

Right after an Earthquake **When the Shaking Subsides**

[Turn on the Radio or TV]

Check on what's happening right away and then act calmly.

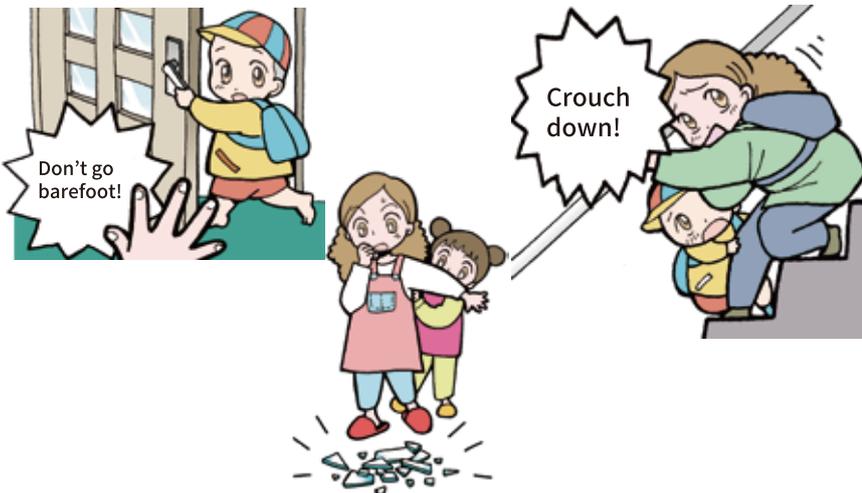


[Are Your Family Members Alright?]

If someone is hurt, think about whether you need to take them to the hospital; ask your neighbors if you need help.

[Put on Slippers or Shoes and Watch out for Broken Glass in the Rooms]

It is dangerous to walk inside or outside the house because of broken glass and other debris. Never walk around barefoot; be sure to wear slippers or something.



[Caution about Aftershocks]

When going outside, wear anything that will protect you and be as safe as possible in case of houses collapsing and other dangers



[Escaping from a Tsunami]

If you are in a tsunami-inundation area near the coast or a river, evacuate as soon as possible to at least the third floor of a reinforced concrete building such as a designated tsunami evacuation building.

[In Condominiums and Apartments]

Open the doors and windows to secure an emergency exit. Never use an elevator to evacuate. If there's a fire, use the stairs, crouching down as low as possible to avoid the flames and smoke.

[Post Contact Information When Leaving the House]

When moving to a shelter or if you temporarily move away, post information in front of your house that tells where you are and how to contact you.



[Don't Move by Car]

Generally speaking, you should not evacuate by car because traffic jams may delay evacuation and the roads have to be clear for emergency vehicles.



[Use Public Telephones]

You may be able to use a public phone if your home or cell phone isn't working.

