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# Tsunami hīkoi



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# Notes for the Large Print Reader

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Page 1

Main text is in Arial typeface, 18 point.

Headings are indicated as:

**Heading 1**

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## **Omissions and alterations**

Some page layouts have been edited for clarity.

# Tsunami hīkoi

If you are in a tsunami evacuation zone, you should practise your evacuation route, or "tsunami hīkoi".

## What is a tsunami hīkoi?

A tsunami hīkoi is a walk that takes you along your tsunami evacuation route either inland or towards high ground. Practicing your tsunami evacuation route helps your muscle memory kick in when an event happens, even in a very stressful situation.

All of New Zealand is at risk of earthquakes and tsunami. Practising your tsunami hīkoi is an easy way for you and those around you to learn the right actions to take. Practise your evacuation walk to high ground or inland by foot or bike.

If you are in a tsunami evacuation zone, practise evacuating out of the zone.

## **Remember, Long or Strong, Get Gone.**

Drop, Cover and Hold during the shaking. Protect yourself from the earthquake first.

As soon as the shaking stops, move immediately to the nearest high ground or as far inland as you can out of tsunami evacuation zones.

# Tsunami hīkoi week

All of New Zealand's coastline is at risk of tsunami. East Coast LAB's tsunami hīkoi week in March encourages people to learn and practice their tsunami evacuation route.

New Zealand ShakeOut in October is also a great opportunity for you to practice your tsunami hīkoi.

Find out more about Tsunami Hīkoi Week at

<https://www.eastcoastlab.org.nz/getinvolved/tsunami-hikoi/>

## How to practise your tsunami hīkoi

Check to see if your home, work, school or community meeting place is in a tsunami evacuation zone. Plan a route that takes you safely out of the zone. Plan to walk or bike if you can. Your Civil Defence Emergency Management Group has tsunami evacuation zone maps and advice. Find your tsunami evacuation zone at

<https://getready.govt.nz/tsunami-evacuation-zones/>

Decide where you will go (and make sure everyone in your family knows, in case you're not all together). Your evacuation place will probably be with friends or family, so make sure they know your plans.

Practise your tsunami hīkoi with your family, colleagues or classmates. Tsunami hīkoi week and ShakeOut are great opportunities to practise. If you have a pet you could walk them along your tsunami evacuation route.

# **Find out more about tsunami**

Find out more about how tsunamis work and what to do before, during and after a tsunami.

Know your tsunami evacuation zones. Check with your Civil Defence Emergency Management Group. They have tsunami evacuation zone maps and advice. Make sure you know where to go, whether you are at home, at work or out and about.