

What should I do if an earthquake occurs while at the coast?

- **Drop, cover and hold until the earthquake is over.** Get under a sturdy object and hold on. Watch for falling objects.
- **Move immediately to high ground or inland.** Do not wait for an official warning.
- **Go by foot rather than drive.**
- **Do not pack or delay**
- **Stay on high ground** until emergency officials give an "all clear."
- **Stay away from the coast.** Waves may continue to arrive for hours. Listen to your local radio station for an official "All Clear" notice before returning to the coastal area.
- **Be alert for aftershocks.**
- **Listen to NOAA Weather Radio** or your local radio station for information on shelter locations and emergency broadcasts.

NOAA Weather Radio Frequencies:
Astoria 162.40 Mhz

A strong offshore earthquake may generate a tsunami. If you feel the ground shake, evacuate inland or to high ground immediately and return only after officials say it is safe to do so.

During distant source tsunami events, local Emergency Management officials will advise citizens to evacuate by making an announcement over the Emergency Alert System or over NOAA Weather Radio.

Visit the [Federal Emergency Management Administration](#) for more information. Seaside residents and visitors may wish to check out the [Tsunami Awareness Program](#) for more information.

Where do I evacuate?

Go to an area 50 feet above sea level, if possible. If you don't have time to travel to high ground, but are in a multi-story building, go to an upper level of the home or building. If you are on the beach and unable to get to high ground go inland as far as you can. The tsunami evacuation map illustrates the primary evacuation routes and congregation areas. Take your disaster supply kit with you.

How do I get inland or to high ground?

Go on foot if necessary, particularly if an earthquake has caused damage to roads, power lines, and resulted in significant debris.

Remember:

- Never go to the coast to watch a tsunami. Tsunamis move faster than a person can run. If you are camping on or near the beach, you may have to abandon your campsite to go inland or to higher ground to save your life.
- Do not return to shore after the first wave. Wait for Emergency Management officials to give the "All Clear" before you return.

If you see an unexpected rise or fall in the coastal water, a tsunami may be approaching. Do not wait - instead move inland or uphill as quickly as possible.

Stay tuned to your radio, marine radio or NOAA Weather Radio during a disaster. Bulletins will be issued regularly through local Emergency Management officials and National Weather Service.

Call 9-1-1 only for life threatening emergencies.

Be prepared to survive on your own for a minimum of three days.

Prepare a disaster supply kit for you home, automobile and work. A list of recommended supplies for your kit may be found below.

Take a first aid course and learn survival skills. Knowledge is your greatest defense against potential disaster.

Disaster Supply Kit

Assemble a 3-day minimum supply:

- First-aid supplies and personal prescriptions
- Non-perishable food and utensils
- Water (one gallon per person per day)
- Water carrying bag or container
- Extra blankets, ponchos and clothes
- Plastic bags for garbage and waste
- Rubber, latex, and heavy-duty gloves
- Pocket knife, flat 12" pry bar, and duct tape
- Tube tent
- Flashlights (extra batteries)
- Battery-operated AM radio (extra batteries)
- Whistles
- Dental and personal hygiene items
- Dust masks
- Matches

Evacuation signs and what they mean:

Tsunami evacuation routes were developed to assist coastal residents and visitors find safer locations in case of an earthquake and tsunami. Evacuation signs have been placed along roadways to indicate the direction inland or to higher ground. In some places, there may be more than one direction available to reach safer areas. These routes may be marked with several signs showing additional options for evacuation.