Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

BUILD A KIT

It may take a while before first responders can arrive. Have an emergency kit readily available at home and work with supplies to ensure you and/or your family can be self-sustaining for at least five days.

MAKE A PLAN

Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well-being. Practice your plan.

BE INFORMED

Sign up for **AlertLongBeach** to receive alert notices about emerging or imminent emergencies via cell phone, text message and e-mail. Monitor TV, radio, print and social media for important information in your area.

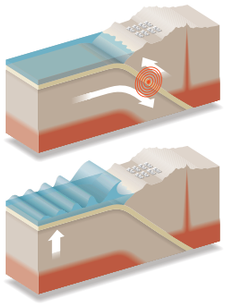
BE PREPARED

Join the Community Emergency Response Team (CERT) or Long Beach Search and Rescue. Take a CPR or first-aid course through the American Red Cross or work with the Red Cross to "Map your Neighborhood" to identify risks and resources within your neighborhood.

Sign Up Now for **AlertLongBeach:**
longbeach.gov/disasterpreparedness/alert-long-beach/

ALERT LONGBEACH

What is a tsunami?



A tsunami is a series of water surges usually caused by an earthquake beneath the sea floor. Tsunamis may arrive at our coast from great earthquakes far away, large earthquakes nearby, and from submarine landslides triggered by large earthquakes shaking. Tsunami waves are unlike normal coastal waves. Tsunamis are more like a fast-moving river in flood stage and can be filled with debris, so it is important to stay out of the water when a tsunami is active.

Two ways to know if a tsunami is coming.

NATURAL WARNINGS

Strong ground shaking, a loud ocean roar, or the water receding unusually far exposing the sea floor are all nature's warnings that a tsunami may be coming. If you observe any of these warning signs, immediately go to higher ground or inland. A tsunami may arrive within minutes and may last for eight hours or longer. Stay away from coastal areas until officials announce it is safe to return.

OFFICIAL WARNINGS

You may hear that a Tsunami Warning has been issued. Tsunami Warnings might come via radio, television, telephone, text message, door-to-door contact by emergency responders, or NOAA Weather Radios. Move away from the beach and seek more information on local radio, or television stations. Register with the city's emergency notification system, AlertLongBeach, to receive emergency updates via phone, e-mail, or text message.

Sign up now for AlertLongBeach. You will receive ALERTS via phone, text or e-mail, including up-to-date emergency information and instructions.

Map out your evacuation routes. Identify recommended tsunami evacuation routes and safety zones near you. Plan two different routes you can use to leave. Consider what routes you would use at night or in stormy weather.

Address disabilities or functional needs. If you or a family member require help evacuating, prearrange help from neighbors or with service providers. Include plans to transport mobility devices and durable medical equipment. If you are mobility impaired, allow for the extra time that you may need.

Have a plan for reuniting with your loved ones. Decide when and where you will meet if you are separated. Be aware that mobile phones and the internet may not work during an emergency.

Have a strategy for protecting your pets.

Purchase two NOAA Weather Radios- one for home and one for work. NOAA will be broadcasting continuous alerts and instructions during the tsunami. A large selection of NOAA Weather Radios is available online.

Create a personal support Network. Include family, friends and others who may assist you. Be sure all members of your network know how to contact each other. Create a list of important contacts and numbers. Be sure to identify a friend or relative in another state or region for you and your household members to contact to provide information on your well-being.

City of Long Beach
Department of Disaster Preparedness and Emergency Communications

