

# What Actions to Take During an Earthquake **By Situation**

Please be well-informed on what to do in the event of an earthquake before it occurs, for it is hard to make a good judgment during an earthquake.

## What to do during the shaking?



Right away, try to get under a desk or table to protect your head and torso, and hold on to it.

## What to do when the shaking stops?



Immediately shut off the electricity mains switch when the shaking stops, and open the door to seek an exit route.

## What to do during the shaking?



Proceed down the stairs and leave the building quickly  
**(Do not use an elevator during an earthquake)**

※ If you are in an elevator during an earthquake, hit the button for every floor and get out as soon as you can.

## What must I do after I get out of the building?



Protect your head with your hands or a bag and stay clear of buildings while you make your escape.

## What to do during the shaking?



Move to an open space such as a park or the ground, while watching out for any falling objects  
**(Do not use a vehicle)**

## What to do after I arrive at a safe place?



Follow instructions from the radio or emergency officials.

# What Actions to Take During an Earthquake **By Places**

Please be well-informed on what to do in the event of an earthquake before it occurs, for it is hard to make a good judgment during an earthquake.

## If you are indoors



Right away, try to get under a desk or table to protect your head and torso. Shut off the electricity mains switch when the shaking stops, open the door to secure an exit route, and get into the open.

## If you are outside



Protect your head with your hands or a bag from anything that could fall on you. Stay clear of buildings and get into an open space such as a park or playground.

## If you are in an elevator



Hit the button for every floor, and get out as soon as you can, by proceeding down the stairs.

※ Do not use an elevator during an earthquake.

## If you are in school



Get under a desk and hold onto it. Evacuate to the ground level outside in an orderly manner when the shaking stops.

## If you are in a store



Protect your head and torso from objects that could fall on you and crouch against the stairs or an interior wall. Proceed quickly to an open area when the shaking stops.

## If you are in a theater or stadium



Protect your head and torso with your bag or other belongings until the shaking stops and evacuate in a calm manner by following instructions from officials.

## If you are in a subway



Hold on to straps or railings in order not to fall down. Follow instructions from officials after the train stops.

## If you are driving



Slowly pull over to a safe place, flashing your hazard lights, listen to your car radio for instructions, and move to a safe place while leaving the key in the car.

## If you are in a mountainous or sea area



Be aware of the potential for landslides or collapsing cliffs and move to a safe place. Get to high ground if a tsunami warning is issued.