

~ To protect yourself from a disaster ~

Natural disasters include not only earthquakes but also typhoons or heavy rains.

We should always be aware that natural disasters can occur anytime and prepare for them just in case.

Be prepared for an earthquake and a tsunami (tidal wave)

○ **When an earthquake occurs, protect yourself first.**

Inside a house, stay away from furniture and hide under a strong table or desk.

Outside a house, move away from buildings where broken glasses may fall.

○ **Do not rush outside.**

If you rush outside, you may be hit by broken glass or falling tiles.

○ **When a large-scale earthquake occurs, evacuate from the place where a tsunami may occur immediately.**

A tsunami may occur after an earthquake. If you are near the coast or a river, move to higher ground immediately. Get tsunami information from the TV, Internet, etc. and pay attention to that.



Be prepared for a storm or a flood

○ **Get typhoon · heavy rain information**

Get the correct information from the TV, radio, Internet or cellphone and take preliminary measures to minimize damage.

○ **Take safety measures early**

When you hear the information of typhoon or heavy rain, do not think “Still OK.” but take safety measures early. Check the latest weather information and if the local government provides evacuation information, evacuate to the nearest evacuation site immediately.

○ **Dangerous places**

With an increase in the amount of water due to rain, landslides become more likely to occur.

Check what kind of land is around the place you live by making use of the map etc. created by the local government.

Be prepared before a disaster occurs

○ **Always have prepared food, water and fuel that can be preserved**

Prepare them as emergency stockpiles to live for a few days before disaster recovery is necessary.

○ **Check the way to evacuate etc.**

Check the location of your neighborhood evacuation site and its route, how to contact your family and friends etc. before a disaster occurs.

