

# Understanding Tsunamis

## Awareness, Preparedness, and Safety Measures

What is a Tsunami?

A tsunami is a series of large ocean waves caused by underwater disturbances such as earthquakes, volcanic eruptions, or landslides. These waves can travel across oceans at speeds exceeding 800 km/h and grow in height as they approach shallow coastal waters.

Preparedness Tips:

1. Know the natural warning signs of a tsunami: strong earthquakes, sudden sea level changes, or loud roaring sounds from the ocean.
2. Familiarize yourself with your community's evacuation routes and plans.
3. Prepare an emergency 'Go Bag' with essentials such as water, food, flashlight, medicine, important documents, and a first-aid kit.

During a Tsunami:

1. If you feel a strong earthquake near the coast, evacuate immediately to higher ground.
2. Follow official alerts and instructions from local authorities.
3. Stay away from beaches until authorities declare it safe.

After a Tsunami:

1. Avoid flooded areas, as they may contain debris or dangerous currents.
2. Do not return home until officials confirm it is safe.
3. Assist neighbors, especially the elderly, children, and persons with disabilities.

Remember: Awareness and preparedness save lives.