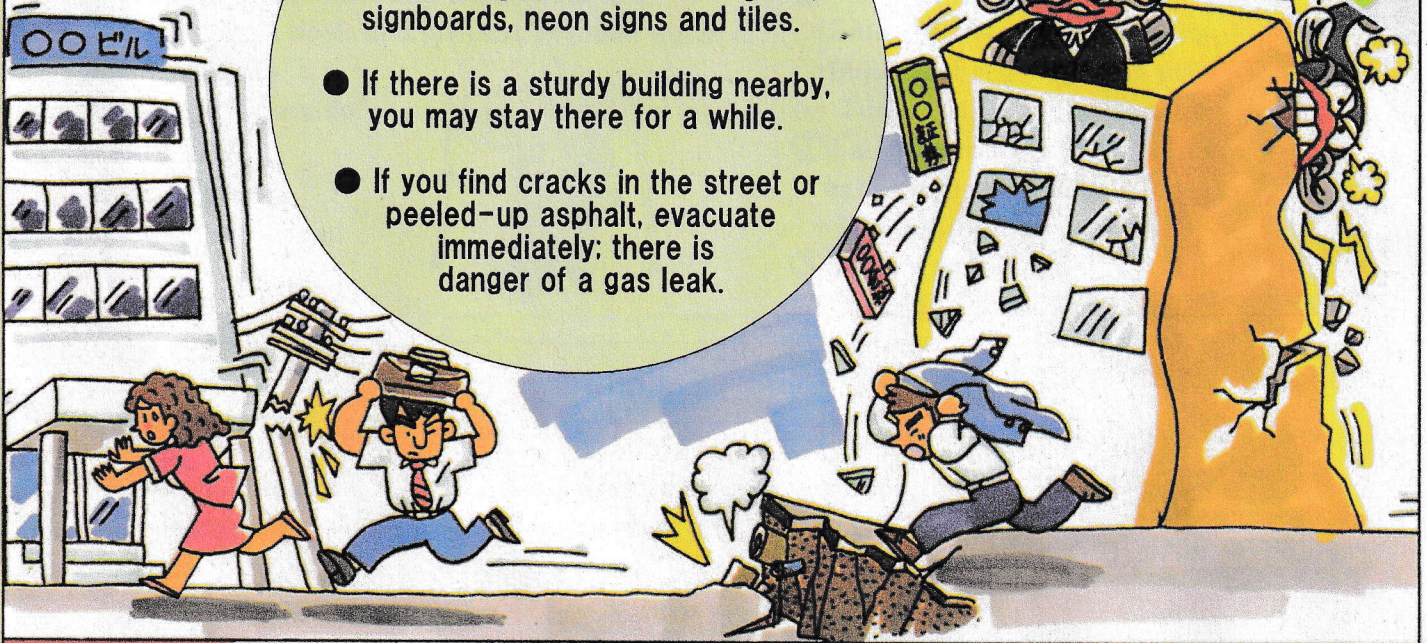


Preparing for a major earthquake

When an earthquake strikes

- Cover your head with your coat or bag to prevent injury from falling objects, such as fragments of broken glass, signboards, neon signs and tiles.
- If there is a sturdy building nearby, you may stay there for a while.
- If you find cracks in the street or peeled-up asphalt, evacuate immediately; there is danger of a gas leak.

