

What You Can Do Right Now to Prepare for an Earthquake

Even if an earthquake is not strong enough to topple buildings, it can still cause large furniture to fall over and glass to break, which can injure someone or obstruct an exit. So, let's make sure to take proper measures to prevent these kinds of dangerous situations during an earthquake.

Store Items Smartly

- When storing things away in cabinets or shelves, make sure to put heavier items on the bottom, and lighter items on top.
- Secure items on bookshelves with equipment like bookends so that there is no space for the items to fall out.

Secure Lighting Equipment

- Secure hanging fluorescent lamps or light fixtures with chains.

Be Smart About How You Place Items on the Floor

- Place fall-prevention boards underneath furniture so that they lean slightly against the wall.
- Don't place items in the way of exits and escape routes.
- Position your bed or futon in the bedroom so furniture cannot fall on top of it.

Position the furniture in your room so that it does not fall on top of your sleeping area or obstruct your exits if an earthquake happens.

Prevent Glass from Flying Around

- To prevent broken glass from flying around, place a protective film on your glass windows and doors.

Use Earthquake-Resistant Metal Devices

Fall-Resistant Metal Anchors

There are various types of metal fixtures that attach to walls, pillars, sliding door frames, and ceilings in your home. Use each kind of fixture appropriately according to the type of furniture and the room layout.

Metal Anchors for Stacking Furniture

These metal fixings secure furniture stacked on top of each other and prevent them from toppling over.

Metal Hatches to Prevent Doors and Cabinets from Opening

These fixtures secure doors and cabinets from opening during an earthquake. Additionally, to prevent the objects inside the cabinets from falling out, lay a towel or cloth on the cabinet shelf or make a frame with wooden or metal rods.

You can prevent injuries to your feet by leaving a pair of sneakers in an easy-to-reach place.

Help Yourself, Help Each Other, Get Official Help

In preventing and minimizing disaster effects, self-help (jijo), mutual help (kyojo), and public help (kojo) are commonly used keywords. "Self-help" in this context means protecting yourself and "mutual help" means family and neighbors helping each other to protect the safety of the community. "Public help" means rescue and support from public institutions like City Hall and the Fire Department. Although we cannot completely foresee when natural disasters will happen, we can minimize the disaster by bringing together and effectively utilizing self-help, mutual help, and public help.



Prepare Your Emergency Supply Kit

When a disaster occurs, you have to get to safety. Prepare for evacuation by packing essential items into a bag and storing it in a place where you can easily grab it.

Food Items	First-Aid and Safety Equipment	Valuables
<ul style="list-style-type: none"> Drinking Water (2-3 liters a day per person) Emergency Food (canned food, dry biscuits, boil-in-bag instant foods, etc.) Snacks (Chocolate, candy, etc.) Milk formula and baby bottle (if you have an infant) <p>Keep at least seven days-worth of emergency food and water at home on a daily basis.</p>	<ul style="list-style-type: none"> Over-the-counter medication (digestive medicine, cold medicine, pain killers etc.) Bandages, gauze, plasters Antibiotic ointments, disinfectant Prescribed medication for chronic conditions Helmet, protective hood Whistle 	<ul style="list-style-type: none"> Cash (including small change) Bank balance book, stamps (<i>hanko, jitsuin</i>) Credit/debit cards Health insurance card Residence card Passport, Copy of Passport (for all household members)
Clothing Items	Daily Supplies	
<ul style="list-style-type: none"> Clothes (thick and thin layers) Underwear Towels, Handcloths Gloves, Work gloves Sleeping Bag Rainwear 	<ul style="list-style-type: none"> Plastic bags Old newspaper Candles, lighter Knife, can opener Tissues Wet wipes Handheld flashlight (with extra batteries) Handheld radio (with extra batteries) Cellphone (with charger/battery) Stationery (permanent marker) Toiletries Glasses Face masks Disposable handwarmers Baby diapers Pads/tampons or other feminine hygiene products Duct tape Rope Maps (Hazard map) 	

Rolling Stock - Remember to Keep Cycling Through Your Emergency Stock

Rolling stock is when you consume backup food and water supplies before their expiration date and replenish it with new stock, thus keeping a regular amount of fresh backup food all the time. Consuming older backup food and water at regular intervals will prevent food waste, and will also prevent situations where your food will expire when you need it.



Assist Others Who Need Help Evacuating

During evacuation, elderly people, people with disabilities, infants, pregnant women, foreigners who are not fluent in Japanese, and others who need more time to evacuate to safety are considered to be people who need special assistance to evacuate. While cooperating with others in your community, check on your neighbors who may have difficulty evacuating and help direct them to a safe evacuation site.

<h4>Elderly People / People with Illnesses</h4> <ul style="list-style-type: none"> Carry them on your back and go to a place of safety. Work in groups while helping them. 	<h4>Visually-Impaired People</h4> <ul style="list-style-type: none"> Relay information using your voice. If you are guiding them, do not touch their hand that holds their cane. Have them lightly hold your elbow and walk slowly while maintaining a half-step ahead.
<h4>People with Impaired Limbs (Wheelchair)</h4> <ul style="list-style-type: none"> Two people are required to carry someone in a wheelchair up the stairs. Face them slanting upwards when going up or down the stairs. If you are the only person available to help them, prepare a rope and carry them on your back. 	<h4>People with Hearing Impairments</h4> <ul style="list-style-type: none"> When you speak, make your mouth shape large and clear so they can read your lips more easily. Relay accurate information using sign language, writing, or gestures.