

Japan is one of the most earthquake-prone countries in the world. It is essential to understand earthquakes correctly and educate yourself on how to respond to them.

In this issue, we will introduce daily preparations for earthquakes and how to respond when an earthquake occurs.

First, we will explain proactive measures you should take against earthquakes.



- ◆ Many people are injured when furniture and appliances fall or topple during an earthquake. Take precautions to protect yourself and your family by **securing furniture or changing its orientation** so that it is safe even if it falls.
- ◆ Check the location of evacuation sites near your home and workplace in advance so that you can evacuate quickly. Schools and large parks are mainly used as evacuation sites.
- ◆ Prepare about three days' worth of water, food, a flashlight, and regular medications.
- ◆ Prepare first-aid supplies so that you can provide first aid in case of injury.



- ◆ Keep essential items together in one bag as an "emergency kit." This will allow you to quickly grab it when evacuating.

Next, let's discuss earthquake early warnings.

Earthquake early warnings are broadcast via television, radio, and mobile phones immediately after an earthquake of estimated magnitude occurs.

When you hear an earthquake early warning, take quick action to protect yourself.

Next, let's discuss what to do during an earthquake.

First, take cover under a sturdy table or similar object to ensure your safety.

In particular, avoid rushing outside or going near windows.

Falling objects or broken glass could cause injury.

Also, if you are near the coast and feel a strong tremor or a prolonged, slow tremor, quickly evacuate to higher ground or a safe location in preparation for a tsunami.

After the shaking stops, extinguish any fires, such as stoves and water heaters, and open doors to secure an exit.

If a fire breaks out, extinguish it immediately if it's in the early stages.

When evacuating, avoid using elevators or cars.