

Bunkyo-City Earthquake Disaster Survival Manual



First, don't panic. Stay in control.



It's an earthquake!

Do NOT ...



Use Lighters



Use Elevators



Run Outside

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 head and hands protected.



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!

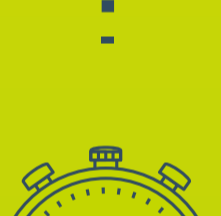
Step 03

Gather information.

- Radio
- App
- TV

Check different sources.

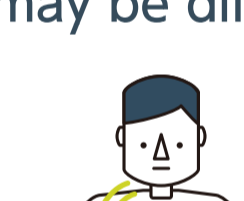
- Twitter @bunkyo_tokyo
- NHK World TV
- NHK World Radio Japan



Confirm safety



Phone connections may be difficult.

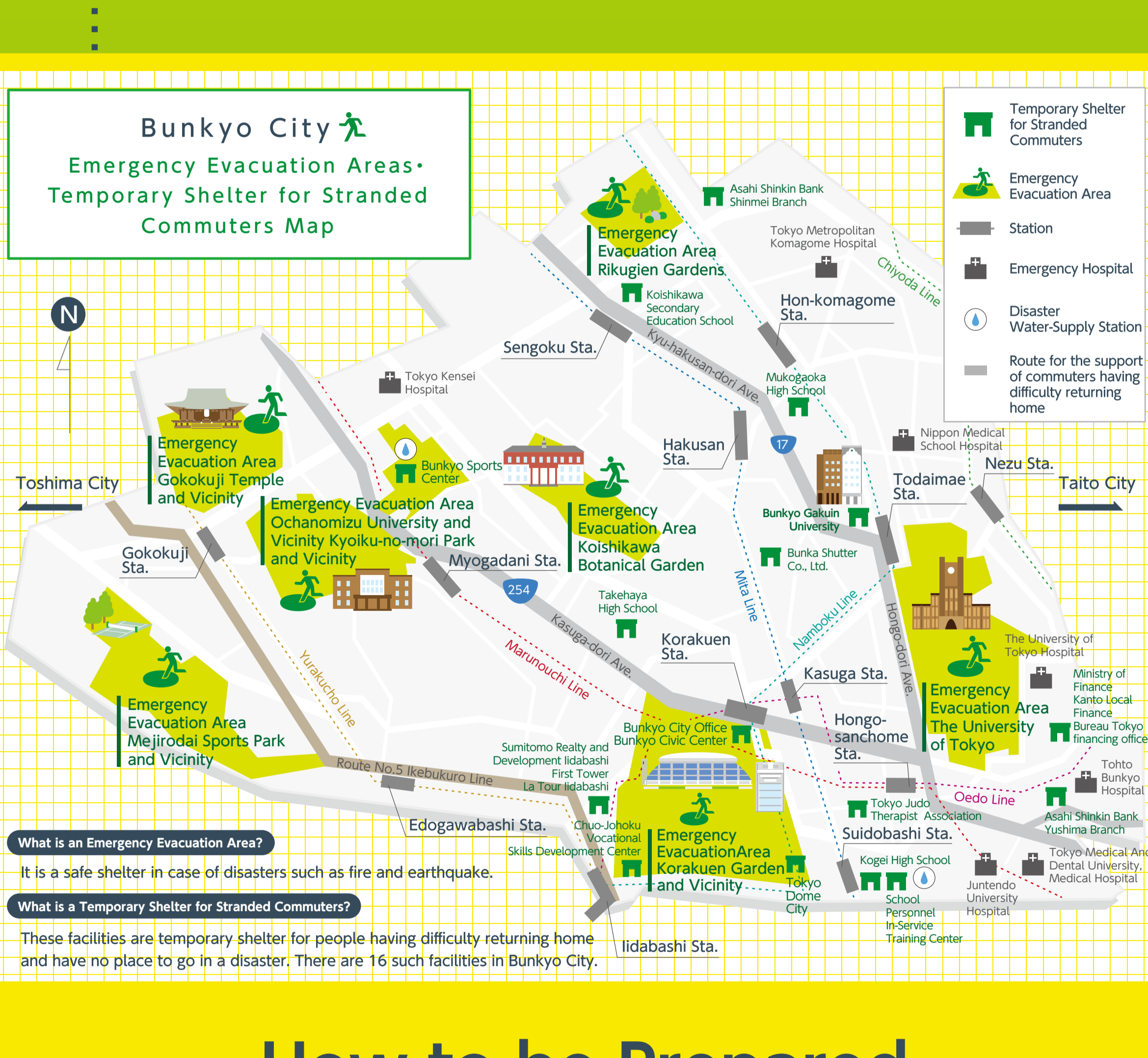


Contact people through SNS.

Step 04

Should I evacuate?

- School • Work: If you are at school or work, remain there.
- School • Work + Fire: If you feel unsafe where you are, go to an Emergency Evacuation Area. Decide on a place to meet up with family.



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.

