

((!)) If the earthquake early warning sounds

Take these steps, no matter what!

Protecting yourself is the most important!

There are only a few seconds between the Earthquake Early Warning and when the shaking starts. Please **remember to take these steps** to protect yourself.

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.



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



Hiding after the shaking starts is too slow!

If there is no table or desk nearby

When inside
Use what is around to **protect your head**

You can use what is around you (e.g. a pillow, bag, shopping basket etc.) to protect your head. If there is nothing nearby, protect your head with your clothes or hands. Move to an area where things won't collapse or fall on you, and curl up.



When outside
Move away from dangerous areas

Move away from dangerous areas (e.g. concrete walls, vending machines, old buildings etc.). Watch out for falling objects (e.g. glass, signs, roof tiles etc.). Protect your head with your bag and move to a wide open area.



When disaster strikes, the actions you should take change depending on when 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 struck at 2:46 pm

If it strikes in the nighttime...

- 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 struck at 5:46 am

If an earthquake strikes when... (e.g. someone who is working)

06:00	09:00	12:00	15:00	18:00	21:00
Wake up	Breakfast	Take kids to school	Go to work	Travel for work	Lunch
			Serve customers	Pick up kids	Get Dinner Sleep

I turned off the stove! What do I do next?!

The train suddenly stopped! People on the train are injured!

The shop is on fire! Where should I escape to?

The customers are panicking! How should I guide them?

The train stopped and I can't get home! I'm worried about my kids...

There's a blackout and we can't see anything! Where is the flashlight?

What if...

- If the train stops, will you know the way to walk home from work?**
 - Check the way home on a map.
- What will happen to your kids in daycare?**
 - Regularly tell your children: "wait at daycare until I come to pick you up".
- Can you safely evacuate wearing high heeled shoes?**
 - Keep an extra pair of shoes at work.
 - Always have socks and plasters in your bag.
 - Fold up a hat to keep in your bag to protect your head with.

Make sure you are always ready!

When disaster strikes, what will happen...

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 per 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 run out. Always keep a "new stockpile" in your house.



▶ This is also part of your stockpile!

What will you need?

Power outage!

- Can't turn on the lights...
- Can't watch TV...
- Cellphone ran out of battery...

Water outage!

- Can't flush the toilet...
- Can't take a bath...
- Can't wash the dishes...

Other

- Whistle (to call for help)
- Wet wipe tissues (Can be used to wipe down your body or dishes)
- Emergency toilet (e.g. a toilet bowl type)

Please buy a radio!

In Minoh City, we broadcast non-stop emergency information on Tackey 816 (FM 81.6 MHz). Please buy a portable radio that you can carry with you in an emergency. You can also listen to Tackey 816 on some smartphones, etc.



Make sure to keep these items in an emergency bag and place it near your entrance!

- * Some water and snacks
- * Baby milk powder, diapers
- * Your regular medicine
- * Alcohol-based sanitizer
- * Contact lenses (or spare glasses)
- * Menstrual products
- * Tissues
- * Masks
- * Thermometer

On Monday 18 June 2018 at 7:58 am, a lower 6 intensity level (shindo) earthquake struck Minoh City from its epicenter in northern Osaka.

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 wherever you are without panicking. Take the opportunity now to prepare for future disasters.