indicate that it should be done

03 

If there is significant external bleeding and it is safe for you to do so, apply direct pressure using any clean material available.



04 

Keep the person accompanied and protected from the cold, heat, or other environmental factors while waiting for assistance.



05 

Do not give food, drinks, or medication to a person who is seriously injured, unconscious, or in an altered state of consciousness, unless instructed to do so by medical personnel.





3.10 FIRES, GAS AND ELECTRICITY

After an earthquake, fires and damage to gas and electricity systems may occur.

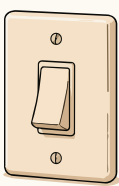
01 IF YOU SMELL GAS OR SUSPECT A LEAK...



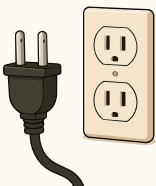
do not light matches, lighters, candles, or other open flames



do not smoke



do not flip electrical switches



do not plug in or unplug appliances



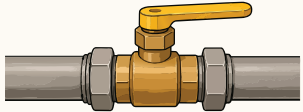
leave the area



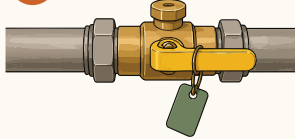
stay away



report the situation to emergency services or the responsible company



Close the main gas valve only if you know how to do so, can safely access it, and local guidelines recommend doing so.



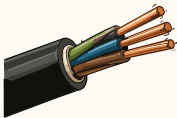
A facility that has been shut down due to a suspected leak must not be put back into service until it has been inspected in accordance with local regulations.

02 If you notice any electrical damage

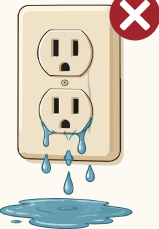
Stay away from:



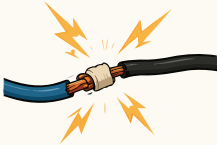
downed cables



exposed cables



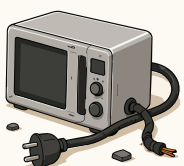
wet electrical systems



sparks



damaged panels



damaged electrical equipment



Treat any downed power line as if it were live.



Do not touch a power line or any object that is in contact with it.



If you can shut off the power from a safe location and know how to do so correctly, follow the instructions provided for the electrical system.



Otherwise, wait for trained personnel to respond.





3.11 ENTERING BUILDINGS AFTER THE EARTHQUAKE

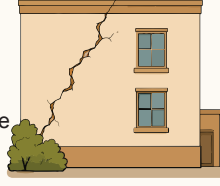
01



Do not automatically enter a building after an earthquake.



The absence of visible damage does not guarantee that the structure is safe.



When authorities have restricted access to an area or building, follow those instructions.



02

Before getting close...

Observe from a safe distance.



03

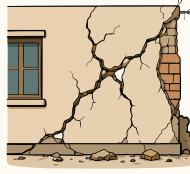
Pay attention to:



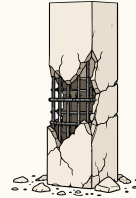
visible tilting of the building



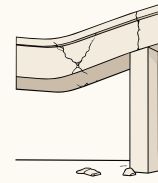
partial collapses



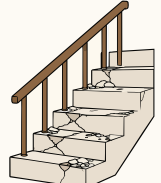
significant cracks



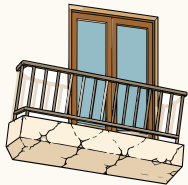
damaged columns or beams



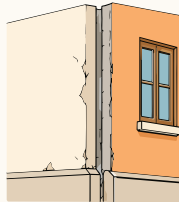
structural distortions



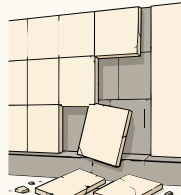
affected stairs



cracked or unstable balconies



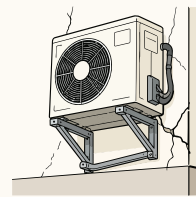
cracked walls



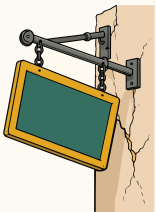
loose cladding



glass



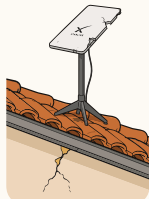
air conditioning units



signs



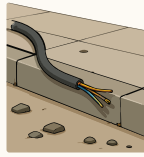
gutters



antennas



suspended objects



electrical cables



fires



the smell of gas



significant water leaks



ground subsidence or shifts



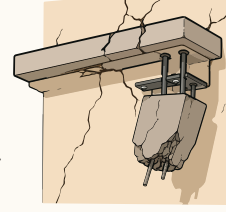
If you notice significant damage, move away and do not enter.



