

Disaster prevention cards (for three people), cut out and utilize.

Disaster prevention cards “protect your life from earthquake disaster”

Earthquake! Emergency earthquake report! Protect yourself!

Protect yourself accordingly from your environment and situation.

At home

- Protect your head immediately.
- Move to a place where you are safe from falling objects.
- Once the shaking has stopped, check to make sure no fire has started.

At work or school

- Get away from windows or lockers.
- Protect your head from falling objects by positioning yourself under a table.
- Follow your boss or teacher's instruction.

At an outing

- Protect your head with your handbag or hand baggage.
- Be cautious of falling objects such as shattered glass and store/street signs.
- Get away from concrete fences and vending machines; relocate to open a space such as a plaza.

In a moving vehicle

- Hold on tightly to the straps or handrails.
- Follow the crewmember's instructions.
- If you are driving, slowly stop the car and listen to the radio to gain information about the situation.

Check the wellbeing of your family members!

Discuss with your family beforehand how to communicate to each other during the time of disaster.

Emergency messaging board on cell phone (mail)

Access the top page of a cell phone site

Open the “Emergency messaging board”

Register your message

Select “Register and input your messages

Check your message

Select “check” and type in the phone number of the person at the disaster site who should check his/her message.

※ Decide on the communication method to use with your family before the disaster strikes.

Emergency messaging service “171” Dial 171

Follow the instructions to use

Register your message

Check your family member's messages

Enter your home phone number starting with the area code

Register your message (30 seconds or less)

Listen to the messages

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