

## 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

#### Fire and Rescue Activities.

Cooperate with your neighbors to put out fires and perform rescues. Additionally, make reports to the fire department, etc.



#### Meet your daily necessity requirements through your own stock.

For three days after a disaster you cannot expect help to come from the outside.

- Collect disaster and damage information. Pay attention to city announcements.
- Do not enter collapsed houses.
- Remain alert for earthquakes.

### 10 Minutes - Several Hours

#### 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.



### Up to About Three Days

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

### 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.

