

# If an Earthquake Happens Protect Yourself and Your Family

## Earthquake!!

It's  
happening

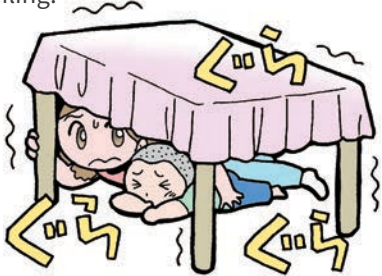
### [Stay Calm]

It's hard to think clearly about what is happening in the moment. Even a few seconds of shaking seems like a long time.  
Don't panic; stay calm.



### [Shield Your Body]

Protect your body first. Get under something sturdy so that you won't be trapped under furniture or the ceiling.



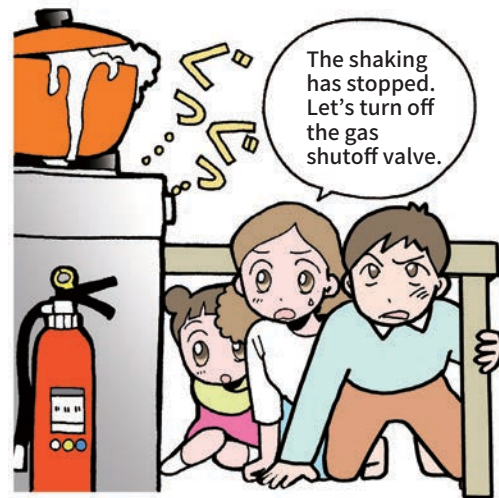
### [If You Are Sleeping]

Protect your head with blankets and pillows and get under the bed or someplace where the furniture will not fall on you. Be aware of changes to conditions inside caused by the earthquake.



### [If You Are Cooking]

Get under a desk or some other safe place, turn off the stove or iron (if you have been ironing) as soon as the shaking ends, and turn off the gas shutoff valve. (Currently, gas microcomputer meters that automatically shut off the gas supply when they detect major shaking are being installed in many places.) Be sure to have fire extinguishers ready to keep fires from spreading.



### [Stay away from Fires]

City gas is automatically cut off at a seismic intensity of 5 or higher. If there is a fire, don't try to put it out; stay away from it until the shaking subsides.



### [If You Are in the Bathtub or the Toilet Room]

Don't rush out—open the doors and windows to make sure you have an exit. If you are taking a bath and there's a fire, put it out after the shaking stops.