



# Earthquake!

## What should you do?



### Indoors

#### Apartment buildings/ Elevators

- Open a door or window and secure an evacuation exit.
- Do not use elevators for evacuation. Evacuate using the stairs to avoid being caught in fire or smoke.



#### Department stores and supermarkets

- Protect your head with your bag or other items and move away from the display windows and products. Find shelter near a pillar or wall. Follow the store manager's instructions and remain calm.



#### Theaters and assembly halls

- Protect your head with your bag or other items and hide between the seats. Follow the manager's instructions and remain calm.



### At home

- If you feel tremors, hide under a table to protect yourself. If you are unable to take shelter, protect your head with a cushion or other item that is close at hand.
- Once the tremors have subsided, quickly extinguish fires. Do not forget to take care of electrical outlets and gas mains.
- Check on young children, the sick, the elderly, or people with special needs.
- Do not walk around barefoot. You may injure yourself on broken glass or other sharp objects.

