

# In the **E**vent of a Disaster

## The first thing to do is to protect yourself and your family members.

If a disaster occurs, try to ensure your own safety first and then take the actions shown below.

### Earthquakes

#### <At home>

##### During an earthquake

- Be calm.
- Take cover.
- Keep away from flames.



##### Immediately after the earthquake

- Turn on the radio and/or TV.
- Turn off all sources of heat that could cause fire.
- Make sure that all your family members are all right.
- Put on shoes or slippers to protect yourself from broken glass and other debris.
- Watch out for aftershocks.
- Keep away from concrete-block walls and rubble.
- Don't drive a vehicle to evacuate.
- Obtain accurate information and act calmly.

#### <Away from home>

- If you are in a coastal area or near a riverbed, evacuate to a safer place, such as higher ground, to protect yourself from tsunamis.
- If you are in a business district or downtown area, watch out for falling objects and protect your head with your bag or anything else available.
- If you are in a department store or supermarket, keep away from the shelves.
- If you are in an underground mall, lean against a pillar or wall, and follow the instructions given through the P.A. system.
- If you are in an elevator, press all the floor buttons and get off at the floor where the elevator stops first.
- If you are driving, slow down gradually, pull the car over to the left side of the road, cut the engine and then evacuate.
- If you are at a workplace or school, try to stay there for some time to avoid congestion caused by the large number of people returning home all together.



### Floods

- When a typhoon is approaching or torrential rain is falling, don't go out unless absolutely necessary.
- Don't assume that you are safe; evacuate as early as possible.
- Keep away from rivers because water levels may suddenly rise.
- If the area where you are begins to flood, evacuate to the third floor or a higher floor of a sturdy building.



## Things that community members should do after confirming their own safety and that of their families

### Sometime after a disaster

- Confirm the safety of your neighbors and participate in rescue operations, while watching out for secondary disasters.
- Provide first aid to the injured and send severely injured people to hospitals.
- Bring along food and water and share with others.
- Establish evacuation shelters in the community.
- Patrol the community.



### Living in an evacuation shelter

- Principle of "taking care of oneself"  
Evacuees, including community disaster management leaders and town representatives, are expected to organize a shelter operation committee to establish rules for living in the shelter and determine the roles to be played by evacuees. All evacuees are expected to follow the rules established by the committee and cooperate with one another in accordance with the principle of "taking care of oneself."
- Helping people needing special support at the time of disaster  
Many people who need special support (e.g., persons with disabilities, foreigners who do not understand Japanese) also stay in shelters. It is important to care for and help such people.



Care for others.



Help out people in need.

## Things that the government of Chuo Ward should do at the time of disaster

If a disaster occurs in Osaka City, the assembled ward employees will organize a Chuo Ward Emergency Headquarters and take various actions, including the following:

- Obtain information on the extent of damage to each area of the ward and other related information through wired/wireless communication or any other means.
- Send employees to fire stations and police stations to share disaster information.
- Provide accurate information for ward residents as well as those who commute to the ward for work or school.
- Establish and operate shelters in cooperation with voluntary disaster management organizations.
- Take out food and everyday items from the stock and provide them to evacuees with the support of voluntary disaster management organizations and other entities.
- Request medical associations and other medical organizations to set up medical aid teams, and establish medical aid centers at shelters, in order to help evacuees receive medical treatment.
- Set up the Chuo Ward Disaster-relief Volunteer Work Support Center at Business Innovation Center Osaka (Osaka Sangyo Sozokan) and coordinate volunteers.