

# TSUNAMI SAFETY RULES

A tsunami can strike any coast at any time. It is one of the most destructive forces in nature. It consists of a series of waves usually caused by an earthquake. These fast rising floodwaters can smash everything in their path. Even small tsunamis can be dangerous to swimmers, surfers and boats in harbors.

It's always tsunami season, so be **Tsunami Ready**!

## 1 BE PREPARED

- Have and exercise your emergency plan.
- Prepare a safety backpack that includes medicine, first aid items, food, water, flashlight, batteries, whistle, radio, clothing, and important documents.
- Identify danger zones, assembly locations, and designated evacuation routes.
- Practice the quickest and safest way to get out of the hazard zone.
- Understand the tsunami warning process.



## 2 IF INSIDE DURING AN EARTHQUAKE, PROTECT YOURSELF

- **DROP** to the ground. **LOCK** your wheelchair.
- **COVER** yourself. Crawl under or next to sturdy furniture. Use your arms, a pillow, a book, or whatever is available to protect your head and neck.
- **HOLD ON** until the shaking stops.



OR



## 3 IN CASE ANY OF THESE NATURAL WARNING SIGNS OCCUR, MOVE AWAY FROM THE COAST AND GO TO HIGH GROUND

- **FEEL** a strong or long earthquake.
- **SEE** the ocean suddenly rise or fall.
- **HEAR** a loud roar coming from the sea.



## 4 IF AN OFFICIAL TSUNAMI ALERT IS ISSUED, FOLLOW THE INSTRUCTIONS PROVIDED

## 5 BE AWARE OF OTHER POSSIBLE ACTIONS

- If you cannot move away from the coast, go up a tall building or climb a tree.
- If time permits, boats should go offshore to deep waters.
- Do not use mobile phone except for emergency calls (to avoid network disruption).



## 6 STAY OUT OF THE HAZARD AREA UNTIL AUTHORITIES INDICATE THAT IT IS SAFE

- Dangerous waves and currents may last for hours, even days.

## 7 UPON RETURN TO AFFECTED AREAS

- **BEWARE** of contaminated water, debris, structural damage and possible aftershocks.
- **AVOID** floodwaters, **CHECK** for gas leaks, **INSPECT** buildings for damage.



For additional information: <https://tsunami.ioc.unesco.org>,  
<https://tsunami.gov>

IOC/FLYER/2014/2 Rev (first published in 2014 - updated in 2025).

