

## When you are outdoors in these places

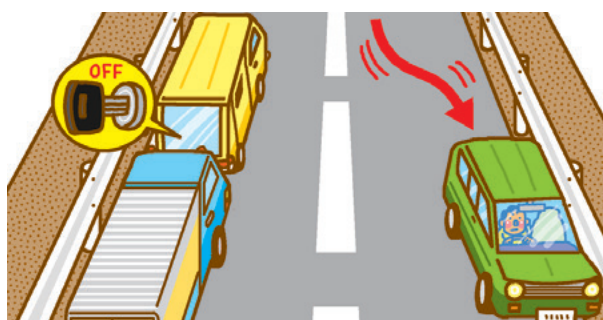
### On the streets

- Protect your head with bags, etc., and move towards an open space, etc.
- While in downtown areas, pay attention to falling objects such as glass and signboards as well as vending machines that may topple over. Stay away from cinderblock walls, etc., in residential areas.
- Bridges, etc., collapse easily, so leave immediately as soon as the shaking settles down.



### Driving in your car

- Sudden brakes or stops cause accidents. Gradually slow down, stop on the left side of the road and turn off the engine.
- Do not get out from the car until the shaking has settled down, and check for information using the car radio, etc.
- When moving during an emergency, take care not to get in the way of emergency vehicles.
- When leaving your car, take any valuables such as your vehicle inspection certificate, etc., leave the doors unlocked and keys in the ignition.



### Inside trains and buses

- Grasp the handstraps or handrails firmly to prepare for sudden emergency stops.
- Protect your head with bags, etc., to prepare against falling objects from baggage racks above.
- Follow the train staff instructions and do not attempt to get off the train on your own.



### Around the coastal areas, rivers and cliffs

- When you are near coastal areas or rivers, immediately head to higher ground or nearby tall buildings and evacuate to the designated evacuation site, etc.
- Immediately leave areas that are in danger of collapsing when you are near cliffs.



Disaster  
Prevention

### Checklist



#### When an earthquake occurs while on the go?

To try and continue moving would be dangerous. Follow these 3 points and act calmly.

##### Confirm your family's safety status

Aside from making calls, use other means for safety confirmation such as using the Disaster Emergency Message Dial "171", etc. (see back cover)

##### Do not go near train stations

Places around train stations become crowded with people. Do not go near this area until the transportation system has been restored.

##### Gather accurate information

Collect accurate information regarding the status of damages, recovery efforts, etc., in safe areas like schools, workplace, etc.