

# ~Earthquake Disaster Countermeasures~

## Aichi Prefectural Police

No one knows when a natural disaster like an earthquake will happen. Mental preparedness and physical preparation can minimize the damage from an earthquake.

**If a big earthquake happens right now, are you O.K.?**

### Things you should do before an earthquake happens

There are a lot of things to do before an earthquake happens.

1

#### Hold a family meeting!

It's very important to talk about evacuation areas and communication methods with your family.

◆ Please refer to "My safe and secure check sheet."

#### Check list

- Location of the evacuation area and how to get there
- How to get in touch with family
- Prepare valuables and an emergency pack
- How to use Disaster Message Dial "171"

2

#### Check your house!

Check what degree of earthquake your house can withstand and that there are no dangerous spots in your house.

#### Check list

- Window panes reinforced by safety film
- Anti-collapse measures taken on furniture
- Nothing heavy placed on furniture
- Furniture fixed to columns or ceiling
- Anti-fall measures taken on light fixtures
- Furniture cannot fall on where you sleep
- House has enough earthquake resistance

3

### Check outside of your house!

There are places you should check outside of your house.

#### Check list

- There are no objects that can collapse easily if a big earthquake happens.**
- I have joined disaster drills or training courses held by the neighborhood association.**
- I have tried walking home from my school or office.**

### If a big earthquake happens

If a big earthquake happens, mind the following tips.

#### **Indoors**

- Get under a table or cover your head with a cushion.**
- Stay away from the furniture.**
- Don't rush out.**
- Don't go outside until the shaking stops.**

#### **Outdoors**

- Cover your head with your bag.**
- Stay away from things that can fall down easily, such as vending machines.**
- If you are on the train or bus, hold the strap firmly with both hands.**
- If you are driving, slow down and then stop.**

#### **Caution!!**

The measures above are just an example.

**Please take whatever actions are necessary to minimize injury.**



## After the earthquake stops

After the earthquake stops, do the following.

### At home

- Confirm your family's safety.**
- Open the door, back door, and windows to secure an exit.**
- Shut off the gas valves.**
- Switch off the main circuit breaker.**
- Help injured people with your neighbors.**

### Away from home

- Check the damage around your house.**
- Help injured people with the people around you.**
- Let your family know you are safe.**
- If you are on the train or bus, or in a department store, follow the instruction of crew or clerk.**
- Don't rush to the exit of the subway or underground mall.**
- If the traffic is blocked, leave your car on the side of the road. Leave the ignition key inside of the car and don't lock the doors.**

## Be aware of false information!!



**People who are not used to earthquakes and people who don't understand much Japanese** tend to believe false information after an earthquake.

After a big earthquake, check the news reports and government web sites to confirm the credibility of the information and take proper action.

**Before a big earthquake happens, talk over what to prepare and what to do when a big earthquake happens with your family.**