Do not stand along damaged facades, balconies, ledges, or walls.



An aftershock could cause debris to fall or structures to collapse.



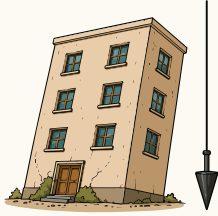


3.12 WARNING SIGNS THAT REQUIRE SPECIAL CAUTION

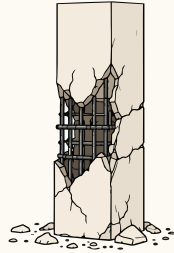
Treat the following situations as especially dangerous:



total or partial collapse



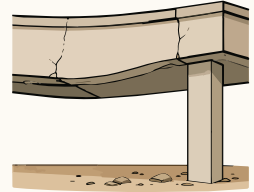
obvious tilting or shifting of the structure



seriously damaged columns or beams



warped, separated, or collapsed staircases



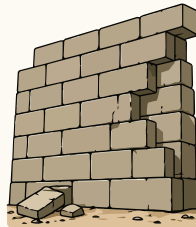
warped floors



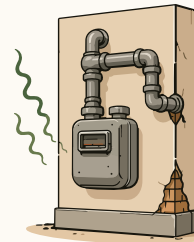
significant structural cracks



damaged balconies



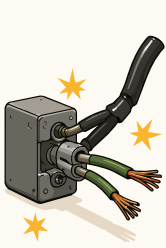
unstable walls



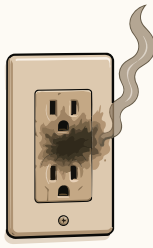
the smell of gas



smoke or fire



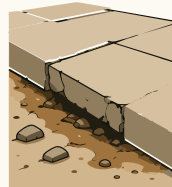
sparks or damaged electrical wires



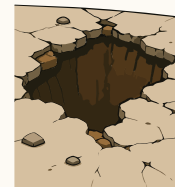
the smell of burnt electrical material



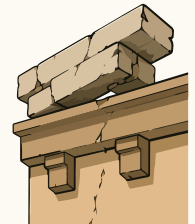
major pipe breaks



areas where the ground has sunk



sinkholes



heavy objects that have come loose or are unstable



Doors that suddenly fail to open or close normally may be a sign of structural distortion, but this alone is not enough to determine a building's structural condition.



Do not attempt to conduct a technical assessment of structural integrity on your own.

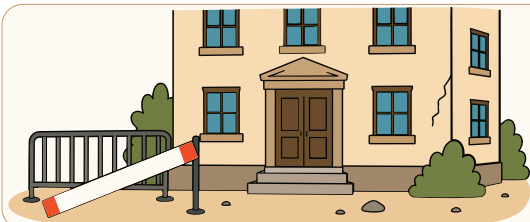


When in doubt, stay out of the building and wait for an assessment by the authorities or qualified professionals.





3.13 IF RETURN TO A BUILDING IS AUTHORIZED

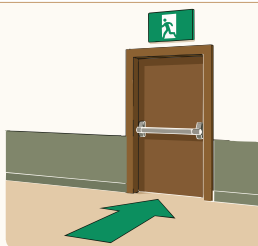


Return only when conditions and instructions from the authorities allow you to do so.

Once inside:



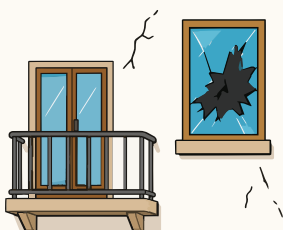
be on the lookout for aftershocks



identify an evacuation route



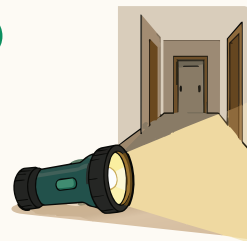
do not use elevators until they have been declared safe



do not approach balconies, damaged windows, or unstable elements

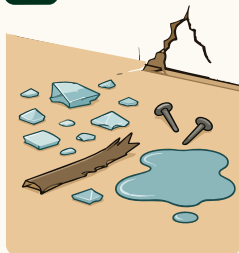


wear closed, sturdy footwear



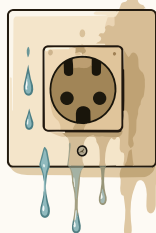
use a flashlight if there is not enough light

