

IF AN EARTHQUAKE IS  
**LONG**  
OR  
**STRONG**

---

**GET GONE**

MOVE IMMEDIATELY TO THE NEAREST  
HIGH GROUND OR AS FAR INLAND AS POSSIBLE.  
DON'T WAIT FOR AN OFFICIAL TSUNAMI WARNING.



# If an earthquake is

## **LONG or STRONG: GET GONE**

Move immediately to the nearest high ground or as far inland as possible. Don't wait for an official tsunami warning.

All of our coastline is at risk of tsunami. Knowing the right immediate action to take can prevent injury and save lives.

If you are near the coast and feel an earthquake that is **LONG** or **STRONG: GET GONE**.

An earthquake that lasts more than a minute **OR** makes it hard to stand up is a natural tsunami warning.

If you are near the coast, don't wait for an official warning. Move to immediately to the nearest high ground or as far inland as you can. Walk or bike if you can. Stay there until you get the all clear.

Make a plan today. Find out who can help you and who might need your help. Your local Civil Defence Emergency Management Group has information for your region.

**[Civildefence.govt.nz](https://civildefence.govt.nz)**

