

# Disaster Preparedness Booklet on Tsunami

A District Disaster Preparedness  
Creative Team Initiative – Nicobar, 2016



# Disaster Preparedness

## I. Prepare a **Survival Kit**.

It should contain

- Dry **food** (biscuits, almonds, copra, chips, canned food etc.)
- Potable **water**
- **First Aid** box, personal **medicines**
- **Torch** along with extra **batteries**
- Portable **radio**
- important **documents** and **cash**
- *dao* wrapped in a cloth/ swiss knife/
- Towel and toiletry articles like soap, toothpaste and sanitary napkins etc

## II. Keep the kit handy, light and portable.

Run with it during the disaster. Don't overstuff it with heavy articles. Keep checking and replacing the expired food stuff.

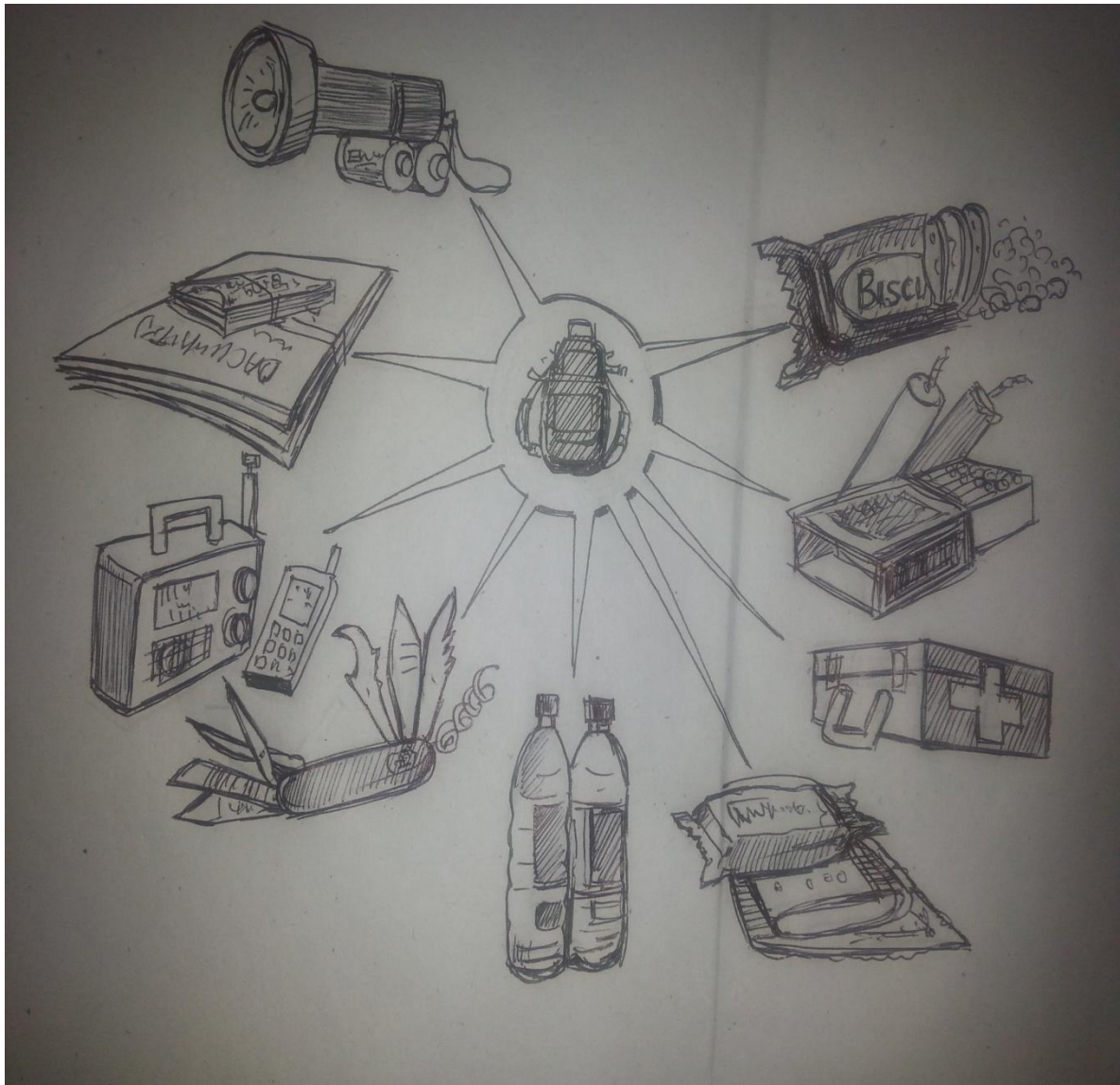
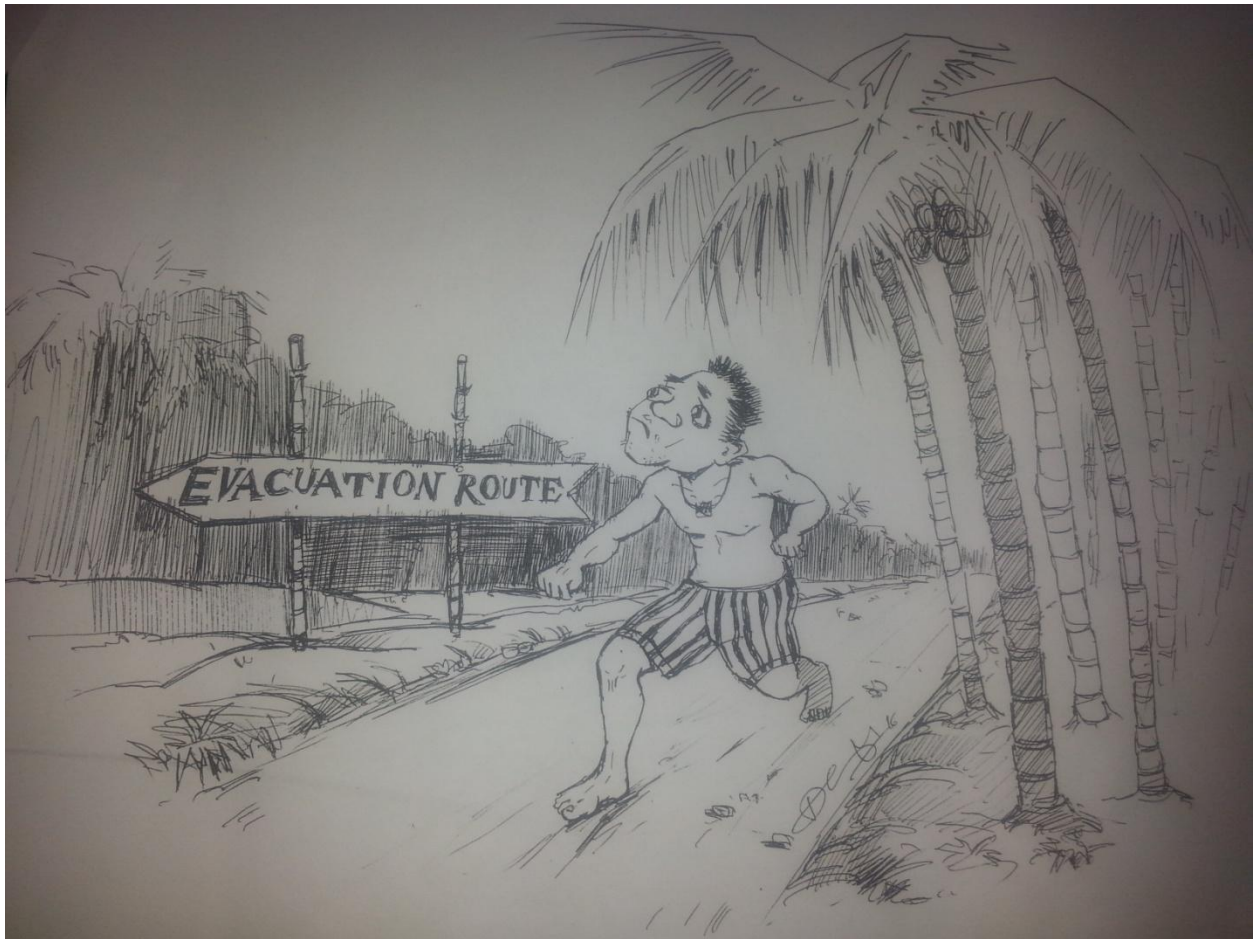


