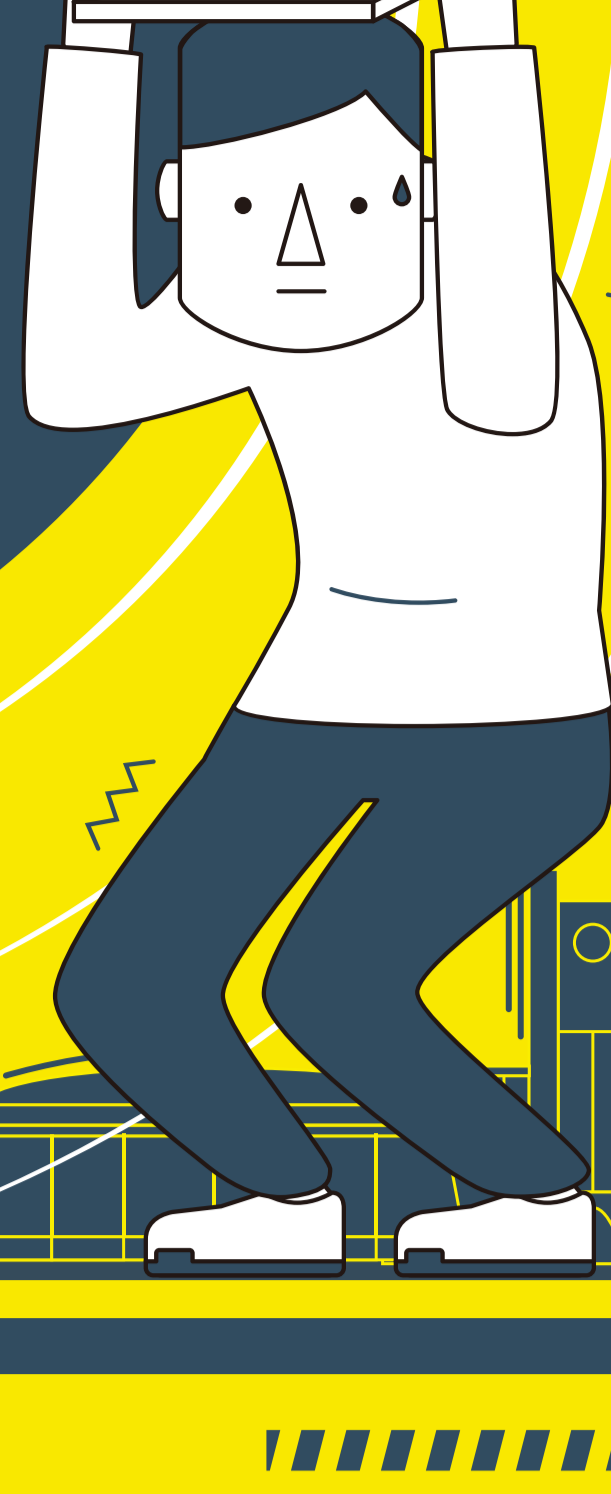


Bunkyo-ku Earthquake Disaster Survival Manual



Do NOT ...



Use Lighters



Use Elevators



Run Outside

First, don't panic. Stay in control.

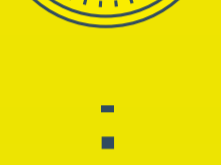
It's an earthquake!



Step 01

Take cover until the shaking stops.

- At a supermarket: Illustration of a person crouching under a shopping basket.
- At home, school or work: Illustration of a person crouching under a table.
- On public transportation: Illustration of a person sitting on a train seat.
- Outdoors: Illustration of a person crouching with their hands on their head.



Turn off the circuit breakers and gas at the valve.

Step 02

Get ready to evacuate, if necessary.

- Medicines
- Glasses
- Shoes
- Passport
- Cell phone



Beware of false information!

Step 03

Gather information.

- Radio
- App
- TV

Check different sources.

- Twitter: @tokyo_bousai
- NHK World TV
- NHK World Radio Japan

Confirm safety

Phone connections may be difficult.

Contact people through SNS.