Near buildings



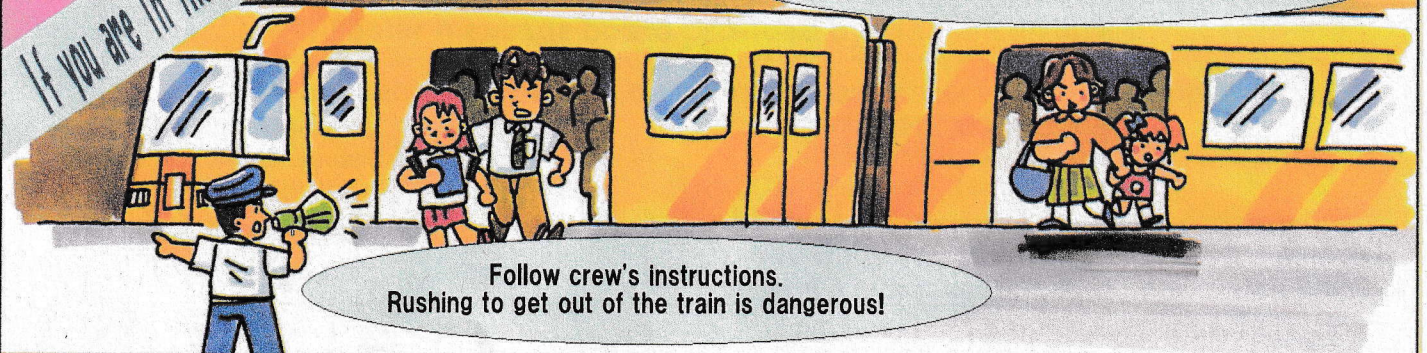
If you are in underground shopping mall

Smoke or poisonous gases will quickly fill an underground space: if a fire breaks out, everyone present should cooperate to put it out immediately.



If you are in the subway

Emergency lights will come on in case of a blackout. Stay calm, and follow the crew's instructions.



Follow crew's instructions. Rushing to get out of the train is dangerous!



愛知県警察

AICHI POLICE



Disaster Countermeasure Checklist (self-help)



※ The items you need will differ based on your family structure and the region you live in. Have regular family meetings.

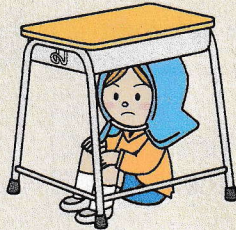
Protect yourself

【 When an earthquake is occurring 】

- ① Keep away from furniture that could fall
- ② Move under a desk and protect yourself against falling objects
- ③ Don't rush outside

【 ShakeOut 】

- ① Crouch down
- ② Protect your head
- ③ Keep still



【 When an earthquake stops 】

- ① Fire prevention
 - Shut off the main gas valve
 - Disconnect any plugs from their sockets
 - Turn off the circuit breaker
- ② If a fire occurs, stay calm and extinguish it.
 - Use a fire extinguisher
- ③ Secure an escape
 - Open doors and windows



Safety measures in the house

In past earthquakes, many people were crushed to death or got injured under fallen furniture. Remember that furniture will always fall over in a powerful earthquake.

You need to take precautions.

- Shatterproof glass
- Tip-resistant furniture
- Securing table ware



Means of communication when cell and fixed-line phone service is limited

【Emergency messaging service (171)】

※Voice message board is only available during times of major disaster

Directions for recording a messages

- ① Dial 171
- ② Follow the voice guidance and press 1
- ③ Enter your telephone number
- ④ Record your message under 30 seconds

Directions for listening to another person's message

- ① Dial 171
- ② Follow the voice guidance and press 2
- ③ Enter the phone number of the person you would like check on
- ④ A message plays

【Disaster message board provided by mobile carriers】

- ① Open disaster message board from your carrier's menu or application

Directions for posting a messages

- ② Choose "post" (登録 TOUROKU)
- ③ Enter messages (up to 100)

How to read a message

- ② Choose "read" (確認 KAKUNIN)
- ③ Enter cell phone number of the person whom you would like to check on
- ④ Read a message

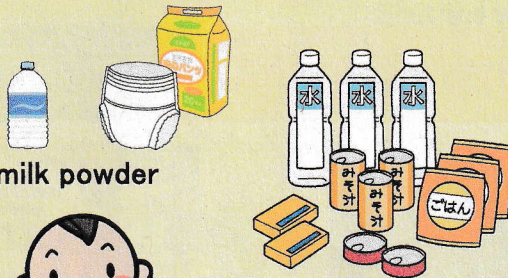
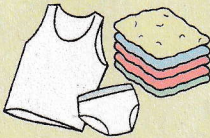
※ Emergency kit checklist is published on the back !
Please confirm ! !

