

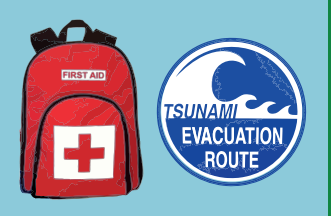


TSUNAMI SAFETY RULES

1

ALWAYS BE PREPARED, A TSUNAMI MAY OCCUR ANYTIME

- Prepare a family emergency plan
- Prepare a safety backpack including medicine and first aid items
- Identify danger zones, assembly locations, designated evacuation routes or the quickest way to reach higher ground safely with the help of your local disaster management officials



2

IN CASE OF AN EARTHQUAKE PROTECT YOURSELF

- Drop
- Cover
- Hold on



DROP



COVER



HOLD

3

RUN TO HIGH GROUND IF ANY OF THESE WARNING SIGNS OCCUR AT THE COAST

- FEEL a very strong or long earthquake (it is difficult to walk, there are falling objects, damage to structures, earthquake lasts for about 1 minute or more)
- SEE a sudden rise or fall (exposing the ocean floor, reefs and fish) of the sea level
- HEAR a strange or loud noise (can be a roar) coming from the sea, or receive official tsunami warning messages by siren, radio, television, commercial radio or emergency alert radios



4

MOVE AWAY FROM HAZARDOUS AREAS (IN PREFERENCE ORDER DEPENDING ON YOUR LOCATION OR SITUATION)

- Run away from the coast to an assembly point or higher ground
- Go to the third floor of a building or higher
- Climb a tree
- If time permits, vessels should navigate offshore to waters 100-400 meters deep



5

STAY IN THE SAFE AREA UNTIL LOCAL AUTHORITIES INDICATE THAT THE DANGER HAS PASSED, THIS MAY TAKE MANY HOURS



www.bb.undp.org



www.ioc.unesco.org



www.weready.org



www.tsunami.gov



www.cimh.edu.bb