



# BE PREPARED FOR EARTHQUAKES



## 1. Confirm Family Communication Plans

- In case you cannot contact your family and friends, discuss a meeting place (evacuation site, etc.) and communication method (message service by NTT or cell phone companies).
- It is useful to leave a contact note at home, or to contact your family via relatives or common friends living in unaffected areas.

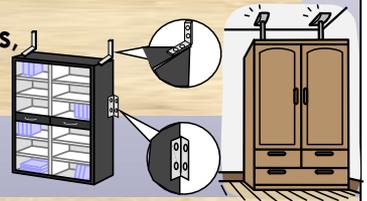


## 2. Confirm Your Shelter and Evacuation Route

- Ask your local government about the shelters in your district.
- Try walking from home to the shelter. You will need to walk to evacuate.
- In case the route becomes impassable, try another route as well.

## 3. Anchor Your Furniture

- Many injuries are caused by falling furniture.
- Anchor your bookshelves, chests or drawers, TVs, fridges, etc. with L-shaped brackets or tension rods. They are for sale at hardware stores.



## 4. Pack Your Emergency Kit

- For emergencies, pack the following items in a backpack.

- |  |   |                                       |  |
|--|---|---------------------------------------|--|
| <input type="checkbox"/> food (for 3 days)         | <input type="checkbox"/> cotton work gloves | <input type="checkbox"/> towels       | <input type="checkbox"/> pens, notepads      |
| <input type="checkbox"/> drinking water (3 days)   | <input type="checkbox"/> raincoat           | <input type="checkbox"/> toothbrushes | <input type="checkbox"/> cash                |
| <input type="checkbox"/> flashlight                | <input type="checkbox"/> blanket            | <input type="checkbox"/> medicine     | <input type="checkbox"/> cell phone, charger |
| <input type="checkbox"/> portable radio, batteries | <input type="checkbox"/> candles, lighters  | <input type="checkbox"/> plastic bags | <input type="checkbox"/> passport, ID        |
| <input type="checkbox"/> helmet                    | <input type="checkbox"/> underwear          | <input type="checkbox"/> thermos      | <input type="checkbox"/> contact information |

※At the shelter, food and drinking water will be eventually provided, but the supply of water for other uses will be limited. Please store some water for your personal use.



### At the shelter...

- tell the reception staff your name and address.
- you will live with many other people. Please follow instructions from the staff. Talk to them if you have a problem.



**Nagano Police Headquarters**

<http://www.pref.nagano.lg.jp/police/>

Raipo-kun  
Nagano Police Mascot