2990 Redondo Avenue
Long Beach, CA 90806

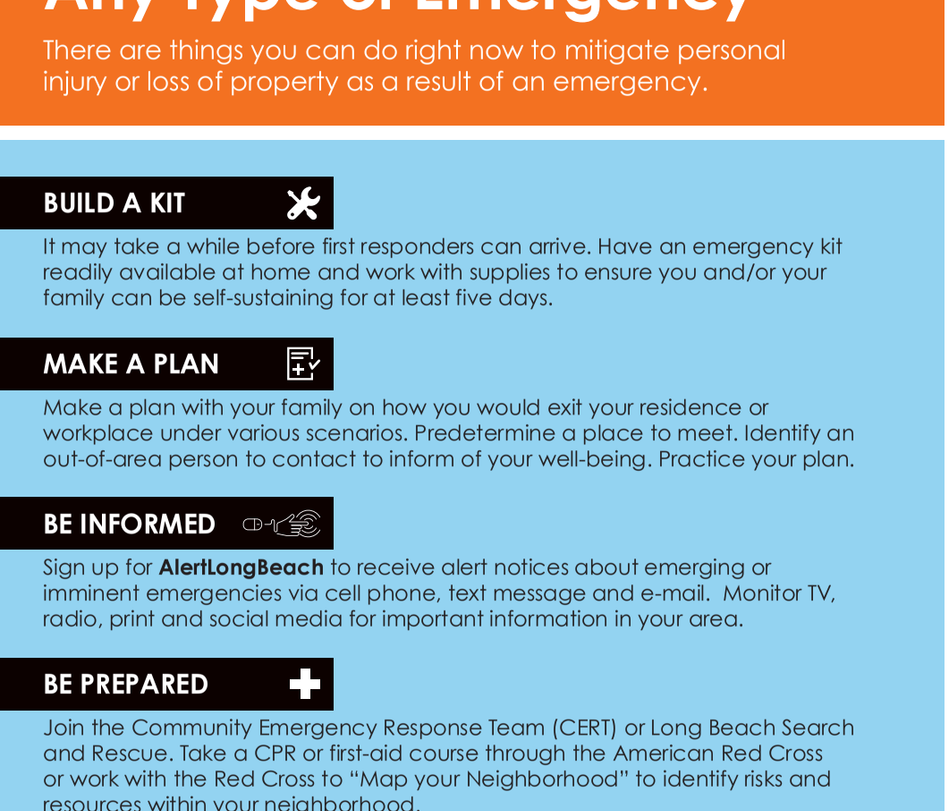
Don't wait. Plan now.

How you prepare will affect how you recover from any emergency.

CITY OF LONG BEACH

TSUNAMI PREPAREDNESS GUIDE

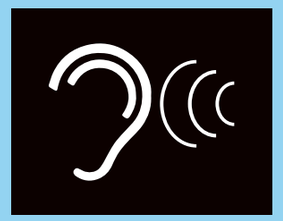
Learn • Plan • Survive



This information is available in alternative formats by request to **562-570-9250**
www.longbeach.gov

What you should do during a tsunami emergency.

Protect yourself during the earthquake. If indoors, DROP under a sturdy table or object, COVER your head and neck, and HOLD ON. If outdoors, move to a clear area if you can safely do so—away from trees, beach cliffs, signs, and other hazards—and DROP to the ground. If you have mobility impairments that prevent you from getting up on your own, do not drop to the ground but do cover your head and neck and hold on.



Sign up for AlertLongBeach to receive alerts via phone, text, or e-mail. Tune to radio station KKJZ 88.1 for the Emergency Alerting System. Go to the city's Twitter account - @longbeachcity or go to the city's facebook account - Long Beach City, or go to the city's website - www.longbeach.gov for additional information. Follow evacuation instructions and listen to your car radio for additional information and updates as you evacuate.

Move to high ground. Avoid downed power lines and weakened overpasses.
The Tsunami Map will show you what areas are safe and what areas may be at risk. Use this information to guide you to a safe area. Stay there. Remain on high ground. Waves from a tsunami may arrive for eight hours or longer. Return to the coast only when officials have announced that it is safe to do so.

Take your 5-day emergency kit that you have already assembled when you evacuate. Keep the items that you would most likely need for evacuation in a backpack, duffel bag or a wheeled cooler in an easily accessible location.

More information on building a kit is available on the city's website: **www.longbeach.gov/disasterpreparedness/**

Tsunami Evacuation Routes- Know the Way to Safety.

Familiarize yourself with evacuation map routes, landmarks, and flood areas. Plan secondary routes as backup.

Revised October 15
This document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security. MAP AND DESIGN WORK PROVIDED BY TEAM LED BY PROF. CLAUDINE JAENICHEN AND DR. STEVE SCHANDLER, WAYFINDING FOR DISASTER PLANNING, AT CHAPMAN UNIVERSITY IN ORANGE, CALIFORNIA.