

When an Earthquake Strikes

What to do when an earthquake strikes

Protect yourself during the quake

- Stay calm and ensure that you are safe.
- Switch off all flames.
- Open doors and windows to secure escape routes.



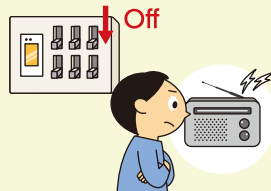
After the tremors subside

- Check that the family is safe.
- Put on shoes.
- Prepare necessary items.
- Be ready for aftershocks.
- Close the gas valve.



5 to 10 minutes after quake

- Check that the immediate area is safe.
- Get information via the radio, etc.
- Try to avoid using the phone.
- Switch off electrical breakers.
- If there is a danger of the building collapsing, evacuate.



10 minutes to several hours after quake

- Work together to extinguish fires and rescue others.
- Bring necessary items when evacuating.
- Gather information about the disaster and damage.
- Do not enter damaged homes.
- Expect aftershocks.
- Evacuate to an evacuation site or evacuation center.



What to do if an earthquake occurs while you are in one of these places

Shop

- Use a bag or shopping basket to protect your head, and watch out for falling shelves or products, broken glass, and other hazards.
- Rushing for the exit may start a panic. Follow the instructions of store staff.



Underground Shopping Area

- Exits are located approximately 60 meters apart. Stand against a large pillar or wall and calmly wait for the tremors to subside.
- If fire should break out, use a handkerchief or cloth to cover your nose and mouth, crouch low against a wall, and head for an exit.



On the Train

- Trains will stop automatically. Be careful of falling items and hold onto hand straps or rails firmly to avoid falling over.



In the Elevator

- If the elevator does not stop automatically, press all the floor buttons and get off at the first floor it stops.
- If you are trapped inside, use the emergency button and intercom to contact the outside and get help.
- Do not try to force your way out. This is dangerous.



Residential/Business Area

- Stay away from buildings, walls, utility poles, vending machines, and similar.
- Protect your head with your belongings or your arms, and run to an open area while avoiding falling objects such as roof tiles, glass, and signs.
- Stay well away from fallen and snapped electrical lines.



In a Car

- Do not brake suddenly.
- Hold the steering wheel firmly and slowly reduce speed, pull over to the left side of the road, and stop the engine.
- Do not exit the vehicle until the tremors have subsided.
- In an emergency, vehicles may have to be moved, so when exiting the vehicle, leave the key inside with the doors unlocked.

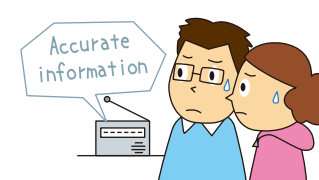


Evacuation Tips/ Help for People Requiring Special Assistance

Evacuation tips during disasters

Obtain accurate information

Gather the latest weather information on TV and radio. Pay attention to how the rain is falling, and take the initiative to evacuate if you sense danger.



In principle, evacuate on foot

Evacuating by car will impede the passage of emergency vehicles. Also, cars will not start if the engine is flooded. It is best to evacuate on foot except in special cases.



Check before evacuating

Before evacuating, turn off your electricity, gas, etc., and check the location of the evacuation center. Also, inform relatives and friends that you will be evacuating.



Help for people requiring special assistance

Early evacuation is necessary for the elderly and children. Please help if the elderly in your neighborhood are evacuating.



Select a safe evacuation route

When evacuating, select as high roads as possible and be careful of waterways. Also, avoid landslide warning zones.



If you are late in evacuating

If you are late in evacuating and danger approaches, escape to the second floor or higher of a sturdy building.



Prepare your emergency supplies in advance

When evacuating, carry only the bare minimum necessities that you have prepared in advance.



Accompanying pets

Owners are responsible for caring for pets. Please note that restrictions will be put in place at evacuation centers to prevent pets from affecting other evacuees.



Help for people requiring special assistance

Elderly people, pregnant women, infants, sick people

Whenever possible, cooperate with others to help people requiring special assistance. If necessary, use a rope or other tool to carry the person on your back and evacuate to a safe place.



People with impaired vision

When guiding someone, don't have them use a cane. Instead, walk slowly half a step ahead by lightly touching their elbow or letting them hold on to your arm.



People with impaired hearing

When speaking to someone, exaggerate the movements of your mouth and make sure to communicate clearly and simply.



People with physical disabilities

Since at least two people are needed to assist others on stairs, ask the people around you to help.

