



Earthquake! What should you do?

When a large earthquake occurs, it is difficult to act calmly. However, spur of the moment decisions could be the difference between life and death. If an earthquake occurs, remember the action flow below and act calmly without panicking.



Self-help

Earthquake

Protect yourself first

Avoid dangers

Mutual

Protect the area

The evacuation shelter

Prepare at home

Ordinary times - Earthquake

Preparation beforehand:

Rearrange furniture and stabilize (fixing to the wall, etc.) any that could cause possible injury. Prepare food, drinking water, emergency bags and other stockpiles.



Shaking!!

0-2 min

Protect yourself

Get down and protect your head and body from falling objects.

Don't go outside too quickly!



After the shaking finishes

2-5 min

Prevent fires and secure evacuation routes

After the shaking finishes, take the following actions:

- Turn off any fire.
- Open doors and/or windows to secure evacuation routes.
- Check on your family's safety.
- Be careful of aftershocks.



After confirming safety

5-10 min

Collect right info

After making sure you are safe, take the following actions:

- Confirm the right information through radio or other sources.
- Evacuate if there is danger of the house collapsing.
- Turn off the breaker and the gas to prevent fire.



After going outside

10 min - several hours

Confirm neighbors' safety. Help each other.

Confirm neighbors' safety and work with other neighbors to give aid/assistance.

- Report to a fire station.
- Extinguish any fires. ★
- Give aid to the injured.

★ If extinguishing a fire is difficult, just evacuate.



Heed disaster info

- about 3 days

Be mindful of disaster/damage info. Watch out for aftershocks.

Consider moving to an evacuation shelter if the damage or aftershocks are severe.

- Collect disaster/damage info. Be especially mindful of the municipal information, etc.
- Don't enter collapsed houses.
- Continue watching for aftershocks.
- Lock up/secure valuables.

The evacuation shelter

Evacuation shelters are operated by volunteers.

Cooperation with Voluntary Disaster Prevention groups and residents is indispensable for smooth operation. The evacuation shelter will mainly be run by the Evacuation Shelter Committee.



If you're inside...



Inside the house

- Hide under a table or desk to protect yourself.
- Protect your head with a cushion or magazine and move away from furniture and windows.
- Wear shoes to avoid being cut by glass.

Supermarket / Convenience store

- Move away from shelves toward a landing or pillar. If you cannot move, protect your head with a bag or shopping basket.
- Follow the shopkeepers or person in charge.



Elevator

- Push the numbers for all floors and get off on the floor where it stops.
- If you are stuck in an elevator, call for help using the intercom.



If you're outside...



Walking

- Protect your head from falling objects with a bag, etc. and evacuate to a vacant area or park.
- Stay away from cement block walls and vending machines.



On a train/bus

- Hold firmly to a strap or railing.
- If sitting, bend over and protect your head with a bag, etc.



Driving a car

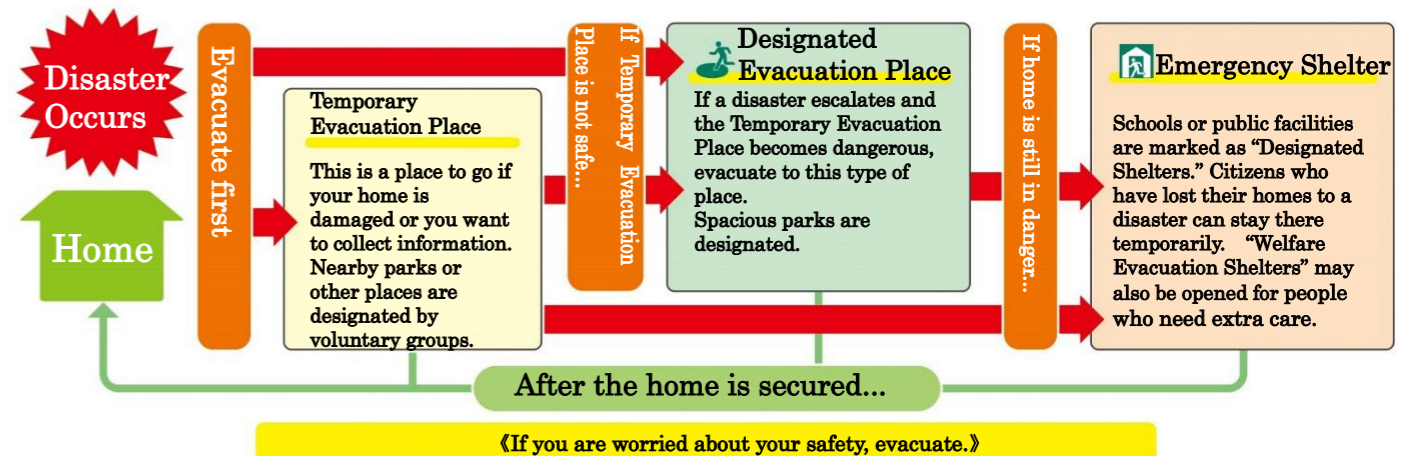
- Turn on the hazards to alert drivers around you.
- Gradually lower your speed and park on the left side of the road.
- Listen for information from the car radio, etc.
- When you leave your car, take all your valuables, and leave your key or smart key and your contact information. Don't lock the doors.

Near seashore/river

- Evacuate quickly to higher ground. Don't go near the seashore or river.



Evacuation flow in an earthquake



For people who need assistance in an evacuation:

Yamato City makes an effort to be a place where everyone can live safely. With that in mind, a system for people to help each other evacuate quickly has been constructed to identify and make known those who are disabled and cannot evacuate by themselves and will need special care.

People who need the support can enroll on a list made by city. The information is passed to local resident's associations and/or welfare volunteers. Enrollment or changes are always accepted. Please contact the Yamato City Health/Welfare Department below, if necessary.

※Help for those who can evacuate by themselves is not obligatory.

Contact information for this support system:

Yamato City Health/Welfare Department Health/Welfare General Section Area Welfare
(Hoken Fukushi Center 5F) Tel: 046-260-5604 Fax:046-262-0999