

## What do you do in an earthquake?



When a large earthquake occurs, it's difficult to respond in a calm manner. However, a decision made in a single moment can be the difference between life and death. In order to act calmly and without panicking when an earthquake strikes, let's memorize the following behavior patterns.

### Occurrence of Earthquake

#### Remain calm and protect yourself.

Hide under a desk or similar item. Be careful of falling furniture or other objects.

Once the shaking subsides...

- Turn off all flames.
- Open doors and windows, and secure an escape route.



### 1-2 Minutes

- Check flame sources. If there is a fire, extinguish it before it spreads.
- Confirm the safety of your family.
- Put on your shoes. Protect your feet from broken glass and debris.
- Prepare your emergency supplies nearby.

### 3 Minutes

#### Go pick up your children.

Go pick up your children from their nursery school, kindergarten, elementary or junior high school. When leaving your house, write a memo with the location you are traveling to and leave it in a conspicuous location.



#### Further fire prevention.

- Flip the circuit breaker (to avoid electrical fires)
- Close the main gas valve

### 5 Minutes

#### Confirm the safety of your neighbors.

In particular, proactively contact households with small children, elderly persons living alone, and other persons that require assistance during an emergency (refer to P. 30) and confirm their safety. If a fire has broken out inform your neighbors in a loud voice, and cooperate to extinguish the flames.

#### Watch out for seismic activity even after a major quake.

#### Confirm information via the radio or other source.

Don't be confused by erroneous information.

#### Use the telephone as little as possible.

#### If there is a possibility the building might collapse evacuate.

Be careful of block walls and glass. Do not drive your car.



### 5-10 Minutes

### 10 Minutes - Several Hours

#### Confirm safety at a temporary evacuation site.

### Up to About Three Days

### Life in the Evacuation Center

- Act with the autonomous disaster prevention organization at the center.
- Respect the rules of group living.
- Be willing to help others.

Helping each other



## When Inside

### At Home

#### When Cooking

- If you can, turn off the flame as soon as you feel the shaking.
- When there is strong shaking, protecting yourself must take precedence. City gas is working to install safety meters that automatically halt the supply of gas when an earthquake of seismic intensity of five-strong or greater is detected, so do not try to do the impossible.
- The kitchen is filled with many dangers, including the china cabinet, the refrigerator, and pots on top of the stove. Leave the kitchen as soon as possible.



#### When Sleeping

- Protect your head with your comforter or pillow, and lay down under the bed or some other place where furniture won't fall on you.
- It's hard to determine what is happening in the room when it's dark. Always keep slippers, a flashlight, a portable radio and other such items near your pillow.



#### When in the Bath or Toilet

- Baths and toilets are said to be relatively safe locations. Do not panic and jump out; remain calm and secure an exit by opening the door or a window.
- Be careful of tiles and other falling objects.
- If your bath uses an external water heater, turn off the pilot light.



#### At a Housing Complex

- Be careful that exits are not blocked by furniture or other items. Open a door and secure an escape route.
- If you cannot escape through the front door, escape from the veranda using the emergency ladder or rope. Never use the elevators.



### At School and Work

#### When at School

- Follow the directions of the teachers and the campus public address system.
- When inside a classroom, immediately get under your desk and tightly hold onto its legs.
- Get away from book shelves and windows, and move to a safe area.



#### When at Work

- Move away from windows, lockers, and document shelves, and get under your desk or a similar object to protect yourself.
- After the shaking has stopped, check fire sources by cutting the power to gas water heaters and other devices, etc.





## When Inside

### When Out

#### When at the Department Store or Supermarket

- Be careful of showcases tipping over, falling merchandise, and broken glass. Get near a pillar or the wall, and cover your head with your clothes or handheld items.
- Act in accordance with the instructions of the store staff. Rushing to the exits is dangerous as it can cause a panic.



#### Inside an Elevator

- Elevators with earthquake control systems will automatically stop at the nearest floor. Exit at the floor the elevator stops at. If the elevator does not have a control system, press all the buttons and exit at the floor the elevator stops at.
- If you are trapped, be aware that it is dangerous to try to forcibly escape through the roof, etc. Use the emergency button or the interphone to contact the outside and wait for help.



#### When at an Underground Shopping Area

- Underground shopping areas are said to be relatively safe. Get near a large pillar or the wall, and wait for the shaking to subside.
- Underground shopping areas have exits about every 60 meters, so do not panic as you act.
- If a fire has broken out, cover your nose and mouth with a handkerchief, lower your body, and move along the wall to evacuate to the surface.



#### When at a Playhouse or Movie Theater

- Crouch between the seats and protect your head from falling objects with your bag or clothes.
- If there are large lights or other objects above your head, move away from that location.
- It is easy to panic in closed areas. Follow the instructions of staff and don't panic.

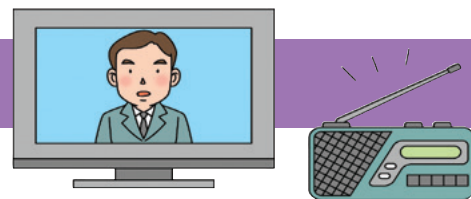


## If an Earthquake Early Warning is Issued



In areas close to the epicenter, the Earthquake Early Warning may not precede the onset of strong shaking.

The Earthquake Early Warning System (started on October 1, 2007) quickly relays information on earthquakes immediately before the strong shaking starts by detecting earthquake waves near the epicenter immediately after the earthquake occurs. When an earthquake with a maximum seismic intensity of 5 or greater is predicted, you will be notified of imminent shaking through television, radio, disaster prevention government radio and emergency early warning mail. The time from the issuance of an Earthquake Early Warning and the start of strong shaking ranges only from a few seconds to a few dozen seconds. Prioritize the usage of that small window of time to protect yourself.