07



be careful with glass, nails, sharp objects and spilled liquids

08



do not touch wet or damaged electrical systems

09



do not light fires

10



if you smell gas, leave the area immediately

11



if you detect new damage, leave and report the situation



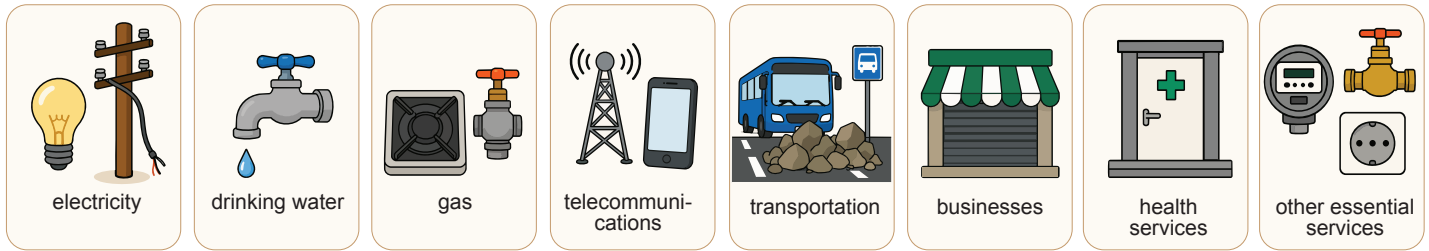
Do not remain inside longer than necessary while there is still uncertainty about the building's conditions.





3.14 ESSENTIAL SUPPLIES

01 A major earthquake can temporarily disrupt:

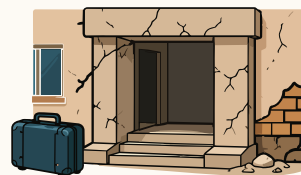


Use the emergency supplies prepared in advance.

02 Prioritize:



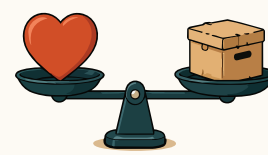
Manage the resources available rationally.



Do not enter a dangerous building solely to retrieve belongings.



If you need supplies that were left inside a structure, wait until they can be accessed safely.



Recovering belongings should never take priority over life.





3.15 WATER AFTER THE EARTHQUAKE

Damage to the supply system may affect water quality.

01



Pay attention to official communications regarding its potability.

If the authorities warn that the supply may be contaminated, do not use that water for:



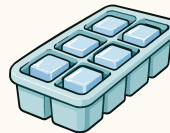
drinking



preparing
food



brushing
teeth



making ice



washing utensils
intended for food



preparing
baby food

02



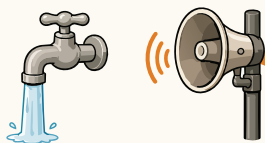
Use sealed bottled water or another source that the authorities have indicated is safe.

03



If the authorities establish procedures for boiling, disinfecting, or treating water, follow those instructions exactly.

04



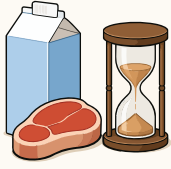
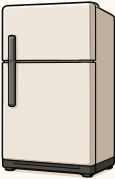
Do not assume water is unsafe simply because an earthquake occurred; follow the guidance corresponding to the local situation.





3.16 FOOD

After a power outage or possible contamination:

 Discard food that has come in contact with contaminated water when it cannot be safely cleaned or disinfected.	 Do not consume food with an abnormal smell, appearance or condition.	 Discard containers that are open, damaged, bulging or leaking.	 Take extra precautions with perishable food that has been left unrefrigerated.	 Keep refrigerators and freezers closed as long as possible during power outages.
 Do not taste food to determine whether it is still safe.		 Follow the instructions of health authorities regarding food storage and consumption.		



3.17 HYGIENE AND SANITATION

The interruption of water, sewage, and waste collection services can create health risks.

Maintain, when possible:

01  hand hygiene	02  safe food handling	03  waste separation	04  wound cleaning	05  adequate sanitary conditions
06  Do not use possibly contaminated water for food-related hygiene.	07  Avoid direct contact with wastewater.	08  Keep children and pets away from pooled water, waste, debris and unknown substances.		





3.18 INFORMATION AFTER THE EARTHQUAKE

After a disaster, rumors and misinformation can spread quickly.

