

If an Earthquake Happens Protect Yourself and Your Family

Earthquake!!

It's
happening

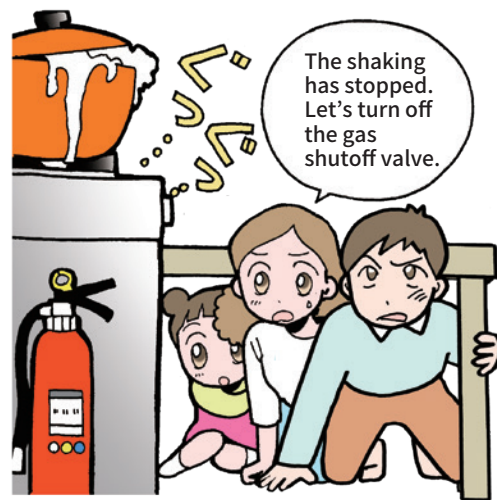
[Stay Calm]

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.



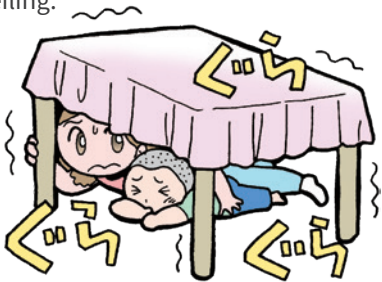
[If You Are Cooking]

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.



[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.



[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.

If You Are Out during an Emergency

[If You Are Driving]

Sudden braking may cause an accident. Hold the steering wheel tightly and pull over to the left side of the road safely, slowing down gradually.

When you are forced to stop the car on the road and evacuate, turn off the engine, leave the key in the ignition, close the windows, and leave the car unlocked. Don't forget to take out your valuables such as the car registration. Leave a note on the inside of the windshield with your phone number and name.



*Even when you are driving on the highway, don't panic—just slow down and pull over to the side of the road. There are emergency exits every kilometer, so evacuate while paying attention to what is happening around you.



[If You Are on the Bus]

Hold onto a nearby seat or strap, or squat down and hold on to the seat legs. Even when the shaking stops, do not just rush out of the bus; follow the driver's instructions.



[If You Are on the Train]

Hold the strap or handrail firmly with both hands. If you are sitting, lean forward and protect your head with something like a magazine or a bag. Don't leave the car without permission and follow the crew's instructions. If you are on the subway, there is the risk of electric shock because of the high-voltage current next to the rail.



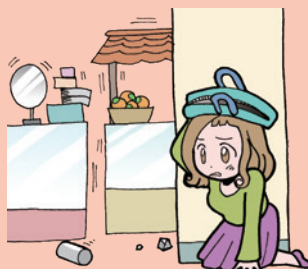
[If You Are in an Elevator]

Even though there are some earthquake control devices that make the elevator stop at the nearest floor in an emergency, you should press the buttons to all the floors and get out of the elevator wherever it stops. If you are trapped in the dark due to blackout, stay calm and wait to be rescued.



[If You Are in a Department Store or a Supermarket]

If you feel shaking, protect your head with a bag or something and move away from the shelves. Protect yourself by holding on to the columns or staying close to the walls and follow the clerk's instructions. Rushing to the exit is dangerous.



[If You Are Underground]

Protect yourself by holding on to a pillar or staying close to a wall and wait for the shaking to stop. There are exits about every 60 meters, and even in blackout, emergency lights will come on. Stay calm and follow the broadcast instructions. If a fire breaks out, cover your nose and mouth with a handkerchief, crouch down and move along the wall until you can get up to the ground floor.

[If You Are at School]

Follow the instructions of the teachers and the school broadcasts. If you are in a classroom, get under a desk and hold the desk legs firmly. Move away from bookshelves and windows and stay in a safe place.

[If You Are in an Office]

Move away from windows, lockers, and bookshelves and get under a desk or table.



[If You Are in a Business District]

The window glass of buildings may break and fall. Move immediately to a safe place.

[If You Are on a Bridge]

Hold on to the railing so that you are not thrown off. When the shaking stops, get off the bridge immediately.



[If You Are at the Beach or in Next to a River]

Watch out for tsunamis and get as far away as possible; evacuate immediately to higher ground or another safe place.