

# Earthquake and Tsunami Preparedness

Do not panic.

Japan has many earthquakes, the majority of which are minor or even unfelt. However, it is important to be prepared to deal with larger earthquakes.

## To prepare for an earthquake

When a major earthquake strikes, buildings may collapse, fires may break out, and it may cause transportation chaos and the disruption of communications.

- ① When a major earthquake strikes, “lifeline” are suspended, and supermarkets, convenience stores and other establishments may have to be closed.
- ② Decide in advance where to evacuate and how to get in touch with your family.
- ③ At least three days’ worth of food and drinking water should be stored at home. Depending on the family composition, it may be necessary to have needed items for a baby or sick family members.
- ④ Keep emergency food, water, medical goods, a radio (battery powered/manual battery charged), a flash light, etc., in an emergency bag, in a designated place at home.
- ⑤ Secure (with bolts, for example) large pieces of furniture and appliances so that they won’t fall.
- ⑥ Take part in emergency drills conducted by schools or neighborhood associations.
- ⑦ If you have a smartphone or tablet, it is recommended to install apps such as the multilingual disaster information app “Safety tips” and the multilingual voice translation application “VoiceTra.”

## If an earthquake occurs

When a large earthquake occurs, aftershocks will occur for some time. It is also possible that a larger earthquake will occur later.

### Inside buildings

- (1) If you feel strong shaking, seek protection under tables or something to protect you from falling things.
- (2) Open the front door and windows to secure a means of escape.
- (3) Check the source of any fires, turn off the breaker and shut off the gas source when the quake stops.

### Outside

- (1) Stay away from things which could collapse or fall over, such as brick walls and vending machines.
- (2) Watch out for things which could break and fall, such as glass windows and signboards.
- (3) Do not use elevators or escalators.
- (4) Follow the guidance or directions of officials on public transport or in public areas.
- (5) Park your car on the left side of the road, and evacuate on foot.

## Tsunami (Tidal waves caused by earthquakes)

If you feel strong shaking when you are in a lowland area by the sea or water, you need to evacuate in preparation for a tsunami.

- (1) Leave the water immediately and evacuate to the highest place possible.
- (2) Check for tsunami warnings on TV or radio (international radio broadcasting) (6MHz~21MHz).
- (3) When you hear an evacuation announcement or siren, start to evacuate immediately.

## Disaster preparedness

- (1) When a disaster such as an earthquake, tsunami, flooding or landslide occurs, or there is a risk of any disaster, municipal shelters and other evacuation facilities will be opened. Please confirm the location of these facilities on the various hazard maps.

To prevent the spread of COVID-19 and other infectious diseases in the evacuation center, please prepare useful infectious disease control items (mask, thermometer, disinfectant, etc.), and take these with you to the evacuation shelter.