



# Earthquake Preparation

じしん そな  
地震に備えて

## ● Preparation for Earthquakes

Earthquakes occur often in Japan. Make preparations in advance so that you can stay calm when one occurs.

1. Make sure you have a fire extinguisher and water available to fight small fires.
2. Secure and repair any items in and around the home that could be dangerous.
3. Decide where family members will gather in the event of a quake, and how to contact each other.
4. Make yourself familiar with the closest evacuation site to your home.  
Note: There are 74 designated evacuation sites, such as schools.
5. Prepare an emergency kit to take with you in case of evacuation. This should include food and drinking water for 3 days, emergency medicines, a flashlight, dry batteries, a radio, matches or a lighter, underwear, towels, valuables (bankbooks, passport, resident card/special permanent resident certificate, health insurance card, etc.), baby formula and diapers if necessary.
6. Participate in disaster drills as much as possible.

## ● If an Earthquake Occurs

### ○ While At Home

1. If you feel a tremor, go to a safe place and wait for the tremors to stop.
2. If there is a fire in your neighborhood, help with initial efforts to extinguish it.
3. In case of evacuation, go on foot and take as few belongings as possible.
4. Turn the electric breaker off in your home if you evacuate.

### ○ While on the Street

1. Move away from heavy objects such as block walls or vending machines, and run to an open space.
2. In office or shopping districts, be careful of falling objects such as glass and signboards.
3. Be careful of fallen electricity poles and live wires.
4. If driving a car, pull over to the left-hand side of the road and cut the engine. Leave the key in the car and walk to an evacuation site.

### ○ While Inside a Building

1. Do not panic and rush for the door. Take refuge under something strong, like a desk.
2. Under no circumstances use the elevator. If you happen to be in an elevator, get out at the next floor immediately.
3. Follow the directions of the person in charge and evacuate in a calm, orderly fashion.

### ○ Using Telephones in A Disaster

1. Call the NTT disaster message service at 171 to inquire about someone's safety.
2. In case of disaster it is easier to make calls on public telephones rather than personal phones.

I'm worried because I've never experienced an earthquake.

じしん けいけん  
地震は経験したことがないから心配

## ● 地震への備え

日本は地震の多い国です。もし地震が起こっても慌てないよう準備しておきましょう。

1. 消火器など、初期消火の備えを万全に
2. 家の中や周りで危険と思われる箇所は改善する
3. 家族がバラバラになったときの集合場所や連絡方法を決めておく
4. 家から最も近い指定の避難場所を確認しておく  
※ 市指定避難場所：小・中学校など 74 か所

5. 非常持ち出し品を用意しておく

3 日分くらいの食料や飲料水・救急薬品・懐中電灯・乾電池・ラジオ・マッチ又はライター・下着類・タオル・貴重品(預金通帳、パスポート、在留カードまたは特別永住者証明書、健康保険証など)、赤ちゃんのいる家庭ではミルクやオムツ

6. 防災訓練に積極的に参加する



## ● 地震が起きたら

### ○ 家の中で

1. グラツと来たら、身の安全を図り、揺れがおさまるのを待つ
2. 隣近所に火が出たら協力して初期消火をする
3. 避難は徒歩で、荷物は最小限に
4. 避難する際には電気のブレーカーをおろす

### ○ 道路で

1. ブロック塀や自動販売機などから離れ、広い空き地へ逃げる
2. ビル街や商店街ではガラス、看板などの落下物に注意する
3. 倒れた電柱や切れた電線に注意する
4. 車を運転していたら道路の左側に寄せてエンジンを切り、キーを付けたまま徒歩で避難する

### ○ ビルの中で

1. あわてて出入口に殺到せず、机の下など丈夫な物かげに身を寄せる
2. エレベーターは絶対に使用せず、乗っていたらすぐに近くの階で降りる
3. 責任者の誘導に従って順序よく避難する

### ○ 災害時の電話の使用

1. 安否確認は NTT 災害伝言ダイヤル「171」で
2. 災害時には個人の電話より公衆電話の方がかかりやすくなります