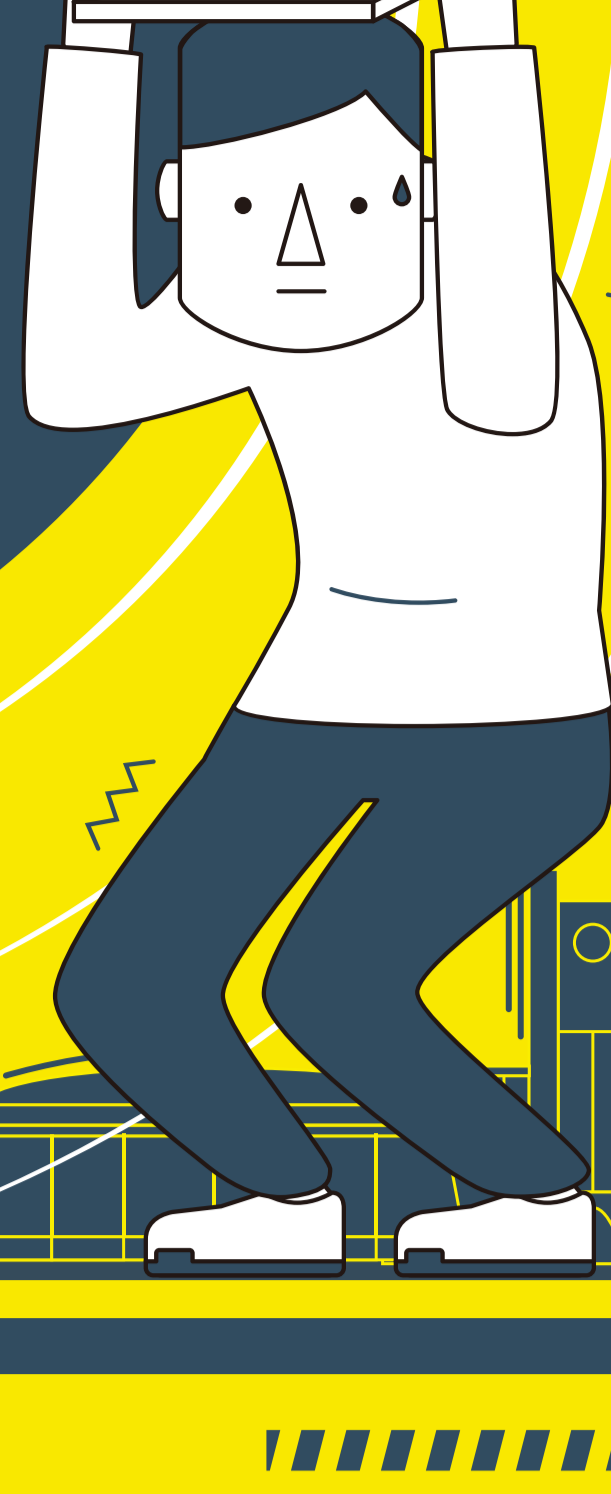


# Bunkyo-ku Earthquake Disaster Survival Manual



## Do NOT ...



Use Lighters



Use Elevators



Run Outside

First, don't panic. Stay in control.

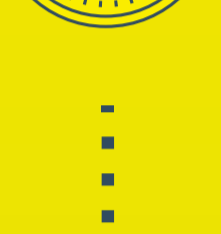


It's an earthquake!

### 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.



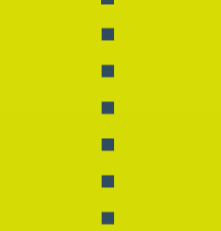
Turn off the circuit breakers and gas at the valve.



**Step 02**

**Get ready to evacuate, if necessary.**

- Medicines
- Glasses
- Shoes
- Passport
- Cell phone



Beware of false information!

