How to protect yourself from a tsunami

1. First, when tremors begin, protect yourself.
2. Next, move quickly to elevated ground.
3. Don't be afraid to be the first to evacuate. Evacuate immediately!
4. Do not go near the ocean or rivers until the tsunami warning or advisory warning has been cancelled.
5. Think about evacuation procedures on a regular basis.

After an earthquake, evacuate immediately!
When a large earthquake occurs, casualties will also be high so it is difficult to save everyone. It is important to remember that you are responsible for PROTECTING YOUR LIFE!

What Should I Do if I am in a House or Building When an Earthquake Occurs?

- **If you are in a house**
  Large furniture, bookshelves and picture frames may fall, so you should take cover under a sturdy table or desk.
  ※If something heavy is capable of crushing the table, please run to somewhere safer.

- **If you are in an elevator**
  If you feel shaking, press the buttons for every floor and get off at the first floor it stops at. Some elevators may detect the shaking and automatically stop at the nearest floor.

- **When the shaking stops**
  Turn off all flames from gas appliances and shut the valve. Also flip the breaker for your electricity.

What Should I Do if I am Outside When an Earthquake Occurs?

- **If you are in the street**
  If you are walking near a building, beware of falling objects like glass and signboards, cover your head with whatever you are carrying, and find a safe place to take refuge.

- **If you are in the mountains**
  Move away from cliffs as there is the possibility of landslides.

- **Be aware of aftershocks (yoshin)**
  After a large earthquake, earthquakes may occur several times so please be cautious. The Meteorological Agency will advise of aftershocks so please listen to the TV and radio carefully.

- **If you are driving**
  As soon as you feel a tremor, gradually slow down, pull over to the left and turn off your engine. Turn on your hazard lights to make your car easily noticed by other vehicles.
  Avoid parking if you are at the base of a wide slope or at the mouth of a tunnel as there is the danger of landslides.
  When you leave the car, leave the doors unlocked and keys in the ignition.
  Take your valuables with you.
  Get out of your car and evacuate. Beware of passing vehicles.

How to Escape from a Tsunami

- **The height of tsunami along the coast** (published by the Cabinet Office, August 2012)
  You can see the height of tsunami that will arrive at the municipalities along the coast.

- **When tremors begin, protect yourself.**
  After large tremors, or tremors that continue for a long time, assume that a tsunami will come.

- **When the tremors stop collect only what you need and run.** (Glasses, medicine, portable radio, flashlight, keep them ready so that you can evacuate any time.)
  Do not wait for a Tsunami Alarm Warning (Tsunami Keihou) or Tsunami Advisory Warning (Tsunami Chouhou) just take yourself and run.

- **Evacuate quickly to the meeting place you decided on.**
  When you are in an unknown place and are unaware of where you should evacuate, go to elevated ground (takadai) or up a building. Depending on the waves, you may want to move even higher.
  Generally, move quickly and do not use a car. (You may be caught in traffic or unable to find your car keys and unable to escape in time.)

- **Until the tsunami keihou is lifted**
  Tsunami come several times. Please confirm on a radio etc that the tsunami has finished before you return home. **Never return home until the tsunami keihou has been lifted.**