01

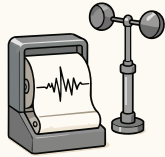
Get information from:



civil protection
authorities



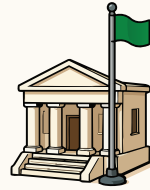
emergency
agencies



the corresponding
meteorological,
geological, or
alert services



health
authorities



local
governments

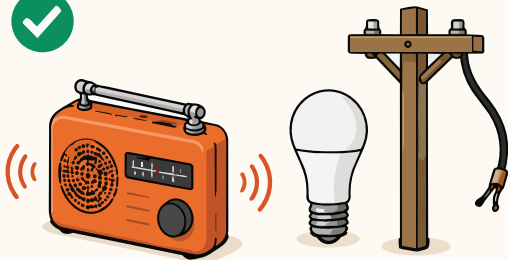


civil protection



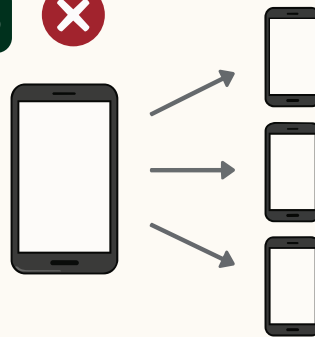
media outlets that
publish verifiable
official information

02



Use a portable radio when electrical or
telecommunications networks are unavailable.

03



Do not spread
messages whose
source cannot be
verified.

04

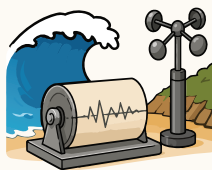
Pay special attention to information about:



aftershocks



evacuations



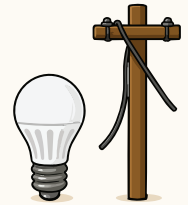
tsunamis



fires



water status



utility outages



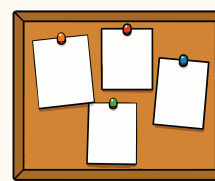
closed routes



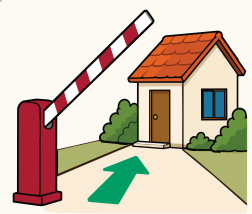
shelters



assistance centers



missing persons



return to
evacuated areas

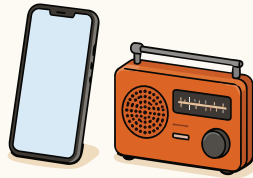




3.19 PUBLIC ASSISTANCE CENTERS

After a major earthquake, authorities and response organizations may set up shelters, refuges, assistance centers, medical posts, or other facilities designed to care for the affected population.

Their availability, location and services will depend on each emergency.



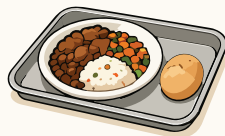
Get information through official sources.

01

Depending on local conditions, these centers may provide:



water



food



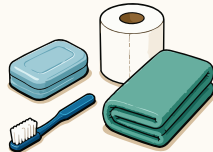
health care



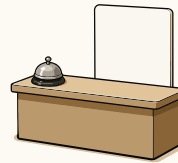
temporary lodging



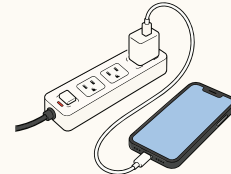
clothing



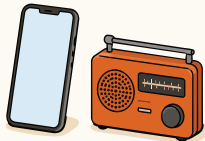
hygiene items



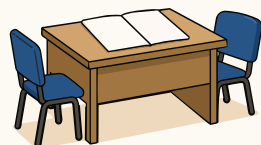
information



charging device



means of communication



guidance on social support services



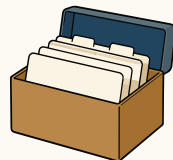
emotional support



assistance for people with disabilities and other specific needs



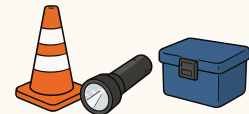
mechanisms for locating or registering people



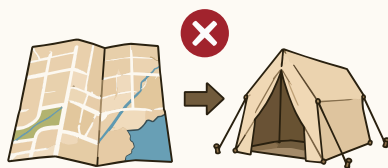
information about missing persons



guidance for volunteers



other emergency services



Do not automatically head to a particular center based on old or unverified information.



Confirm which ones are actually operational after the earthquake.





3.20 HOW TO REUNITE WITH YOUR FAMILY

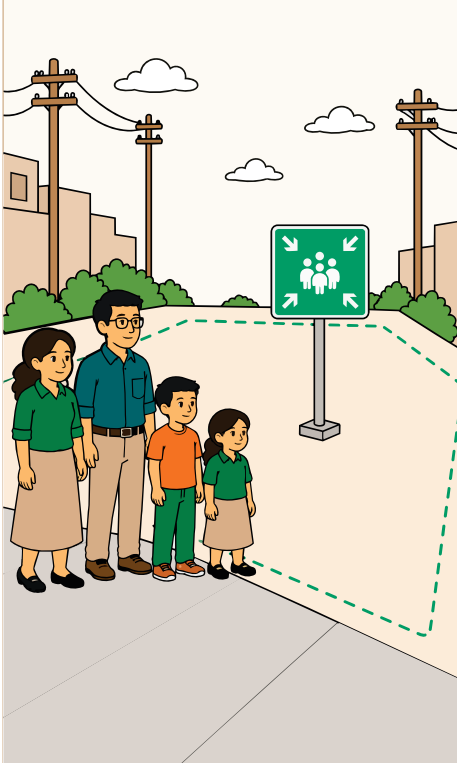


After an earthquake, communications and transportation can be affected.

