

EEW is issued about ten to several ten seconds before a big earthquake comes. Your phone will beep when the warning is issued. Take the action to protect yourself.

- Earthquake Early Warning(EEW)



### 5 Evacuate safely

(1) Emergency information  
 • Identify on Hazard Map of the app whether there is risk of natural disaster in your area. If your area at risk, make sure where the nearest evacuation spot is.



• Japan Meteorological Agency(WEB) (weather forecast and disaster information website)

• Emergency alert email

When a tsunami warning / alert or evacuation information because of natural disaster (typhoon, flood, heavy rain etc.) is issued, an emergency alert email is sent to people in the area where a hazard is already occurring. If you receive an alert on your phone/ TV/ radio, follow instructions from local office / in the alert.

(2) Protect yourself

• If you fell shaking or get an earthquake alert, immediately:

Drop onto your hands and knees. Cover your head and neck with one arm and hand.

Hold on until the shaking stops.

• If you are outdoors, move into an open area away from buildings and trees.

• If you are in a coastal area or within a tsunami inundation zone, move away to higher ground.

Do not wait for an official tsunami warning.



• NHKworld-JAPAN (News from Japan broadcasting corporation, plus emergency information on earthquakes and tsunamis and other natural disaster)



(Disaster and emergency information from Shizuoka Prefectural Office)



• SHIZUOKA-KEN BOUSAI (app)

4 Check disaster information

ぼうさい  
**防災ハンドブック**  
 さいがい そな  
 ~ 災害に備えよう ~  
**Be Prepared for Disasters**

静岡県警察本部  
 しずおかけん けいさつほんぶ  
 Shizuoka Prefectural Police Headquarters

Name	Contact information

• Write contact information of your family and persons you want to contact.  
 • In an emergency, post that you are safe.

3 Communication plan

### Prepare for Disaster

Japan is prone to natural disasters (earthquakes, tsunamis, typhoons, heavy rain etc.) Prepare in advance to help minimize damage.

### 5 things to do to prepare for disaster

1. Keep an emergency kit and stockpiling at home

(1) Emergency kit (for 3days)

• Keep your supplies in an easy-to carry preparedness kit at home or take with you in case you must evacuate.

What do you need in an emergency?



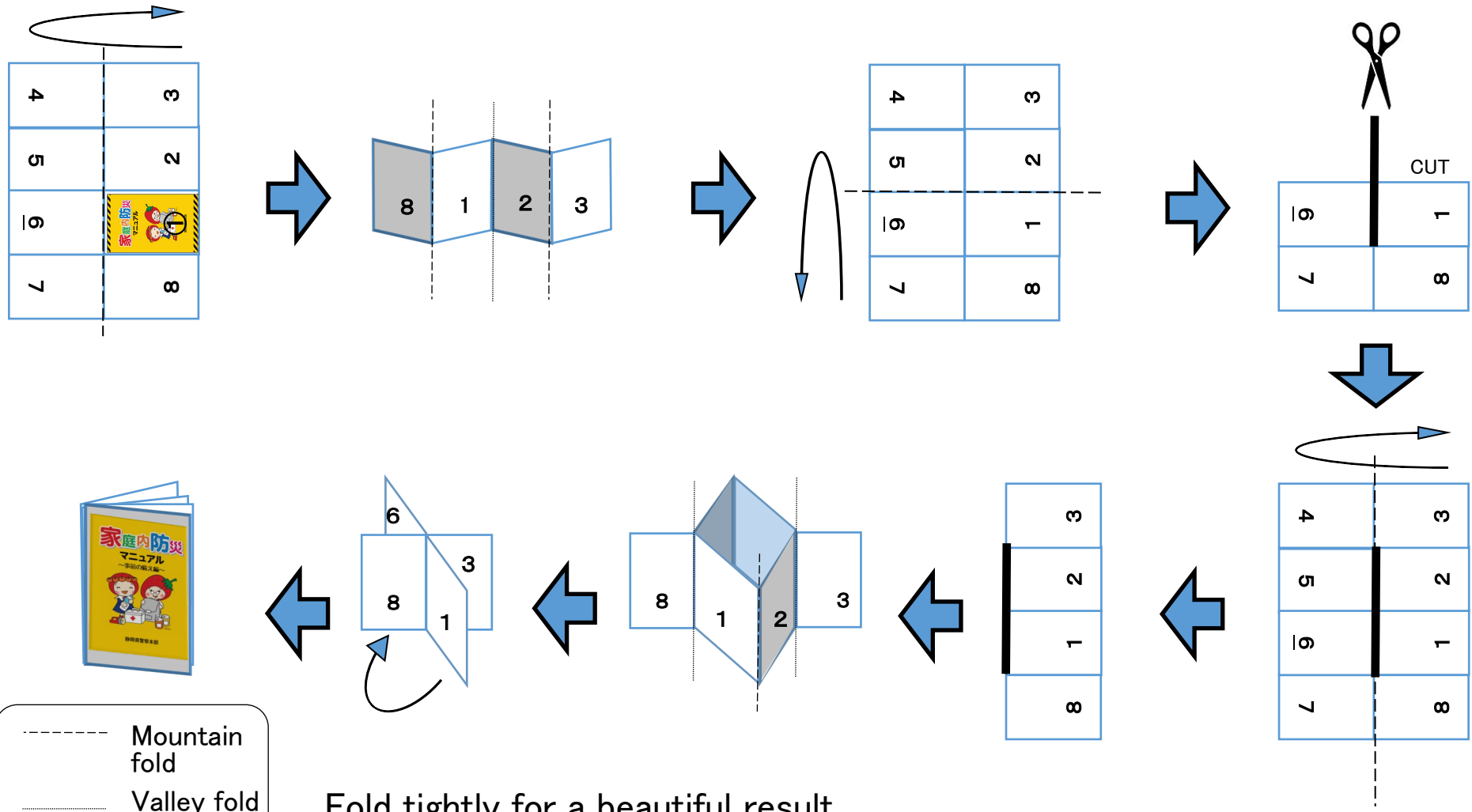
### Checklist

- Bottled water (3L per day)
- Food (Non-perishable, easy-to prepare items)
- Flashing light and extra batteries
- Battery-powered or hand-crank radio
- Emergency blanket
- Phone charger
- First Aid Kit / Medications
- Clothes
- Facemask
- Cash and coins
- Rainwear
- Pen and notebook
- Workgloves
- Copies of important document (Proof of address, passport, residence card, etc.)
- Family and emergency contact information

2 Preparedness at home  
 • Identify escape routes out of your home and keep clear escape routes.  
 • Avoid hanging heavy items above beds.  
 • Preventing furniture from overturning.  
 • Keep an emergency kit in an easy-to access location.

Checklist  
 (2) Stockpile at home (for 1-2 week)  
 • Water  
 • Food  
 • Sanitary supplies (toilet paper, tooth-brush, sanitary products hand wipes, sanitizer, etc.)  
 • Lantern  
 • Emergency toilets (In an emergency, basic services such as water, gas, and electricity may be cut off so the toilet will not flush.)

# How to fold into a book shape



「防災について、もっと知りたい」

静岡県警察「家庭内防災マニュアル」(完全版)のダウンロードリンクはこちら →

