

What Can You Do If There's a Tsunami?



WHAT IS A TSUNAMI?

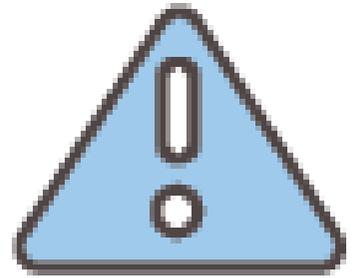
A tsunami is a series of enormous ocean waves caused by earthquakes, underwater landslides, or volcanic eruptions. It can occur during any season of the year and at any time, day or night.

A tsunami can cause flooding and creates problems with transportation, power, communications, and drinking water. Waves can travel 30-50 kilometres per hour and can be up to 25 metres high. You may also hear a noise like the sound of an approaching train or plane, or whistling.



TSUNAMI REMINDERS

- In case of a tsunami warning, be ready to evacuate at a moment's notice. Stay away from beaches & riverbanks.
- Whether a strong earthquake lasts for a long or a short time, it can trigger a tsunami.

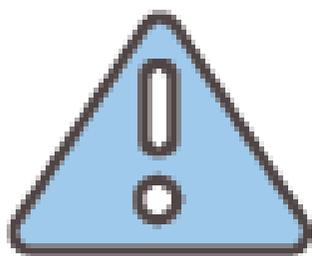


Before a Tsunami

Yes, you can prepare for a tsunami!

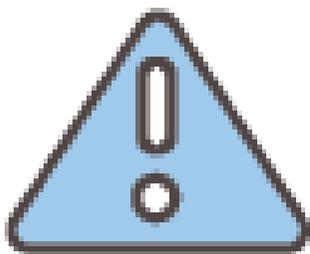
Here's what you can do:

- Take the time to walk round your workplace and your home, identifying the best places to take shelter in each room.
- Know the height of your street in relation to the sea level, and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.



Before a Tsunami

- Note the locations of fire extinguishers and escape routes.
- Take an active part in safety drills organised by your office or local community. Share your knowledge with your family and friends.
- Download local emergency alert apps on your smartphone so that you can be updated in case of emergencies like tsunamis and other disasters.



Before a Tsunami

Prepare your emergency bag.

The bag should contain essential items you may need in case you have to evacuate.



These can include: Flashlight with spare batteries, whistle to attract the attention of others, face masks, copies of important personal documents, cash, a contact list, personal medication, tumbler, 1.5 liters of water, some ready-to-eat food, a rain jacket, basic hygiene supplies.

During a Tsunami



DROP down onto your hands and knees before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.



COVER your head and neck (and your entire body if possible) underneath a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that will not fall on you, and cover your head and neck with your arms and hands.



HOLD ON to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

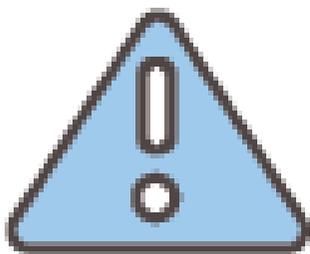
During a Tsunami

- If you are near shore, drop, cover, and hold on until the shaking stops.
- If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake.
- Get to high ground as far inland as possible. Move inland or to land that is at least 30 meters above sea level immediately.



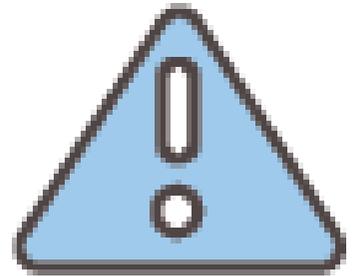
During a Tsunami

- Listen to emergency information and alerts.
- Be alert to signs of a tsunami, such as a sudden rise or draining of ocean waters.
- If you are in a boat, go out to sea.
- Evacuate: DO NOT wait! Leave when you see any natural signs of a tsunami OR hear an official tsunami warning.
- Walk quickly, rather than drive, to avoid traffic, debris, and other hazards.



During a Tsunami

- Do not go near the shore to watch a tsunami hit. If you can see it, you are probably too close to escape.
- Should a tsunami occur and you are not be able to get to higher ground, stay inside where you are protected from the water.



After a Tsunami

Listen to local alerts and authorities for information on areas to avoid and shelter locations.



Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.

After a Tsunami

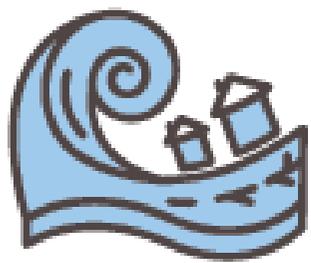
Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water.



Do not touch electrical equipment if it is wet or if you are standing in water.

After a Tsunami

Stay away from damaged buildings, roads, and bridges.



Make sure that your colleagues, your family, and you yourself are safe before you assist others, giving first aid if needed and possible.