Do not travel around the city unnecessarily looking for family members if doing so means passing through dangerous areas.

Use the family plan established in advance.

01 Nearby meeting point



If family members were in the home or its vicinity, head to the safe meeting point agreed upon in advance.

This location should be far from facades, walls, posts, cables, and other hazards.

02 Alternative meeting point



If the family members were in different locations, use the alternate meeting point designated in the family plan when it is safe to travel there.



Do not try to cross affected areas, damaged bridges, restricted zones, or dangerous areas simply to reach the designated meeting point.



Safety takes precedence over immediate reunification.

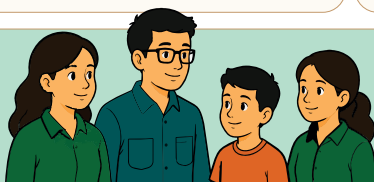
03 Official evacuations



If the authorities order the evacuation of an area, proceed to the designated evaluation site, shelter, or safe area.



When it is possible, let your family know where you are and where you are headed.



Always follow the instructions of the authorities and stay alert to official information.





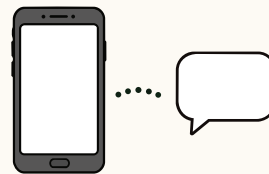
3.21 HOW TO LET OTHERS KNOW YOU ARE SAFE

Telephone networks may become congested after an emergency.

01



Avoid unnecessarily long calls.



When communication services are available, keep messages brief.

02

A useful message could say:

"I AM SAFE. I AM AT [PLACE]. I AM HEADING TO [DESTINATION]. TIME: [TIME]."

If you need help, clearly indicate it:

"I NEED ASSISTANCE. I AM AT [LOCATION]. WE ARE [NUMBER] PEOPLE. [BRIEF DESCRIPTION OF THE PROBLEM]."

03

When possible:



use text messages or messaging services



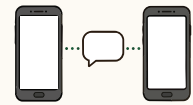
avoid sending pictures, videos and large files



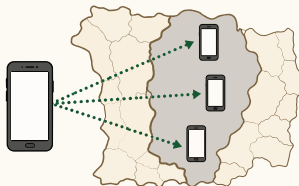
reduce non-essential communications



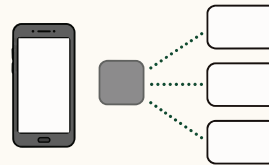
conserve your phone's battery



keep the family's previously designated contact person informed



A contact located outside the affected area can be useful for centralizing information about different family members when local communications are congested.



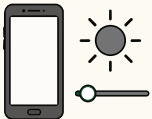
Do not rely exclusively on a single app, social network or means of communication.



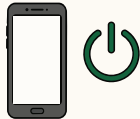
3.22 CONSERVE YOUR PHONE'S BATTERY

After an earthquake, electricity may remain unavailable for an extended period of time.

To conserve battery power:



reduce screen brightness



close unnecessary apps



enable power-saving features



disable connections you are not using



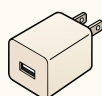
avoid playing videos



avoid long calls



use power banks when available



Conserve enough power for important communications and for receiving alerts.



Do not turn off features needed to receive alerts or official information when these are available through the device.



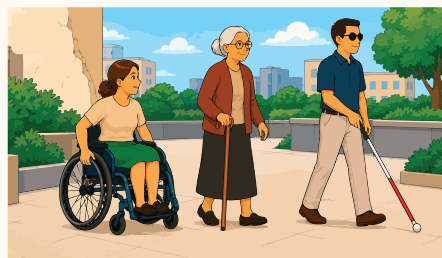


3.23 PEOPLE WITH DISABILITIES AND OTHER ASSISTANCE NEEDS

After the earthquake, the surroundings may have changed considerably.



Debris, broken glass, poor lighting, out-of-service elevators, obstacles, and changes to the usual routes may particularly affect people with disabilities.



Assistance should be adapted to each person's needs.

DO NOT ASSUME WHAT HELP THEY NEED. ASK WHEN POSSIBLE.

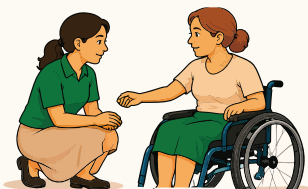


Promote autonomy and keep the person's essential assistive devices with them.



