

Timeline For When an Earthquake Strikes

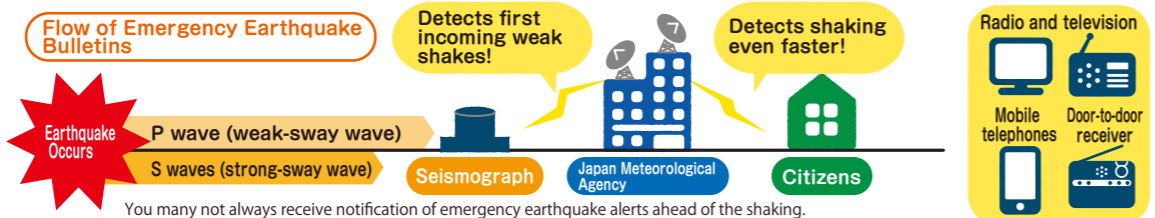
Earthquake Occurs

Firstly, protect yourself

- Get under a desk
- Stay away from furniture, windows, and glass
- Protect your head with cushions, or a magazine, or the like

Emergency Earthquake Alert

This system detects earthquakes at observation points close to the source of earthquakes, immediately and automatically calculates the magnitude (seismic intensity) of the expected earthquake at the source and scale (magnitude), and notifies you a few seconds to dozens of seconds before major shaking will begin. Once that information has been released, your first priority is to protect yourself. You need to discuss what actions you can take regularly.



What to do if you're outside

In facilities overflowing with people There is the danger of causing panic and confusion by moving without purpose, so follow the attendant's instructions and act calmly.	Near mountains and where you can be injured Go to higher floors. Move to the opposite side of cliffs. Be on the look out for landslides during an earthquake.	If you are on a road! Protect your head from falling objects such as glass from windows, tiles, and other materials using your carrying case, or bag, or the like, and evacuate to an empty area of park, or the like.	When you are at work Be careful that bookshelves or lockers can collapse and windows can break.
While shopping Protect your head with a basket or bag and follow the store clerk's instructions.	If you are in an elevator! Press the buttons for all floors and exit at the first floor at which it stops.	If you are driving a vehicle! Pull to the left of the road and get out of your vehicle without locking the vehicle door.	If you are on a train Hold onto a leather strap or a handrail to prevent yourself from being thrown out of the train.

What to do if you are at home

If you are asleep... Protect your head with your bedding (futon) or pillow and lie down where furniture won't fall over onto you.	If you are bathing... Do not hastily jump out of the bath. Instead, open the door and windows to secure an exit.	If you are watching television... Get away from nearby heavy furniture, and from overhanging lights, and the like.
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Beware of aftershocks

It is important to be prepared for a secondary disaster. Don't feel secure just because the first earthquake has stopped! Furthermore, strong aftershocks still can occur several months after a major earthquake, so always remain vigilant.

1-2 minutes after occurrence

When the shake has stopped, the first thing to do is to turn off any flames

- Put on your shoes.
- Ensure you have an exit.
- Check the source of any flames.
- Check the safety of your family

Put on your shoes

Protect your feet from shards of glass, and the like.

Check the source of flames

Turn off the main gas valve or electric breaker.

Confirm your family's safety

Confirm your family's safety by calling the Disaster Message Dial (171), or the Disaster Message Board (Web 171), and the like.

3 minutes after occurrence

Safety check of your neighbors

- Call on your neighbors.
- Initially extinguish any fire if a fire breaks out in your neighborhood.
- Be careful about aftershocks.



5 minutes after occurrence

Obtain the correct information on the radio.

- Obtain the correct information.
- Gather at the temporary meeting place you had previously determined with your family, and confirm your safety at the neighborhood association (voluntary disaster prevention organization).
- Evacuate if there is any danger that your house could collapse or there could be a landslide.

Obtain the correct information

Check the correct information using a TV or the radio!

Gather with your family at the temporary meeting place you previously agreed upon.

- Television and radio**
Data broadcasting, such as NHK and the like, as well as local disaster information will be released on radio stations.
- Disaster prevention administrative radio, and public-relations vehicles**
Emergency information will be communicated via door-to-door receivers and public-relations vehicles.
- Emergency Bulletin Email**
Highly urgent information such as evacuation instructions will be sent simultaneously to all mobile telephones (Docomo, au, Softbank, Rakuten) that exist in the city.
- Shirashiga (Shiga Information Information Service)**
Disaster prevention information will be released.



10 minutes after occurrence

Cooperate to extinguish fires, and rescue, and protect others

- It is important to help each other.
- Do not enter damaged buildings.
- Collect disaster and damage information, and do not follow false rumors.

Life in the area after a disaster

- Use your stockpiled food and water.

Cooperate around the community to extinguish fires, and rescue, and aid others



After reading and confirming the earthquake edition, create your family's disaster prevention plan [earthquake edition] on the back cover.