

# Tips on Reducing Earthquake Damage

It is extremely difficult to predict WHEN and WHERE natural disasters, such as earthquakes, will occur.

Mental preparation as well as habitual preparation of goods can minimize the damage.

How much have you prepared for natural disasters?

**It is very important to have a family talk about natural disasters. Discuss and confirm the following with your family:**



- ★ Place of evacuation and route to get there
- ★ Method of confirming the safety of family members
- ★ Measures when family members are unable to come home from workplaces and schools
- ★ Food and drinking water in case of emergency
- ★ Valuables and items to be taken in case of emergency
- ★ Dangerous places inside the house

## WHAT TO DO INSIDE THE HOUSE

- Put safety film on the glass of bookshelves and cupboards.
- Do NOT put heavy or solid items on furniture such as wardrobes.
- Secure furniture such as wardrobes to pillars, wall and ceiling.
- Secure television and audio players to prevent them from sliding.
- Store water inside the bathtub.



## WHAT TO DO OUTSIDE THE HOUSE

- Always keep vehicles full of fuel.
- Reinforce or change the material of free-standing walls to prevent collapse.
- Participate in emergency drills or seminars for your community.
- Make acquaintance and communicate with neighbors.
- Try returning home from workplaces and schools on foot.



## IF IT STARTS TO SHAKE WHILE YOU ARE AT HOME

- Get under the table or protect your head with a cushion etc.
- Move away from furniture such as wardrobes.
- Do NOT rush out of the house.
- Do NOT try to turn off the fire while the house is shaking.



## AFTER THE SHAKING STOPS



- Confirm the safety of family members inside the house.
- Open the entrance, back door and window to secure exit.
- Look outside the entrance and windows to check the damage outside.
- Turn off the main gas tap.
- Turn off the circuit breaker.
- If there is fire, yell out loud and inform your neighbors about the fire.
- If there are disaster victims, cooperate with your neighbors and give aid to them.

## IF IT STARTS TO SHAKE WHILE YOU ARE OUTSIDE

- Protect your head with your bag and arms.
- Move away from concrete block wall or vending machines.
- Hold the handrail or hand strap firmly inside the train or bus.
- Move away from shelves and lockers at workplaces and schools.
- Slow down and stop if driving a vehicle.



## AFTER THE SHAKING STOPS



- Check how serious the damage around you is.
- If there are disaster victims, cooperate with the people around you and give aid to them.
- Follow the instructions of drivers or clerks in trains, buses and the department stores.
- Do NOT rush to the exit if you are in an underground arcade or on the platform of subway.
- Inform your family of your safety.
- Obtain accurate earthquake information from the media and try not be distracted by false rumors.
- If the passage of your vehicle is prohibited or restricted:
  - Park your vehicle off the road or along the side of the road
  - Leave the engine key inserted
  - Do not lock the door
  - Leave your vehicle and evacuate to a safe location.

## ▼ How to contact family members etc.

Name	Address or telephone number	Other (Blood type or other important info)

## ▼ Where to contact in case of emergency

	Name	Telephone Number	Other
Municipalities			
Police Station			
Police Box			
Fire Station			
Electricity			
G a s			
Tap water			
Telephone			

## ▼ Evacuation place etc.

Evacuation place	
Evacuation route	
What the family should know	



Discuss these things with your family BEFORE natural disasters occur.

## FAMILY CHECKLIST

You can never know WHEN or WHERE natural disasters, such as earthquakes, will occur. Mental preparation and habitual preparation of goods are important.

Please check what you have at home and prepare what you need.

Go over everything with your family.



埼玉県警察シンボลมスコット  
ポッポくん



Food and Clothing



Valuables



Necessary Items for Safety



Handy Items to Have

**Saitama Prefectural Police Headquarters**

Prefectural Police's Website:

[Http://www.police.pref.saitama.jp/kenkei/](http://www.police.pref.saitama.jp/kenkei/)

Food and Clothing				Valuables			
Water (3L per person is needed)		Food (for 3 days)		Name seals		Cash (and coins)	
Retort pouch food		Canned food		IDs		Bankbooks etc.	
Clothing		Underwear		Handy Items to Have			
Milk powder/ Feeding bottles		Rain gear		Boxes of matches or cigarette lighters		Portable radio	
Disposable diapers		Towels or blankets		Flashlights, candles		Spare batteries	
Necessary Items for Safety				Wet wipes		Pens or pencils, memos	
Medical supplies for emergency		Medicines kept at home		Plastic bags		Plastic sheets	
Cotton work gloves, flu masks		Shoes, socks		Multifunctional knives		Portable stove	
Helmets or hats				Sleeping bags		Toys	

**Valuables taken from your house should be kept in your possession at all times.**

