

Protecting Your Life from Tsunamis 2



The Recommendation for "Proactive Evacuation"

1 Prioritize protecting your own life.



When there is a risk of a tsunami, how quickly you can escape to high ground is the key to survival. There is a saying, "tsunami tendenko." "Tendenko" means "each person for themselves," and it is a teaching that says, "Each of you, run to high ground as fast as you can to save your own life." This teaching of proactive evacuation was born from the lesson learned from past tsunamis, in which many lives were lost because people delayed their evacuation to go help family and acquaintances.

2 Encourage others to evacuate as you evacuate.



Calling out to one another during evacuation leads to the swift evacuation of the entire community. It allows you to guide visitors unfamiliar with the area and has the advantage of making it easier for people who have difficulty evacuating on their own to hear and ask for help.

3 Trust one another and take responsibility for your own evacuation.

Taking responsibility for your own evacuation is paramount. If everyone in the community is committed to taking action to save their own lives, they can trust each other and evacuate individually. A useful tip to smooth out the evacuation process for the whole community is to post a note indicating that you have "already evacuated." A relationship of trust in which neighbors will help the elderly and young children evacuate, even if you are away from home, can speed up the evacuation of the entire community.

4 Acknowledge that it is right to run.



In a natural disaster, it's possible to face a life-threatening situation and be unable to help the person right in front of you. It is also important for the community to affirm that "it was right to run" to alleviate feelings of self-blame.