## When Outside

### When Walking

#### When on a Busy Street

- Be careful of falling objects such as glass, billboards, and neon signs. Protect your head with your hand baggage or some other item, and evacuate to a square or similar location.
- Separate yourself from buildings, walls and electric poles. Also be cautious of vending machines tipping over.



#### When in a Residential Area

- Separate yourself from block fences, stone walls and gateposts. There is a danger that they will collapse.
- Be cautious of falling items such as roof tiles.
- Never touch broken and/or fallen electrical cables.



#### When on a Bridge

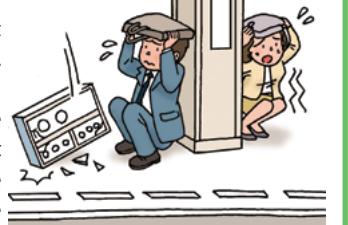
- When on a bridge or a pedestrian bridge, hold on tightly to the handrail or fence to prevent being shaken off of the bridge.
- There is a danger that the bridge will collapse. When the shaking has subsided, immediately.



### When in these kinds of places:

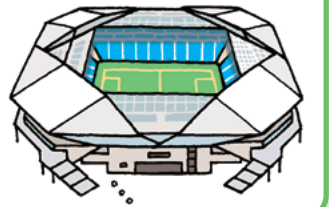
#### When on a Station Platform

- Watch out for falling objects such as bulletin boards and signs.
- Rushing toward the ticket gates can cause a panic. Until the strong shaking has subsided, get close to the nearest support column and follow the directions given by the station announcements.



#### When in a Stadium

- When large numbers of people rush toward the exits, there is the danger of being caught in a stampede. In some cases it is safer to evacuate to the playing field.



#### When at the Coast or Near a Cliff

- Quickly evacuate to a safe location. When at the coast, evacuate to high ground and carefully listen to the tsunami information.
- If you live in a house abutting a cliff, you should under normal circumstances use primarily the rooms that are separated from the cliff. Don't forget to secure an indoor evacuation path that can be used to quickly escape outside.



### Points of Caution when Returning Home

#### Walking on the Street

Walk in the middle of the street as much as possible.

#### Choosing a Route

Choose primary roads and other wide roads.

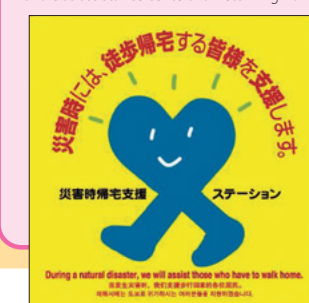
#### Choosing Shoes

Prepare shoes with thick soles that you are accustomed to wearing.

### Returning Home

### Use the "Disaster Period Home Return Assistance Station"

When an earthquake occurs, in addition to schools and other public facilities, convenience stores, gasoline stands and other establishments also play a role as assistance centers for returning home.



These kinds of things are possible! They will assist you.

You can receive drinking water.

The facility can be used as a temporary resting place.

You can use the toilet.

You can collect information on roads and damage conditions.

◀ This is the sticker that indicates a Disaster Period Home Return Assistance Station.

## When Riding in a Vehicle

### When Riding in a Car

#### Driving a Car

- Sudden braking can lead to a major accident. Hold tight on the wheel and gradually decrease your speed. Pull over on the left side of the road and turn off your engine.
- Do not get out of your car until the shaking has subsided. Check for information on your car radio, etc.
- When leaving your car to evacuate, first move it as far off the road as possible.
- If you must leave your car in the middle of the road, close the windows and leave the keys in the ignition. Your car may be moved in the event of an emergency, so leave the doors unlocked.



### When Riding a Bus

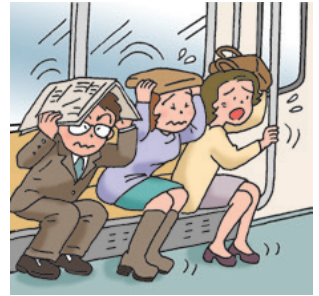
- If you are seated, hunch forward and hold on tight to the back rest of the seat ahead of you.
- If you are standing, hold on tight to the hanging straps or the hand grips on the seats, or squat down and hang onto the seat legs.
- When the shaking has subsided, do not rush toward the exits. Adhere to the instructions of the driver.



### When Riding a Train

#### When Riding a Train

- The train will automatically come to a stop when it detects shaking. Hold on tightly to the hanging straps or hand grips, be careful not to get trampled, and watch out for items falling from the overhead luggage racks.
- When seated, plant your feet firmly on the floor and hunch your upper body forward. Protect your head with a magazine, your handbag, or other item.
- Do not get off the train without permission. Adhere to the instructions of train staff.



### When Riding on the Subway

- Subways are said to be comparatively safe. When you feel shaking, hold onto the hanging straps or hand grips and be careful not to fall down.
- Blindly climbing down onto the train tracks can lead to a high-voltage current electrical shock. Remain calm and await instructions from subway personnel.



## Do Not Evacuate in Your Car

When an earthquake occurs, it is very important to ensure that fire engines and other emergency vehicles can pass. If everyone evacuated by car, it would cause problems for emergency vehicles and persons evacuating, and there would be much confusion. Evacuate by foot unless it is absolutely necessary to use a car. Examples of this include inter-mountain areas that are in danger of landslides and households with elderly or sick persons that cannot walk easily.



### When Riding a Bullet Train

- When a bullet train detects an earthquake and stops moving, you will feel a significant shock from the train stopping. Quickly hunch over and protect your head from falling objects.
- To avoid being thrown, persons standing in the aisle should hold on tight to the hand grips on the seats or should squat down and hold onto one of the seats.

