



IF A LARGE EARTHQUAKE OCCURS...



Protect Yourself First.

If You Are at Home...

- Do not rush out.
- Hide under the table.
- Stay away from furniture or the fridge.
- Turn off the stoves and heaters after the quake is over.



If You Are Outside...

- Stay away from buildings as far as possible.
- Watch out for falling glass and signs.
- Evacuate to a park or other open space.



On the Bus or Train...

- Do not rush out.
- Hold on to the railings.
- Follow instructions from the driver or conductor.



Inside a Building, Station, Hospital, etc.

- Do not rush to stairs/exits.
- Use the stairs, not the elevator, to evacuate.
- Follow instructions from the staff.



Then...

- Call 110 for emergencies.
- Let your family and friends know your situation.
- Follow instructions from the government and police, and evacuate to a shelter.

 A shelter is a temporary refuge to protect people who cannot live at home any more because of a disaster. They are usually placed at schools or community centers designated by the local government.



Because of afterquakes, it is dangerous to be in a collapsed building until safety is confirmed by the authority.



Nagano Police Headquarters

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

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Nagano Police Mascot