3.24 INITIAL EVALUATION OF PEOPLE WITH DISABILITIES

Before moving:



check for injuries



ask the person how they are doing and what assistance they need



check the condition of their mobility or communication devices



identify essential medications or equipment



assess the route before beginning the evacuation



clearly explain any necessary change to the planned procedure



Do not force unnecessary movements.



Be aware that some injuries may not be immediately apparent.



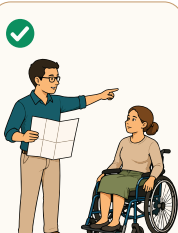


3.25 ACCESSIBLE EVACUATION

When evacuation becomes necessary:



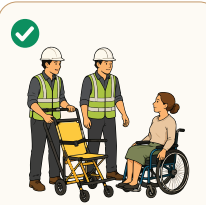
use accessible routes that remain safe



follow the established emergency plan



do not unnecessarily separate the person from their wheelchair, cane, crutches, walker, hearing aid, communication devices or other essential items



request trained personnel when a complex transfer is necessary



avoid improvising lifting techniques that could injure the person or those assisting them



do not use elevators that have been damaged, are out-of-service, or have not been authorized for use after the earthquake



If a planned route is no longer accessible, immediately communicate the situation to those responsible for the evacuation or to the emergency services.



Do not leave a person in a hazardous area simply because a conventional evacuation method is not immediately available.



3.26 PEOPLE WHO USE WHEELCHAIRS

After the shaking:



check that the wheelchair is functioning properly



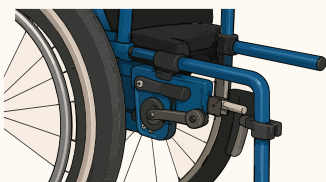
visually inspect the wheels, brakes, and essential components



remove small obstacles when you can do so safely



keep the person in their wheelchair as long as it continues being a safe means of mobility



lock the brakes when stationary



do not lift or carry a person manually unless necessary



do not carry a wheelchair with removable components or components not designed to support the person's weight during a transfer



If the electric wheelchair stops working, ask the person about the procedure they normally follow to receive assistance.



When a transfer over stairs or significant obstacles is necessary, try to ensure that trained personnel and appropriate equipment are available.



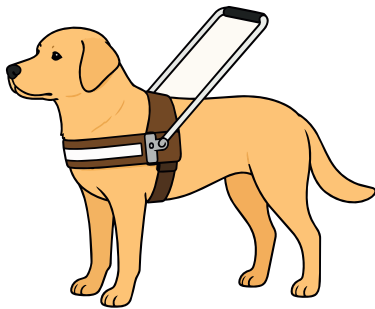


3.27 PEOPLE WITH VISUAL IMPAIRMENTS

After the earthquake, familiar reference points may have disappeared or changed.

If you are providing assistance:

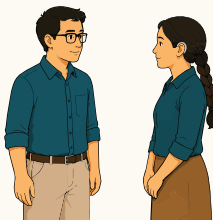
- identify yourself; briefly describe the situation
- ask how the person would prefer to be guided
- warn them about steps, broken glass, debris, uneven surfaces and obstacles
- describe significant changes in the route
- do not push or pull the person unexpectedly
- do not separate the person from their cane or other orientation aids
- if the person uses a guide dog, keep the animal with them whenever possible
- allow the person to keep as much independence as possible



3.28 PEOPLE WITH HEARING IMPAIRMENTS

Power outages and environmental noise can make communication difficult.

Try to:



establish eye contact



use sign language where it is known



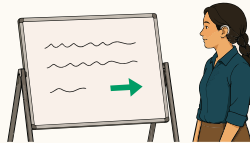
use clear gestures



write messages when necessary



use a phone or other devices as visual aids



provide written information about evacuations and significant changes



provide enough lighting for lip-reading or visual communication



Do not shine a bright flashlight directly into the person's eyes.





3.29 PEOPLE WITH INTELLECTUAL OR COGNITIVE DISABILITIES OR NEURODIVERGENT PEOPLE

Sirens, crowds, changes in routine, aftershocks and unknown environments may produce anxiety or overstimulation.

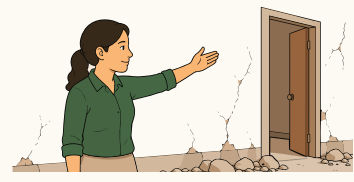
Use:



brief instructions



familiar language



concrete explanations



previously practiced routines



visual aids when available



personal items that help regulate sensory stimuli when they are part of the person's usual needs



Avoid yelling, contradictory commands, and unnecessary physical contact.



