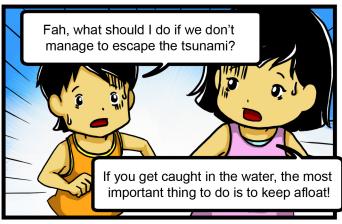
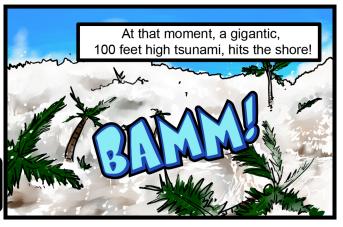


Preparing for disasters: Tsunami

A road to resilience in Southeast Asia







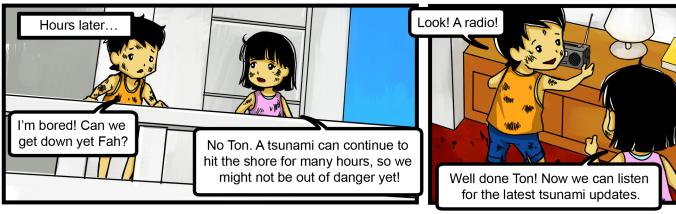














Below is a list of things to remember if there is a tsunami. Study it well, these tips could make all the difference for you and your family!

- If you live in a high risk tsunami zone:
 - -Practice tsunami drills regularly
 - -Know where it is safe to go
- Look out for any tsunami warning signs:
 - -An earthquake or the ground rumbles
 - -Animals behaving strangely
 - -The sea suddenly pulls back and leaves bare sand, making the beach seem a lot larger
- Stay informed about possible tsunamis via TV, local radio, the web or any other source
- If you see or hear any warning signs, immediately leave the beach.

 Get to higher ground and as far inland as you can. If you are trapped, find a high, strong building and climb to the top of it
- Help vulnerable people get to high ground
- Do not return to the area until you get permission



To learn more about disasters, please visit: www.redcross.org/prepare/disaster/tsunami

International Federation of Red Cross and Red Crescent Societies

Southeast Asia Regional Delegation

Community Safety and Resilience Unit
Ocean Tower I, 170/11-12 Sukhumvit soi 16, Klong-toey
10110 Bangkok, Thailand
Truesce 661,8201 Fruesce 661,0222

T: +662 661 8201 F: +662 661 9322 E: thailand.regionaloffice@ifrc.org

www.ifrc.org Saving lives, changing minds.

Made possible with the support of







