Always be prepared, a tsunami may occur anytime
a. Prepare a family emergency plan
b. Prepare a safety backpack
c. Identify the danger zones, safe areas and the Assembly locations
d. Identify evacuation routes

Pay attention to any of these warning signals
a. Very strong earthquake (it is difficult to walk, there are falling objects, damage to structures)
b. Long duration earthquake (about 1 minute or more)
c. Official message by sirens, commercial radio, television, NOAA radio
d. Sudden sea level change
e. Loud noise coming from the sea

In case of an earthquake protect yourself
a. Drop
b. Cover
c. Hold on

Move away from hazard areas (in preference order depending on your location)
a. Run to higher ground and / or away from the Coast
b. Go to a third floor or higher
c. Climb a tree
d. Run to an assembly point

Stay in the safe area until Authorities indicate the danger has passed, this may take many hours.

http://www.srh.noaa.gov/srh/ctwp
http://redsismica.uprm.edu/