In shelters or crowded places, try to find a relatively quiet space whenever possible.



Do not use physical restraint as a general method of control.



3.30 MEDICATION AND MEDICAL EQUIPMENT

People who depend on medication or medical devices require special consideration.

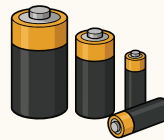
Keep the following immediately accessible, whenever possible:



essential medications



prescriptions or treatment information



batteries



chargers



mobility aids



communication devices



specific supplies



essential medical information



If a person depends on essential electrically powered equipment and the power supply is interrupted, report the situation as soon as possible to emergency services, the assistance center, or the appropriate provider.



Do not enter an unsafe structure to retrieve medications or equipment without first assessing the risk.





3.31 SUPPORT SYSTEM



After an earthquake, activate the support system established during preparedness planning.

Family members, neighbors, caretakers or previously designated individuals can check whether those who need assistance:



are safe



were able to evacuate



have their essential devices



have their medication



need medical attention



need transportation or accessible assistance



Do not enter a hazardous building to carry out this check.



If you are unable to locate a potentially vulnerable person and there is reason to believe that they may be trapped or in danger, report the situation to emergency services.



3.32 THE DAYS THAT FOLLOW

In the days that follow:



continue to be prepared for aftershocks



respect restricted areas



do not enter buildings declared as unsafe



follow the guidance on water and food



stay informed through official sources



conserve available resources



keep in contact with family members when communications allows



assist vulnerable people in your surroundings



keep children away from debris and damaged structures



keep pets under control



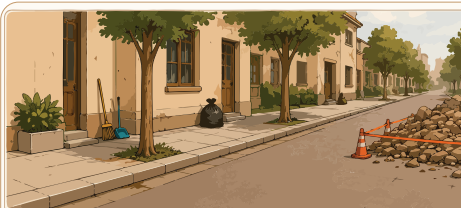
be careful around wires, broken glass, hazardous substances and unstable elements



do not interfere with rescue operations



report dangerous situations to the authorities



Returning back to normal may take time.



Do not interpret a decrease in the visible activity of emergency services as an indication that all hazards have disappeared.





3.33 VOLUNTEERING AND COMMUNITY ASSISTANCE

Community solidarity can be essential after a disaster. However, assistance should be provided in an organized manner.

If you wish to help:



contact the responsible authorities or the organizations



find out about the actual needs



follow the coordination instructions



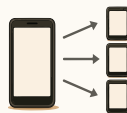
do not enter restricted areas on your own initiative



do not interfere with search and rescue teams



do not handle unstable structures



do not distribute unverified information



do not obstruct streets or access routes needed by ambulance, firefighters, and emergency response teams

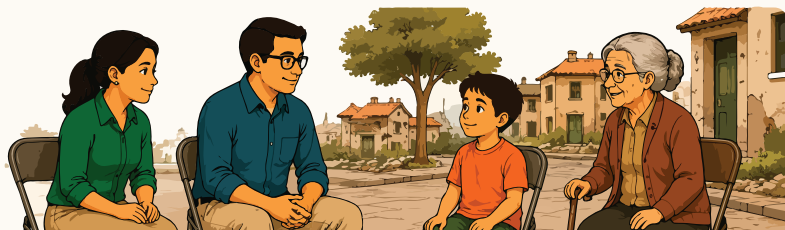


Spontaneous assistance is most effective when it is safely integrated into the organized response.



3.34 COMMUNICATION AND EMOTIONAL WELL-BEING

After an earthquake, people may experience fear, anxiety, confusion, irritability, difficulty sleeping and concern for family members or about possible aftershocks.



These reactions can occur in both adults and children.

Try to:



stay with others



stay in communication with family members and trusted people



obtain information from reliable sources without continually exposing yourself to disturbing images



reestablish basic routines when conditions allow



allow children and adults to express their concerns



seek professional help when a person experiences an intense or persistent reaction, or one that significantly interferes with their daily functioning.



In children, keep explanations simple and age-appropriate.



Do not promise that there will be no more aftershocks. Explain that further shakings may occur and remind them what to do if the ground starts shaking again.





3.35 EMERGENCY NUMBERS

Emergency numbers vary by country and, in some cases, by jurisdiction. Do not assume that a single number works universally throughout the Americas.



Before an emergency occurs, identify and record the official emergency numbers for the place where you live or are staying.



When a real emergency occurs:



first state what happened



provide the location as precisely as possible



report how many people need assistance



briefly describe the existing hazards



follow the operator's instructions



do not end the call until instructed to do so, unless it becomes unnecessary to do so for safety reasons.



If phone lines are congested, do not make unnecessary calls.



