

“Ten rules to protect your family from earthquakes”



1 **First secure your safety.**

Nothing matches your life. When an earthquake outbreaks, please ensure your safety first.

2 **Extinguish the fire at once.**

By shouting “Put out fire!” to others, turn off the cooking device and stove.

3 **Confirm exits for escape**

You will have to pay special attention when you are in a reinforced concrete building to secure door ways open, as doors may not open due to the building distortion.

4 **Escape by watching where you step**

When you escape outside, please stay calm and watch out for fallen items such as broken glass.

5 **Alert your neighbors when you escape.**

Help each other as there may be people such as the elderly, people with disabilities, and foreign nationals who may have difficulties in finding where to escape.

6 **Keep your belongings to a minimum.**

Be prepared by putting the items you will need in a bag such as a back pack, so that you can take those items at once if necessary. Divide things in categories that you will use immediately after an earthquake, and those that you may require later.

7 **Do not go near narrow paths, fences or rivers.**

Brick fences, fence poles and vending machines are fall over easily. You should pay special attention to these structures.

8 Be on alert for the landslides near mountains and cliffs.

When you feel an earthquake in the mountains or close to cliffs, you should evacuate using a safe route as soon as possible.

9 Everyone should help each other in first-aid

While taking care about secondary disasters, people should help each other by giving first-aid to evacuate safely.

10 Try to gather accurate information on the radio.

Don't be misled by rumors or wrong information. Receive accurate information on the radio or TV.