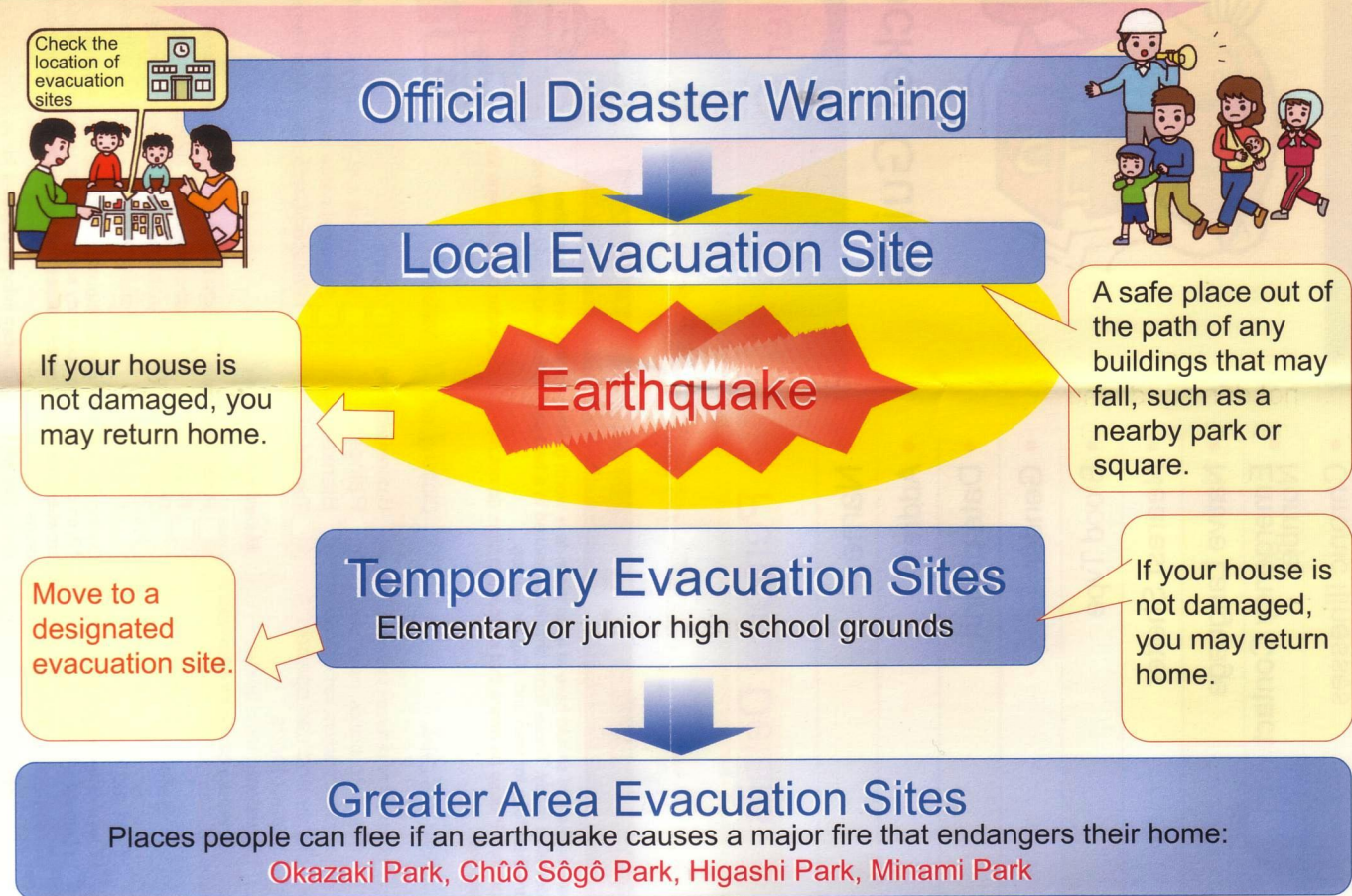


# What to do in the event of an earthquake or official disaster warning



## What to do when an earthquake occurs

### At Home

- If you feel a tremor, protect yourself under a table or desk. If this is not possible, protect your head with a cushion or similar.
- Deal with fires promptly - don't forget about outlets and turning off the gas.

### In Theatres or Halls (theatres, shops, etc)

- Use your bag to protect your head and take cover between seats. Follow the directions of staff and do not panic.

### In Shops

- Use your bag to protect your head and stay away from display cases and merchandise. Stand by a pillar or window frame. Follow the directions of staff and do not panic.

### While Driving

- Hold the steering wheel firmly, reduce speed slowly, park on the left hand side of the road and stop the engine.
- Wait for the tremor to stop while calmly monitoring the surroundings. Listen to the radio for the latest information.
- If you need to find shelter, leave the keys in the ignition and the car unlocked but take valuables and important items (such as your roadworthy and insurance certificates) with you.



### By the Coast

- If you feel a tremor, move to higher ground and pay attention to tsunami information. Stay away from the coast until all warnings have been cancelled.

### While Outdoors

- Be careful of power poles that might fall and fallen power lines.
- If there are no parks or vacant land nearby, calmly monitor the surroundings and move to a safe place away from buildings.
- Don't stop where you are, use your bag to protect your head from falling glass or signs and move to a park or vacant land.
- Don't go near brick walls or vending machines as they can collapse.

### On Public Transport

- Firmly grip the handrail.
- Even if the vehicle stops, do not open the emergency exit and leave on your own.
- Calmly follow the directions of the crew or driver.