

If the earthquake early warning sounds

Protecting yourself is the most important!

There are only a few seconds between the earthquake early warning and when the shaking starts!

Taking these steps can save lives!

- 1 Quickly look** for a place to hide
- 2 Hide under** a desk or table



Please remember to take these steps to protect yourself!

Hide

under a desk or table

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



Over 6,400 people died in the Great Hanshin-Awaji Earthquake, and 90% of these deaths were due to suffocation or being crushed by collapsed houses and falling furniture. In order to protect yourself during an earthquake, the most important thing is to protect your body in a place where things won't fall or collapse on you. If the earthquake early warning sounds, quickly hide under a desk or table!

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 you aren't close to a desk or table

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 outside

If you get an emergency warning alert

when you are...



● Driving

Put your hazard lights on and slowly pull over to the left of the road.

● On a train or bus

If you're sitting down, crouch down and hold your bag over your head. If you're standing, hold onto the handrails or other handholds tightly.



● In an elevator

Press the buttons for all of the floors and get off at whatever floor it stops at.



The earthquake early warning system is... an alert that tells you when an earthquake has started and soon the shaking will reach you. A few seconds or so before the shaking starts, televisions and cellphones will start making a special noise and will tell you things like how big the quake is. It is sent to your cellphone as an emergency warning alert.

Osaka 8.88 Million Drill

The "Osaka 8.88 Million Drill" is held during Disaster Prevention Week (30 August - 5 September). Osaka Prefecture sends instant emergency warning alerts to the cellphones of everyone inside the prefecture as a practice drill. Use this chance to react as if there was a real earthquake, and think about what you would do.

The emergency warning alert practice drill will be sent on:

- 2 September (Friday)**
- 1:33 p.m.** Major Tsunami Alert (a practice drill sent by the prefecture)
 - 1:35 p.m.** Emergency Warning Alert (a practice drill sent by the city)

Q In last year's drill, did your cellphone receive a notification?

- 1 Yes**
- 2 No**
- 3 bought a new cellphone since the last drill**

You will receive it this year too

Please check that you can receive emergency warning alerts
 ※All cellphones sold since 5 September 2012 can receive emergency warning alerts, but some cellphones will need to have the settings changed in order to receive the alerts.

You can check how to change the emergency warning alert settings for each cellphone company through the QR codes below.

NTT Docomo
 how to change the emergency warning alert "area mail" settings
 Use the QR code
 Or for a detailed guide, call **151** (free) from your NTT Docomo cellphone.

au
 how to change the emergency warning alert settings
 Use the QR code
 Or for a detailed guide, call **157** (free) from your au cellphone.

Softbank
 how to change the emergency warning alert settings
 Use the QR code
 Or for a detailed guide, call **157** (free) from your Softbank cellphone.

Rakuten Mobile
 how to change the emergency warning alert settings
 Use the QR code
 Or call the contact center **050-5434-4653** (not free)

※ Please check the above or ask at your local cellphone store. For those using cellphones with companies other than those listed above, please check directly with the company.

A backpack is best because it leaves your hands free!

In case of disaster please prepare an emergency bag!

Prepare a backpack filled with things you would need in a power/water outage, or if you need to evacuate quickly. Place the bag near the entrance of your home.

- Batteries
- Handheld radio
- Flashlight
- Portable battery charger and cellphone charging cable
- Emergency toilet
- Wet wipe tissues
- Whistle (to call for help)
- Things you might need
- Some water and snacks
- Baby milk powder, diapers
- Your regular medicine
- Contact lens (or spare glasses)
- Menstrual products
- Masks
- Tissues
- Alcohol-based sanitizer
- Thermometer

Please prepare these in case of an evacuation in a COVID-19 outbreak!

To prevent the spread of COVID-19 (Coronavirus), we will prepare safety measures in evacuation centers, such as ensuring sufficient space. However, as many people may be evacuating at once, please make the following preparations in advance.

- **Prepare masks and other anti-infection products**
 At evacuation centers, alcohol-based sanitizer will be provided. Masks, thermometers, and other supplies will be available but will be limited. Please prepare these items in your emergency kit to bring with you for evacuation.
- **Please consider evacuating to a relative or a friend's house**
 To avoid crowded shelters, please consider evacuating to a relative or friend's house outside hazard zones where possible.

Take this chance with your family to practice using the Disaster Emergency Message Dial (171)!

When all of your family members are separated, how will you contact each other if there is an earthquake? Talk as a family about protection against natural disasters and how you will contact each other in times of disaster. On these practice days you can try out NTT's Disaster Emergency Message Dial (171). (You usually can only use this in the event of an actual disaster). For more information, please see the Disaster Emergency Message Dial website (via QR code).



Days you can try it out

- Disaster Prevention Week: 30 August (9 a.m.) - 5 September (5 p.m.)
 - Every month on the 1st, 15th
 - 1-3 Jan
 - Disaster Volunteer Week 15 Jan (9 a.m.) - 21 Jan (5 p.m.)
- ※ Please note that this charges the same as your normal phone calls.

Available 24 hours a day!

Survival Passport

Chapter 135

The Earthquake Early Warning System!

When it starts, what should you do?

The Osaka 8.88 Million Drill will be run again this year