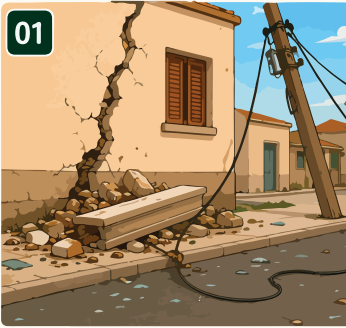
Reserve emergency services for situations that truly require urgent intervention.





3.36 KEY PRINCIPLES TO REMEMBER

01



DANGER DOES NOT END WHEN THE SHAKING STOPS

Aftershocks may exist, fires, leaks, structural damages and other hazards.

02



OBSERVE BEFORE MOVING

Broken glass, debris, wires and damaged structures can turn a familiar route into a dangerous place.

03



EVACUATE WHEN NECESSARY AND SAFE

Do not run nor create crowds.

04



DO NOT USE ELEVATORS UNTIL IT IS SAFE TO DO SO AND THEIR USE IS AUTHORIZED

Use available evacuation routes that remain safe.

05



STAY AWAY FROM DAMAGED BUILDINGS AND STRUCTURES

Aftershocks can cause further falling debris or collapses.

06



IF THE GROUND STARTS SHAKING AGAIN, PROTECT YOURSELF AGAIN

DROP – COVER YOURSELF – HOLD ON.

07



DO NOT ENTER UNSAFE STRUCTURES TO RETRIEVE OBJECTS

Life takes precedence over any possessions.

08

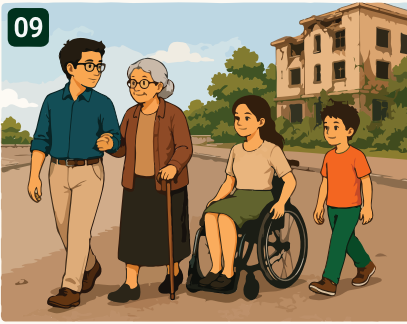


DO NOT ATTEMPT STRUCTURAL RESCUES UNLESS YOU ARE TRAINED TO DO SO

An improper action can result in additional victims.



09



HELP CHILDREN, OLDER ADULTS, PEOPLE WITH DISABILITIES, AND THOSE WHO NEED ASSISTANCE

Do so without unnecessarily putting yourself at risk.

10



KEEP PETS UNDER CONTROL

Do not allow them to escape or roam in hazardous areas.

11



USE SAFE WATER AND FOOD

Follow the applicable health and sanitation guidelines.

12



USE COMMUNICATIONS RESPONSIBLY

Brief messages can be more useful when networks are congested.

13



GET INFORMATION FROM OFFICIAL SOURCES

Do not spread rumors or unverified instructions.

14



RESPECT EVACUATION ORDERS AND RESTRICTED AREAS

Do not return until it is safe to do so.

15



IF YOU ARE IN A COASTAL AREA AT RISK OF TSUNAMI, EVACUATE WITHOUT DELAY

Move to higher ground or inland areas according to local evacuation routes and guidelines.



REMEMBER

01 After an earthquake:

✓ **REMAIN CALM.**

✓ Check if you or the people around you are injured.

✓ Observe your surroundings before moving.

✓ Be prepared for aftershocks.

02 If it shakes again:



DROP



COVER



HOLD ON



Evacuate when necessary and safe to do so.



Do not use elevators until it has been determined that they can be used safely.



Stay away from buildings, facades, walls, poles, wires and damaged structures.



Do not enter hazardous buildings.



Do not light a fire if there is a possibility of a gas leak.



Consider any fallen electrical wire to be potentially energized.



Help children, older adults, people with disabilities, and those who need assistance without unnecessarily putting your own safety at risk.



Keep pets under control.



Use water, food, energy and communications responsibly.



Obtain information from official sources.



If you are in a coastal area threatened by a tsunami, evacuate immediately towards a safe area.

03 And remember the fundamental principle:

PROTECT YOURSELF FIRST.

EVALUATE THE HAZARDS BEFORE ACTING.

HELP WITHOUT BECOMING ANOTHER CASUALTY.

STAY PREPARED FOR AFTERSHOCKS AND FOLLOW THE AUTHORITIES' INSTRUCTIONS UNTIL THE EMERGENCY HAS ENDED.





Civil Preparedness Training Program:
Risk Management and Emergency Preparedness

EARTHQUAKES

MODULE 1

PHASE 3: **AFTER**

EDUCATIONAL DOCUMENT FOR THE GENERAL PUBLIC
IN LATIN AMERICA AND THE UNITED STATES

www.centrodelreinodepazyjusticia.com/en