Emergency kit checklist

◆ Emergency food stocks – enough for everyone in the family to eat for at least three days (one week is preferable)

【 Emergency supplies list】

- backpack
- helmet
- gloves
- mask
- tissues
- towels
- underwear
- toiletries
- food
- water
- glasses (contact lens supplies)
- antibacterial wipes
- rain gear
- flashlight
- batteries
- cell phone
- battery charger for cell phone
- radio
- personal seal, bankbook, cash
- lighter
- knife
- feminine hygiene products
- medical supplies



【For infants】

- formula for babies, milk powder
- baby bottle
- disinfection tools
- disposable diapers
- wipes



【 For the elderly】

- dentures
- special meal
- adult diapers



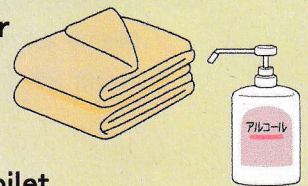
【 For people with chronic illnesses】

- contact information of doctor
- drug history and medical records
- medicine for chronic illness



【 Stockpile list】

- water tank
- portable gas stove
- gas container
- drinking water
(three liters of water per person per day)
- foods
(quick-cooking rice, canned goods, vacuum packed foods, snack foods, energy bars, etc.)
- batteries
- can opener
- blanket
- clothing
- candle
- portable toilet
- antibacterial agent, deodorant
- first-aid kit
- alcohol for disinfection



【 Others】

- plastic wrap
- garbage bag
- packing tape
- sheet of vinyl



【 For pets】

- contact information of an animal hospital
- leash
- cage
- pet food
- excrement tools



※ This pamphlet was compiled from documents of the Aichi Prefectural Government

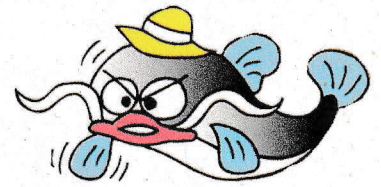
In Japan, every year many regions experience disasters such as major earthquakes and floods. It is impossible to predict when a disaster will occur in your region. When disasters occur, first of all protect yourself and your family. In short, for self help, check preparations with your family and begin to plan for a disaster.

※ Check hazard maps created by cities, towns and villages, and find your nearest evacuation shelter and a safe route there.



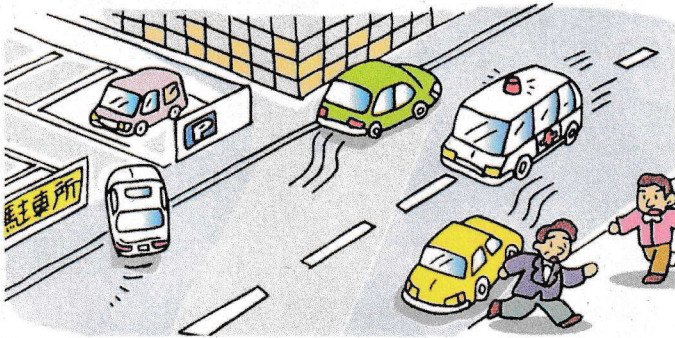
●● 警察署
●● 交番

You are in your car, when a massive earthquake strikes!



If a massive earthquake hits while you are driving

Do not use cars after a major earthquake, even if you need to evacuate or to find your family.



Avoid slamming on the brakes or jerking the wheel.

If you continue to drive, be aware that roads may be damaged and traffic lights may be out.

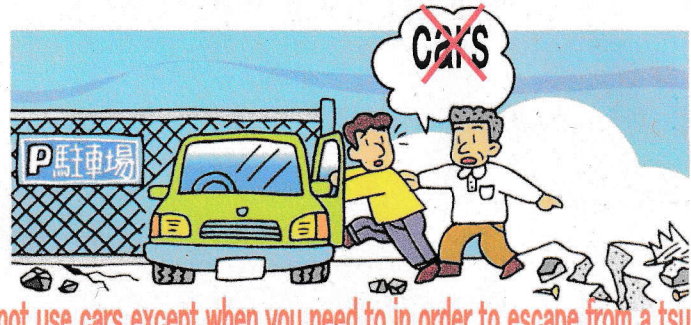
If you must leave your car on the road and evacuate, pull over and park on the left-hand side.

Turn off the engine, and leave the key in the ignition or leave the key in a place where it can be found easily such as on the driver's seat.

Shut the windows, but do not lock the doors.

When you are not driving

Do not use cars except to escape from a tsunami.



Do not use cars except when you need to in order to escape from a tsunami.

Police Disaster Response Activities

If a disaster such as an earthquake strikes, the police will take immediate action, undertaking a variety of operations to protect citizens' lives.