Step 04

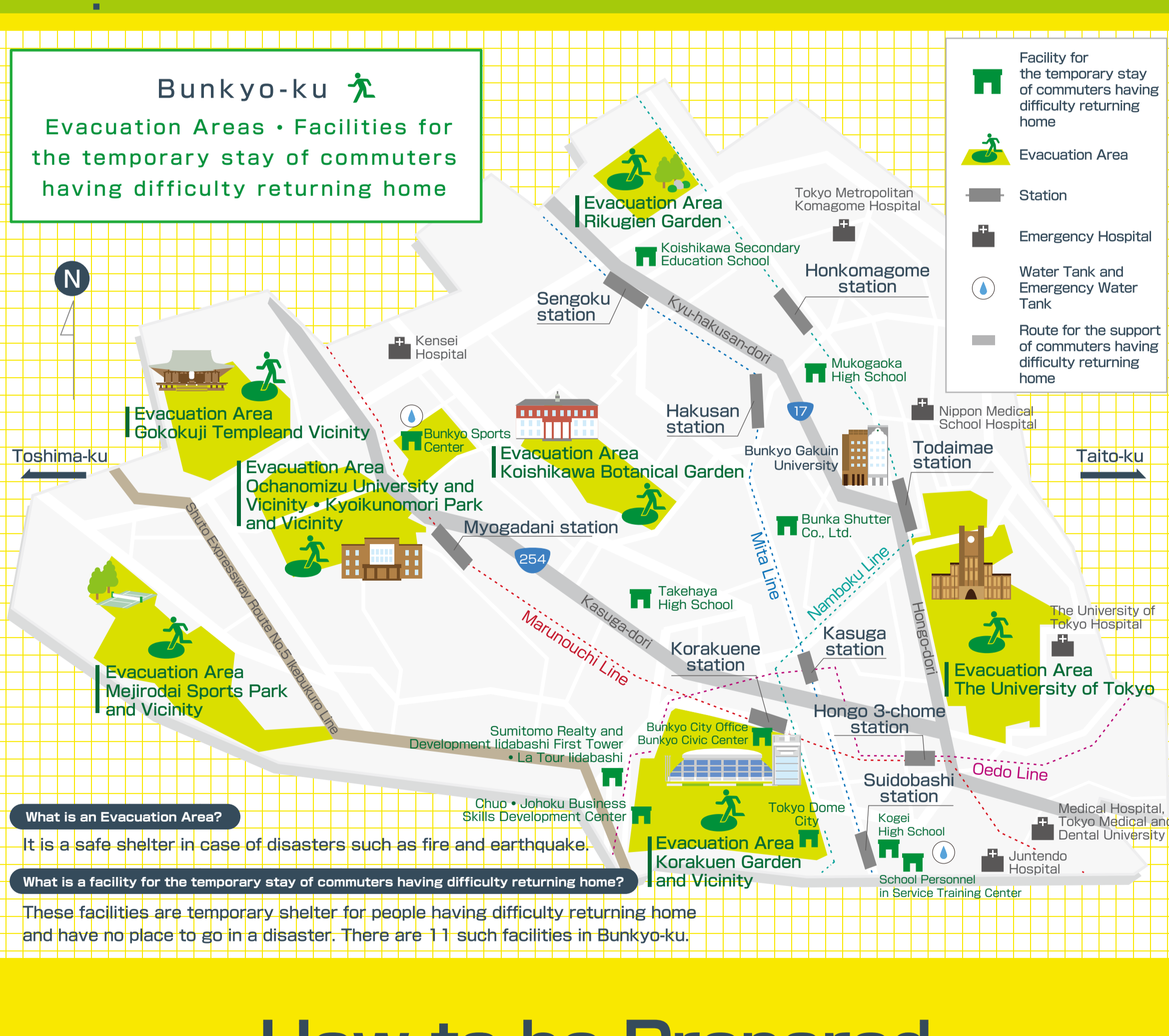
Should I evacuate?

If you are at school or work, remain there.

School • Work

If you feel unsafe where you are, go to an Evacuation Area. Decide on a place to meet up with family.

School • Work + Fire > Evacuation Area



How to be Prepared

Be ready for disasters with routine preparations.



Check



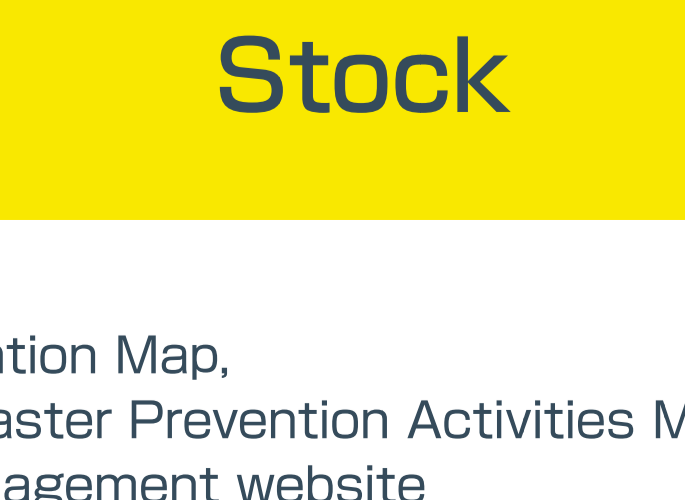
Renew

Consume or renew supplies regularly.

Supply Cycle



Buy



Stock

Keep a three-day supply of emergency food and water.