Figure 1: an Ideal Survival kit and its content.

- III. Be familiar with the **Evacuation routes**.
- IV. Be aware of all the **Relief Shelters** and **Godown**
- V. Identify the **higher grounds**, high rise concrete **buildings** and also inland areas **far off** from the shore.



**Figure 2 : Follow the Evacuation Routes to run inland**

# Disaster Warning

1. Read natural signs
  - receding of water in Sea
  - deep cracking sound
  - strange animal behavior

**Figure 3: receding water and strange animal behaviour**



II. Listen to the Tsunami sirens and other warnings like announcement on radio, loud speakers, church bells.



Figure 4 : listening to the tsunami sirens

## **Actions to be taken**

Run or Move as fast as you can to

- higher ground
  - high building (in case of non availability of higher ground)
  - climb a tree (in case of non availability of building)
  - clutch a floating object (in case none of the above is available)
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- One may also follow the evacuation route and reach the already identified Relief shelters to get help/ first aid/ food etc.
  - If on a boat in the open sea, stay put as one is safe out there. However, if one is on a ship or boat near the harbor or port, leave the ship and run inland.

## **Interim period till Tsunami warning is called off**

- try to help others especially children, pregnant women, sick, disabled and old people
- share water, food etc
- provide medical/ distress help
- stay calm
- counsel your family and friends
- listen to the latest updates through radio and TV

**Do Not move to the Coastal areas till it is declared safe by the Administration as there could be more Tsunami waves.**



Figure 5: Stay calm, informed and help others



## **After the Tsunami**

- return to your homes and inspect the damages (if any)
- inspect the electric wires carefully

- don't use well water as it can be contaminated.
- Follow the instructions of the administration.

This is a small step of the District Administration, Nicobar to prepare the citizens for the worst, while hoping for the best. A faithful compliance of this document may help us to be better equipped to take-on the fury of natural disasters like Tsunami.

“It wasn't raining when Noah built the Ark”

-Howard Ruff

