

Preparing for Earthquakes - Protect Yourself -



We never know when a disaster will occur. Let's be prepared so that we can take proper action without panicking in the event of the disaster. Learn how to prepare for and respond to disasters.

First, protect yourself

When you first notice a tremor, move to a safer place, such as the hallway or get under a solid table or desk and hold on to the table legs firmly, cover your head with a futon or cushion.



After the tremor is over, check to see if there are any flames

Close the main gas valve and unplug electrical appliances. (Stay where you are until the shaking stops.)

After the tremor is over, check to see if there are any flames.

If a fire breaks out, act calmly and put it out.

Do not rush outside in a panic

Do not rush outside in a panic. Open a door or window to secure an exit.

If there is a risk your residence may collapse, evacuate protecting yourself from falling objects.



Be careful to prevent injuries

Keep slippers or shoes in a designated place so they are available to prevent stepping on pieces of glass near the windows. Secure furniture and light fixtures with braces so that they will not topple over or fall down. Prevent glass from shattering.



Gather correct information

Don't be misled by false rumors. It is best to obtain reliable information from trustworthy sources such as TV, radio, or the Internet. Listen for information announced by the Shinjuku City Office, the Fire Department, or Police Department.

