

EMERGENCIES(Earthquakes:地震)

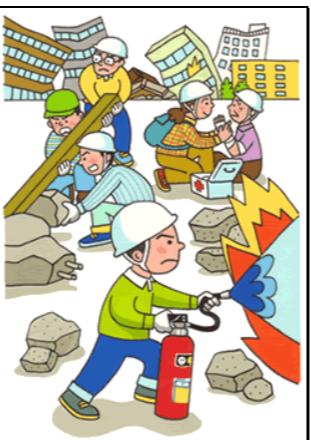
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八千代市

■Earthquakes (地震)

Japan is one of the most earthquake-prone countries in the world. In January 1995, the devastating Great Hanshin-Awaji Earthquake in the Kobe area caused great damage. A major earthquake is also predicted to occur in the near future in the Tokai region. You can limit damage and injury if you are prepared and know what to do in an earthquake. So make your earthquake preparations now and follow the rules given below.



●Be Prepared for an earthquake at all times (日頃の備え)



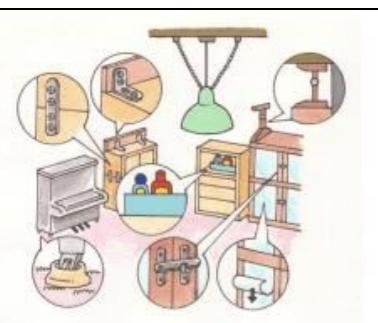
1) Stock water and food (水と食べ物の備蓄を万全に)

As the Kobe earthquake showed, the immediate problem after an earthquake is that drinking water and food are hard to come by. You should, therefore, stock at least a three-day supply. For drinking Water, stock at least 3 litters of bottled or canned water, mineral water, etc., per person a day. Also fill the bath tub with water for fire-fighting and flushing the toilet. As emergency food, stock rations such as canned food, dried bread/crackers and biscuits. Check the expiration dates regularly and replace as necessary.



2) Affix furniture and secure objects (家具の固定と落下物の対策)

Affix furniture to the walls and check for objects that may fall down. In the event that your floor becomes littered with broken glass, keep some cushions, slippers or shoes ready, and wide adhesive tape for fixing broken windows.



3) Flashlight and portable radio (懐中電灯、携帯ラジオの用意)

Have a flashlight(needed during evacuation) and a small portable radio with batteries to hear public broadcasts. Regularly check the batteries and keep a supply of spares.

4) Avoid dangerous spots (危険な場所には近寄らない)

When an earthquake hits, stay away from dangerous spots such as concrete or brick walls, vending machines, and other structures that may topple over. Also beware of falling glass from buildings.

英語

10 TIPS FOR EARTHQUAKE SAFETY

(地震 その時 10 のポイント)

1. Earthquake...Your Safety Comes First

Protect yourself first when you feel a jolt. Stay there until it gone.



2. Panic May Hurt You

Beware of fallen furniture and broken glass.



3. Open Doors And Windows For Evacuation

Get ready to evacuate when a quake is weak or when it is gone.



4. Keep Off Gateposts And Walls

Stay away from block walls when you feel an earthquake outdoors.



5. Put Out A Fire Quickly And Completely

Three chances to put out a fire

1. When a quake is small.
2. When a jolt is gone.
3. When a fire has broken.



6. Don't Panic And Rush Out / Don't Let Falling Objects Hit You

Watch out for roof tiles, glass pieces, signboards and others which may come falling.



7. Get The Right Information / Take The Right Action

Get correct information from the television, the radio, fire stations, the local authorities and others.



8. Make Sure Of The Safety Of Your Family And Neighbors

Go for your neighbors'safety once you are sure of your family's safety.



9. Get Together For Rescue And First Aid

Cooperate with your neighbors to get victims (under the debris / furniture) out and give them first aid.



10. Make Sure Electricity / Gas Appliances Are Off Before You Are Out For Evacuation

Turn off circuit breakers and gas equipment before you go out for evacuation.

