

## One Point Advice

### Tsunami Defense

つなみ み まも  
津波から身を守ろう

If a large earthquake occurs in the ocean, it is highly likely that the quake will produce a tsunami, a devastating wave of water than can travel at speeds of up to 100 km/h. The Japan Meteorological Agency monitors the ocean, and attempts to determine whether a tsunami will form and issues warnings within 3 minutes of a quake occurring. These warnings will appear immediately on TV and the radio, and on news websites.

However, it is possible that a tsunami could hit before the warning goes out, and by the time you see it, it is almost impossible to outrun. If you live near the coastline, then if a long earthquake occurs you and your family should try and evacuate to high ground immediately. Even if you can't feel the tremors, if the tsunami warning goes out, get moving.

When evacuating, never assume that a wall or house will be able to “block” the wall of water, and instead, look for an elevated location. If you don't have time to get to a hilltop, then find a sturdy looking house or building at least 3 stories tall to take shelter in.

There can be multiple waves, as in the Tohoku quake, so make sure to stay in your safe location until the warning has been lifted.