

## Emergency Preparation for an Earthquake I Action Plan and Timeline

<b>Action in the Event of an Earthquake</b>		
	<b>Action</b>	<b>Notes</b>
1.	<b>Protect</b> yourself and your family	The initial strong shakes of an earthquake last only for one minute or so. Get yourself under a sturdy table, desk, etc. to protect your head from falling objects.
2.	<b>Turn off</b> gas, oil heaters, etc. the second you feel the earthquake, and should a fire break out, put it out quickly	Your quick action in putting out a fire will prevent a serious disaster. Make it a habit to switch off the gas, even in a minor earthquake.
3.	<b>Avoid rushing out</b> of your house	It is dangerous to rush out of your house. Carefully check the situation around you and try to act calmly.
4.	<b>Open the door</b> to secure an exit	Especially in a reinforced-concrete apartment, the door may be deformed by a strong earthquake and cannot be opened, confining you in the room. To avoid this, open the door quickly to secure a way out.
5.	When <b>outside, protect your head</b> and keep away from dangerous objects	If you experience an earthquake while outside, you should protect yourself from falling concrete block walls and falling objects, such as windowpanes and signboards. Take refuge in a safe building
6.	If you are in a department store, theater, or the like, <b>follow the instructions</b> of the staff	In place where there are a large number of people, some may panic. Avoid being caught up in such panic and try to keep your head
7.	<b>Park your car</b> on the left side of the street. Driving is prohibited in restricted areas	Driving for selfish reasons makes the confusion worse. Listen to the radio and take proper actions
8.	<b>Watch out</b> for falling rocks, landslides, and tsunami (tidal waves)	In an area where there is a danger of falling rocks, landslides, or tsunami, seek refuge at a safe place immediately
9.	<b>Evacuate on foot</b> rather than by car, and carry only what you need	Driving could cause traffic jams and hinder fire-fighting and rescue and relief activities. So go to your refuge site on foot instead of by car. When evacuating, carry only what you need.

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<b>Timeline for Action in Event of an Earthquake</b>		
<b>0 - 2 Minutes</b>	<b>Protect Yourself</b>	<ul style="list-style-type: none"> <li>• Get yourself under a table or desk</li> <li>• get away from other furniture, such as cabinets or wardrobes.</li> <li>• Open a door</li> </ul>
<b>2 - 5 Minutes</b>	<b>Handling Fires</b>	<ul style="list-style-type: none"> <li>• You have 3 chances to extinguish a fire:               <ul style="list-style-type: none"> <li>- When you feel a tremor</li> <li>- When a large tremor subsides</li> <li>- Immediately after a fire starts</li> </ul> </li> <li>• Stay calm</li> <li>• Before you evacuate turn off your gas main and electrical breakers</li> </ul>
<b>5 - 10 Minutes</b>	<b>Make Sure Your Family is Safe</b>	<ul style="list-style-type: none"> <li>• Put on your shoes.</li> <li>• Locate items you need for emergencies</li> </ul>
<b>10 Minutes - Half Day</b>	<b>Check to see that neighbors/others nearby are OK</b>	<ul style="list-style-type: none"> <li>• Check to see that your neighbors or others nearby are OK</li> <li>• Secure the safety of the elderly and handicapped</li> <li>• Work with others to extinguish fires</li> <li>• Work with others to rescue those in need</li> <li>• Beware of aftershocks</li> </ul>
<b>1st Half Day - Third Day</b>	<b>Take care of yourself and work with others to take care of your area.</b>	<ul style="list-style-type: none"> <li>• Use what water and food you have on hand</li> <li>• Gather correct disaster information and notifications</li> <li>• Do not enter collapsed houses</li> <li>• Be ready to help and cooperate with others</li> <li>• Observe the rules at Emergency Shelters</li> </ul>