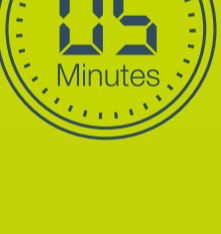
### Step 03

**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

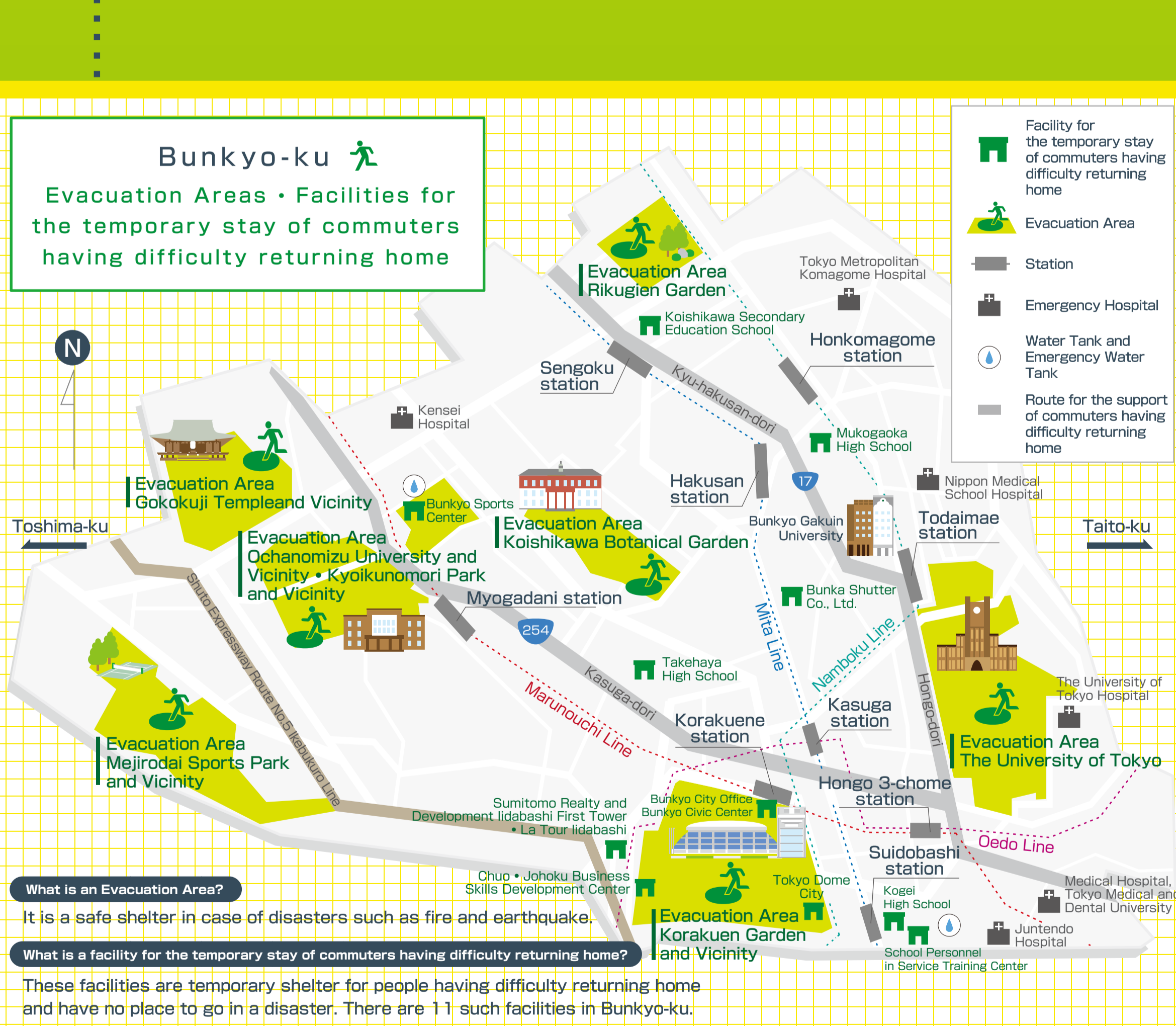
**Should I evacuate?**

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.