

Tsunami

ACTION CHECKLIST

Near the coast, strong or long shaking, a sudden unusual sea rise or retreat, or a loud ocean roar can signal a tsunami. After shaking stops, move to high ground and inland immediately. Do not wait for an official warning when natural warning signs are present.

[] **Protect during shaking**

Drop, Cover and Hold On first if the earthquake is still occurring.

[] **Follow evacuation signs**

Move uphill and inland along the designated route, on foot if roads are blocked.

[] **Stay off the shore**

Never go to watch waves or exposed seabed.

[] **Wait for clearance**

Stay out of the evacuation zone until authorities say it is safe.

WATCH FOR

The first wave may not be largest. Dangerous currents can last for hours.

IF HELP IS UNAVAILABLE

Use natural warning signs to move inland and uphill immediately after shaking. Walk if roads are jammed and a safe pedestrian route is available. Stay away from the shore through later waves; quiet water or lack of a broadcast is not an all-clear.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/tsunami/>

Tsunami · official guidance