Disaster Preparedness Quick Guide:
Guidance for Persons with Disabilities and Caretakers in The Event of a Tsunami

Before a disaster

If you live in a coastal area, beware of tsunamis!

Tsunamis are a series of large waves that move very fast.
Tsunamis are caused by earthquakes, an underwater landslide or volcanic eruptions.

Prepare an emergency bag

<table>
<thead>
<tr>
<th>General Item</th>
<th>General Item</th>
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<tbody>
<tr>
<td>Water</td>
<td>Flash light &amp; whistle</td>
</tr>
<tr>
<td>Dried food instead of food</td>
<td>Battery</td>
</tr>
<tr>
<td>First aid kit</td>
<td>Important documents</td>
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<tr>
<td>Portable Radio</td>
<td>- ID card</td>
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<tr>
<td>Mobile phone with charger</td>
<td>- Birth certificate</td>
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<tr>
<td>Rope</td>
<td>- Emergency contacts</td>
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<tr>
<td>Raincoat</td>
<td>- Blood group</td>
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<tr>
<td>Blanket</td>
<td>- Health condition</td>
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<tr>
<td>Item for hearing limitation</td>
<td>- Medical precipitation</td>
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<tr>
<td>Notebook and pen</td>
<td>- Land certificate</td>
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<tr>
<td>Sign language pocket guide</td>
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<tr>
<td>Item for mobility limitation</td>
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<tr>
<td>Air pump for wheelchair</td>
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<tr>
<td>Adult diapers</td>
<td>Item for visual limitation</td>
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<td></td>
<td>White cane</td>
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<td></td>
<td>Extra clothes</td>
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<td></td>
<td>Personal data including specific character, difficulties and specific needs</td>
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</tbody>
</table>

- Check the accessibility of evacuation routes and shelters.
- Do evacuation drills regularly with your family, friends, neighbors.
- Practice walking evacuation routes even in darkness and bad weather.
- Know the location of shelters recommended by the local authority.

Familiarise yourself with tsunami warning system in your area such as sirens, SMS and new alerts.

- Participate in disaster preparedness training.
- Create evacuation plan with your community.

- Make sure you are registered with the local authorities for priority assistance in the event of a tsunami.
- Inform your caretakers what assistance you need.
During a disaster

Evacuate to a **higher place immediately** as the warning might come too late.

**Run inland** and stay away from the coast.

Follow the sign of evacuation route.

Important messages for you:
- **Protect** your life.
- **Early evacuation** is important.
- Carry **important information** in writing including ID number, birthday, blood type and health condition, emergency contacts.
- **Highlight your disability** to your caretakers.
- **Obtain information** from radio, TV, internet, social media, tsunami early warning, etc.
- Bring the **emergency bag** when evacuating.
- Evacuate with **caretakers**.
- **Stay away** from electric poles and wires.

Know the signs of tsunami warning, if you:
- **Feel** the earth shake when you are at the coastal area.
- **See** a bunch of fish lying in the sand as the sea pulls back.
- **See** the water withdraw an unusual distance.
- **See** white foamy water from a distant.
- **Hear** a roaring sound like a jet.
- **Smell** a strong salty air.

Avoid **landslide areas or building ruins** when evacuating to higher ground.

**Do not go** near the coast!

After a disaster

- Once you are in safe place, **always stay** with your caretakers.
- When in a shelter, tell the people in charge to provide you with **mobility orientation** so you can do daily activities independently.
- Always look for **reliable information**
- **Inform** your safety to your relatives or friends.

- **Do not wander** alone as you may get lost.
- **Do not return home** before the situation is clear or when the authorities say so.
- **Do not approach** dangerous areas or objects.
- **Do not be provoked** by misguided information.

Contact details for further information: ASB Indonesia and the Philippines
www.asbindonesia.org
contact@asbindonesia.org

Engage and support by sharing this information with your family and friends!