

## 👷 Cautions Just After

It is more dangerous to stand up and walk while the ground is still shaking.



Stabilize yourself.

## the Earthquake

The Top Priority is to Protect Yourself and Your Family.

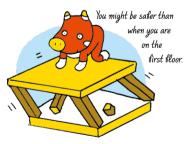
Move into action after

the quake settles down.



If you go out in a hurry, you may tumble or get hurt by fallen objects or glass shards. Be careful!

What if an earthquake occurs when you are upstairs?



The first floor of an old house may collapse and that can crush you if you are on the first floor.

Do not hastily go downstairs.

Secure an exit to outside.



Open the windows, doors, and entrance door and secure exits so that you can evacuate at any time.

What if you are locked in?



If you keep shouting in a loud voice, you will exhaust yourself. So hit the door or wall or make a big sound with your mobile phone or other means to let others know where you are.

This is the most important part.

Move only when you can move.

Having said that, there are cases when you need to move quickly depending on the situation.

What if you are driving?



Pull over to the left side of the road, stop the engine and wait. When you evacuate, leave the key in the ignition, leave the car unlocked and leave the car so that your car can be moved in an emergency situation.