

(((!!))) If the earthquake early warning sounds No matter where you are do this

The most important thing is to protect yourself!

There are only a few seconds between the Earthquake Early Warning and when the shaking reaches you!
In order to protect yourself please do the following.

Hide under a desk or table

Protect yourself by hiding under a strong table or desk in a place where things won't fall or collapse. Hold onto the legs tightly and prepare for strong shaking.



Hiding after the shaking starts is too slow!

As it starts to shake, large furniture and appliances will fall over!

When you aren't close to a table or desk

When you're inside
Use what is around you to protect your head

For example a pillow, bag or even a shopping basket. If there's nothing cover your head with your coat or protect it with your hands. Move to a place where things won't collapse or fall on you and curl up.



When you're outside
Move away from dangerous places

Move away from dangerous places such as near concrete walls, vending machines and old buildings. Be careful of falling objects such as glass, signs, roof tiles etc. Protect your head with your bag and move to a wide open area.



The actions you should take in an earthquake change depending on when it occurs and where you are

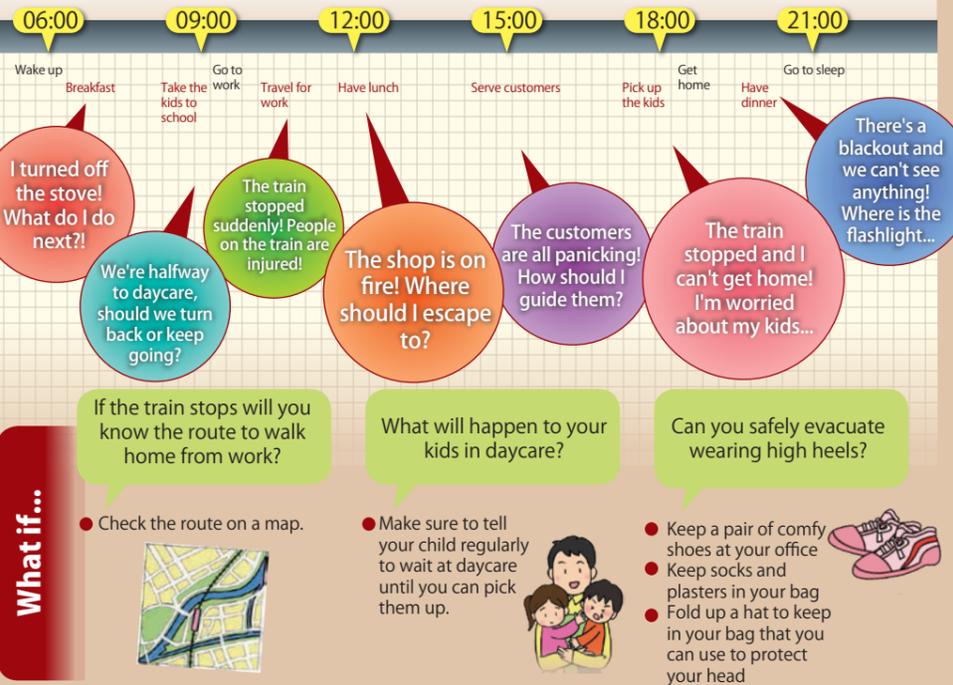
If it strikes in the daytime...

- Your family is separated
 - Public transport stops, getting home is difficult
 - Fires could break out in kitchens
 - Less people to help in rural areas
- The Great East Japan Earthquake happened at 2:46pm.

If it strikes at night...

- Most people are home
 - People get trapped in collapsed houses and under furniture
 - You need light to be able to see
 - Lack of light delays rescue efforts
- The Great Hanshin-Awaji Earthquake happened at 5:46am.

What may happen if an earthquake happens when... (in the case of someone who is working)



Just in case something happens, make sure to have this prepared!

Essentials Make sure you have 3 days of water and food supplies!

After a large earthquake help won't arrive from outside for 3 days so prepare 3 days worth of supplies.

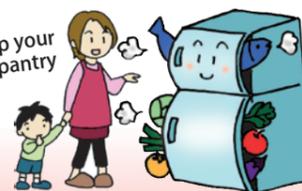
Water 9 liters x no. of people in the household
Each person needs 3 liters of drinking water per day (4 person household = 9 liters x 4 people)

Food supply It's OK to use what you eat everyday!
Please store food that you can eat without cooking.
• Retort pouches (okayu, zosui, stew etc.)
• Canned, bottled food

Always keep your fridge and pantry full!

Buy lots of groceries, eat the oldest produce first and buy more as soon as you use them. Always keep a "new stockpile" in your house.

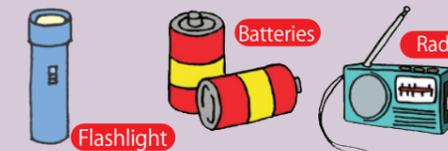
Always keep your fridge and pantry full!



▶ That is part of your stockpile!

What will you need?

Power outage!
• Can't turn on the lights...
• Can't watch TV...
• Cellphone runs out of battery...



Water outage
• Can't flush the toilet...
• Can't take a bath...
• Can't wash the dishes...



Please buy a radio!

In Minoh City we continuously broadcast emergency information on Tackey 816 (FM81.6). Please buy a portable radio that you can carry with you in an emergency. You can also listen to Tackey 816 on some smartphones.



Always
Keep these items in your emergency bag and put it near the entrance!

On Monday 18 June 2018 at 7:58am an earthquake that had its epicenter in northern Osaka struck Minoh City with an intensity of shindo lower 6. We don't know when another large earthquake like this will strike again. In an emergency, it is important to think about what might happen and what you might need, and prepare so that you can take appropriate action without panicking, wherever you are. Take the opportunity now to prepare for future disasters.