

Tips for Disaster Prevention

Nowadays earthquakes, heavy rains and typhoons occur anywhere in Japan. It is recommended for you to protect yourselves with the following tips.



When an earthquake occurs

When you receive an emergency alert message

Protect yourself

- **【Indoors】** Get under a table or desk.
- **【Outdoors】** Keep away from block walls, signboards, glass windows.



When the ground stops shaking

- Make sure that the fire is out, and cut off the electricity by switching off the circuit breaker.
- If a fire starts, put it out quickly and calmly.
- Open doors and windows to secure an exit.



When you evacuate • go to an emergency shelter

- Bring an emergency kit*. • Cover your head with a bag or cushion. • Wear socks and shoes.
- Evacuate on foot. (Do not use a car). Walk away from block walls, signboards, glass windows.
- Get accurate information from television, radio, internet and local authorities, etc.

📺 [NHK Earthquake Information](#)

* What items in an emergency kit?

Water, food, medicine (its prescription), portable radio, flashlight, battery, lighter, gloves, can opener, towel, raincoat, underwear, socks, valuables, passport, residence card, individual number card (my number card), and copy of health insurance card and contact information, etc.

Prepare for disasters

- Set to receive emergency alert messages.
- Familiarize yourself with the free emergency message recording service.
- Secure the furniture in place and keep them from falling or moving with an earthquake.
- Confirm the location for the emergency shelter.
- Prepare for an emergency kit.
- Store contact information of your family, friends and local embassy in your mobile phone, and also make a memo with these contacts.
- Check the Hazard map on Osaka Disaster Prevention Net.



Before a heavy rain/a typhoon occurs...

- Get accurate weather information from television, radio and the internet. 📺 [Japan Meteorological Agency HP](#)
- Check outside around your house and put everything which can be blown off by wind inside a house.
- Do not go outside • Prepare for an emergency kit.