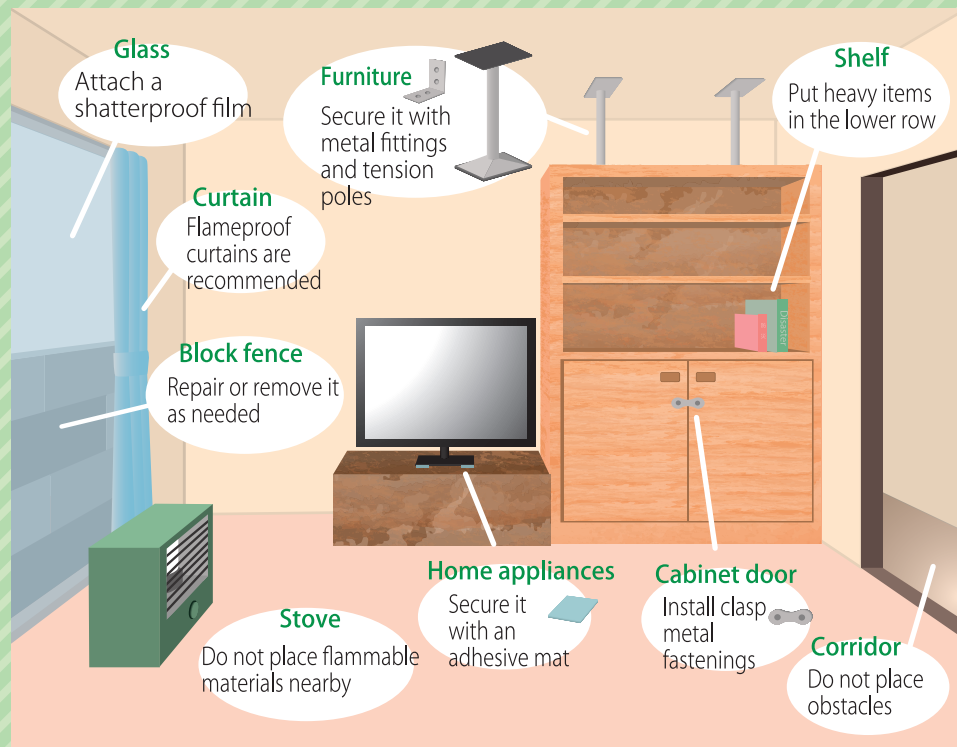
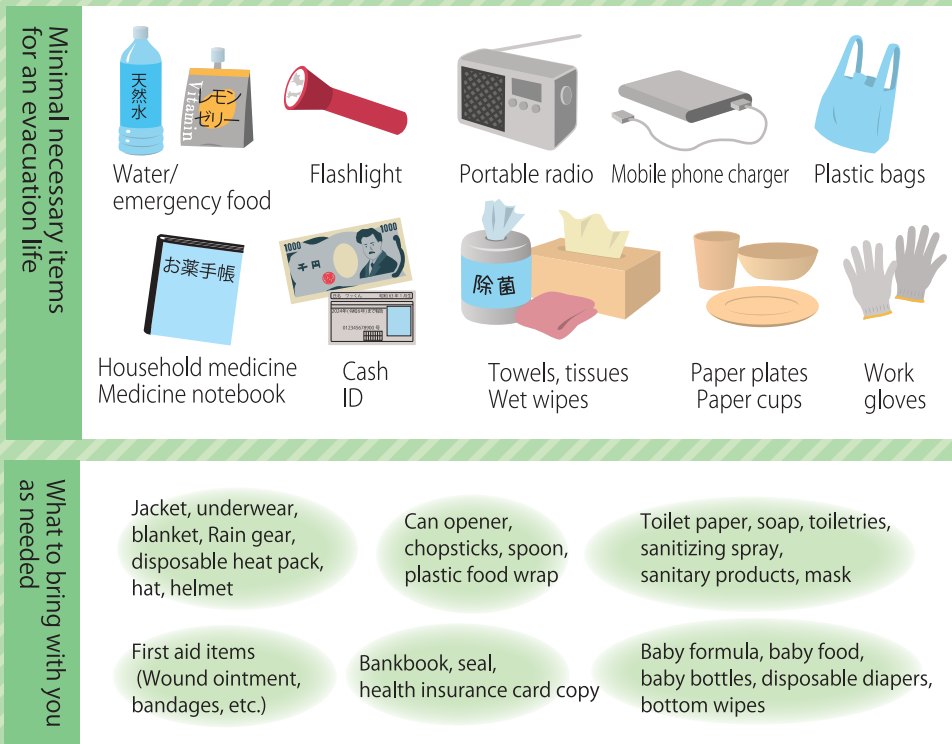


Always be ready

Check the safety of inside and outside of the house



Preparing items to bring with you in an emergency



Preparing stockpiles

◆ Drinking water: 3 liters/day x family members x 3 days

(Example) 27 liters for a family of three
 ※ Storing the remaining hot water from the bathtub will be useful for when using the toilet and extinguishing fires



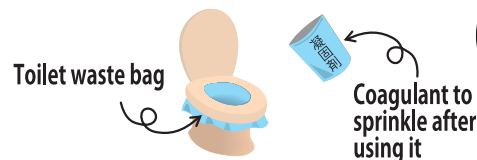
◆ Prepare preserved food that you can easily eat

※ Make sure you have everything you need, such as food accommodating any allergies, powdered milk, and baby food, depending on the circumstances of each household



◆ Toilet packs: 5 x family members x 3 days

(Example) 45 for a family of three
 ※ Can be purchased at places such as home improvement stores



Getting items such as food is difficult immediately after a disaster. Stock up for at least 3 days!



When an earthquake occurs

If you are at home or your work office ...

- ◆ Protect your head with things around you
- ◆ Hide under the desk
- ◆ Act after wearing something like shoes
- ◆ Don't rush out
- ◆ Secure an exit

If you are using the fire ...

- ◆ Put out the fire after the shaking ceases
- ◆ In case of a fire, immediately extinguish it with a fire extinguisher or water

If you are on the trains or bus ...

- ◆ If you are sitting down, protect your head by lowering your posture
- ◆ If you are standing, hold on to railings or straps and stand firm
- ◆ Follow the crew's instructions

If you are driving a car ...

- ◆ Turn off the engine and stop on the left side of the road
- ◆ If you are evacuating on foot, leave your contact information in the car and leave it locked (Take your car verification with you)

If you are in the elevator ...

- ◆ Press the stop button on all of the floors and go outside at the floor where you stopped first
- ◆ Don't try to escape, calm down and wait for help

If you are walking outside ...

- ◆ Protect your head with something like a bag
- ◆ Stay away from things like block fences
- ◆ Keep away from cracks and sunken places

If you are walking on a busy street ...

- ◆ Move away from display shelves and lean on pillars and walls
- ◆ Squat down between chairs in theaters and movie theaters
- ◆ Protect your head with something like a bag

If you are on the mountain, near the river or the ocean ...

- ◆ Stay away from cliffs and watch out for falling rocks
- ◆ Move away from rivers and valley floors to be ready for sudden flooding due to dam bursts
- ◆ Evacuate to high places around the coast to be ready for a tsunami

Please secure your safety according to the situation

