

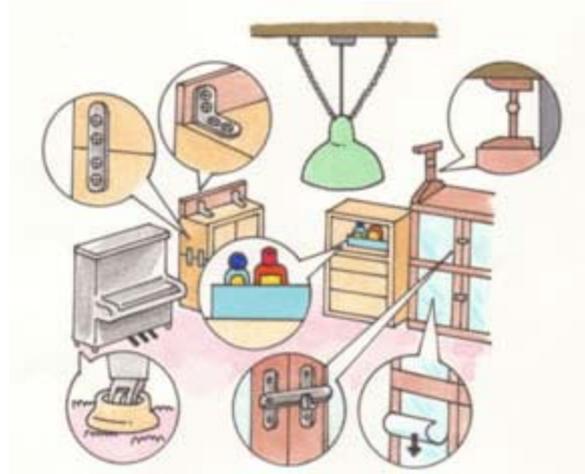
Japan is an earthquake-prone country. Depending on the scale and where the epicentre is, the earthquake could not only cause major disruption inland but also puts coastal areas at great risk of tsunami.

GET READY TODAY!

Fix your furniture down:

Furniture should ideally be placed firmly to the wall to prevent them from moving or falling down. Special equipments [http://www.bousai.metro.tokyo.jp/english/e-at-home/falling.html] that help to increase the level of stability of items such as a wardrobe and a shelf as well as a film that prevent glass fragments from scattering are available at shops including home centres and Tokyu Hands. Furniture should preferably be placed in areas that are not going to be in your way when trying to escape and, heavy items

should be placed at a lower level of the shelf.



Gas, electricity, fire extinguisher and emergency exit:

Ensure where the circuit breaker and gas main are placed and how to switch them on/off. Also, have a fire distinguisher and learn how to use it in case of fire. Knowing where emergency exit is located in your building is equally important as the lift will not be usable when a big earthquake strikes.



Prepare for emergency supplies:

Emergency supplies include some water (2-3L. per person per day) and food for at least three days (per person), a radio, a sleeping bag, seasonal items (clothes) to keep you warm/cool, and spare batteries. Items such as your bankbook, passport, cash and medicines should also be prepared and placed somewhere reachable.



Meeting point: An earthquake could occur at anytime during a day. You might not necessarily be with your family members when an earthquake strikes. It is therefore, important that you and your family members have a mutual understanding about where to meet and how to reach such a meeting point when the event happens. You might also want to be aware how to get back to

your house from your workplace/ school, in case public transport system is disrupted. It would be also an idea to prepare for small emergency supplies in your workplace, in case stranded.

Confirm your well-being:

Disaster message board service will be available in case of a big earthquake. The service will be provided by NTT [<http://www.ntt-east.co.jp/en/saigai/voice171/index.html>] and mobile phone companies (docomo [<http://www.nttdocomo.co.jp/english/info/disaster>]; au [[\[i_dengon/index.html\]\(http://www.ntt-east.co.jp/en/saigai/voice171/index.html\)\]; Softbank \[\[http://mb.softbank.jp/scripts/english/disaster_message/index.jsp\]\(http://mb.softbank.jp/scripts/english/disaster_message/index.jsp\)\]\). Check the websites of your phone companies to see how to use them.](http://www.au.kddi.com/english/notice/saiga</p></div><div data-bbox=)



Train yourself:

A week from 30th August until 5th September is Disaster Prevention Week. Disaster drills and seminars will be available throughout Japan to help citizens to deepen their understanding about and learn skills for self-protection, first aid, rescue and evacuation. Additionally, familiarise yourself with local authorities' websites where information on disaster prevention measures is available and be aware where local evacuation centre will be located.

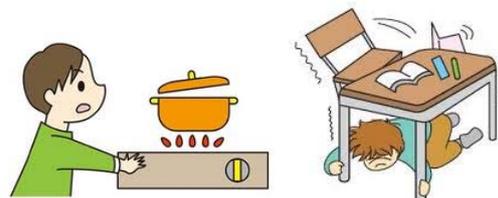


WHEN AN EARTHQUAKE ACTUALLY HAPPENS...

Protect yourself (inside):

When you feel an earthquake or hear an earthquake warning announcement, turn off the fire and heat, find shelter such as a large table and go under it until the quake stops. It is also important that you stay away from objects that may break such as glass windows and fall down. Try to stay calm and do not

rush outside. When a quake stops, secure your way out.



Local evacuation point:

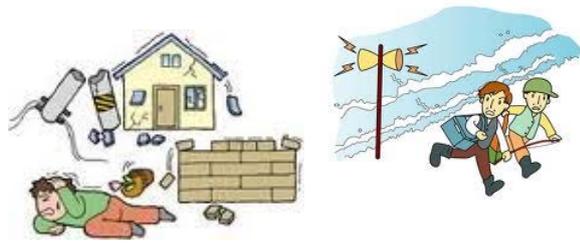
Your local evacuation point is the place where food and water will be distributed. When evacuating, walk to the site and do not use motorbike, bicycles or vehicles and, turn off the gas and electricity before leaving.



Protect yourself (outside):

Keep away from gateposts and walls as they might collapse and also, watch for falling objects. If you are in a commercial area or on a train, follow the instruction of the staff.

Make sure you protect your head using your clothes or a bag. If you are near a coastal area, evacuate to a higher ground.



Protect yourself (inside a vehicle):

Slow down the speed, stop the car and turn off the engine. Wait inside the car and listen to the radio for information. When evacuating, leave the car key inside, doors unlocked and walk to the evacuation site. If the police appear to control the traffic, follow their directions.



Confirm your safety:

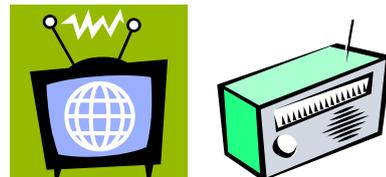
Try to use the disaster message board service to announce your well-being to your family and friends.



Get correct piece of information:

Japan Meteorological Agency [<http://www.jma.go.jp/en/quake>] provides the latest information on the earthquake including the epicentre, magnitude and tsunami warnings. Tune into a radio and TV to obtain correct understanding about the situation and make sure you are not misled by false

information.



HERE IS MORE...

Tokyo International Communication Committee

[http://www.tokyo-icc.jp/guide_eng/kinkyu/05.html] and the Tokyo Fire Department

[<http://www.tfd.metro.tokyo.jp/eng/earthquakes.html>], for instance, provide tips to help you to prepare for a possible earthquake as well as concise guidance that you would like to follow in the event of an earthquake.