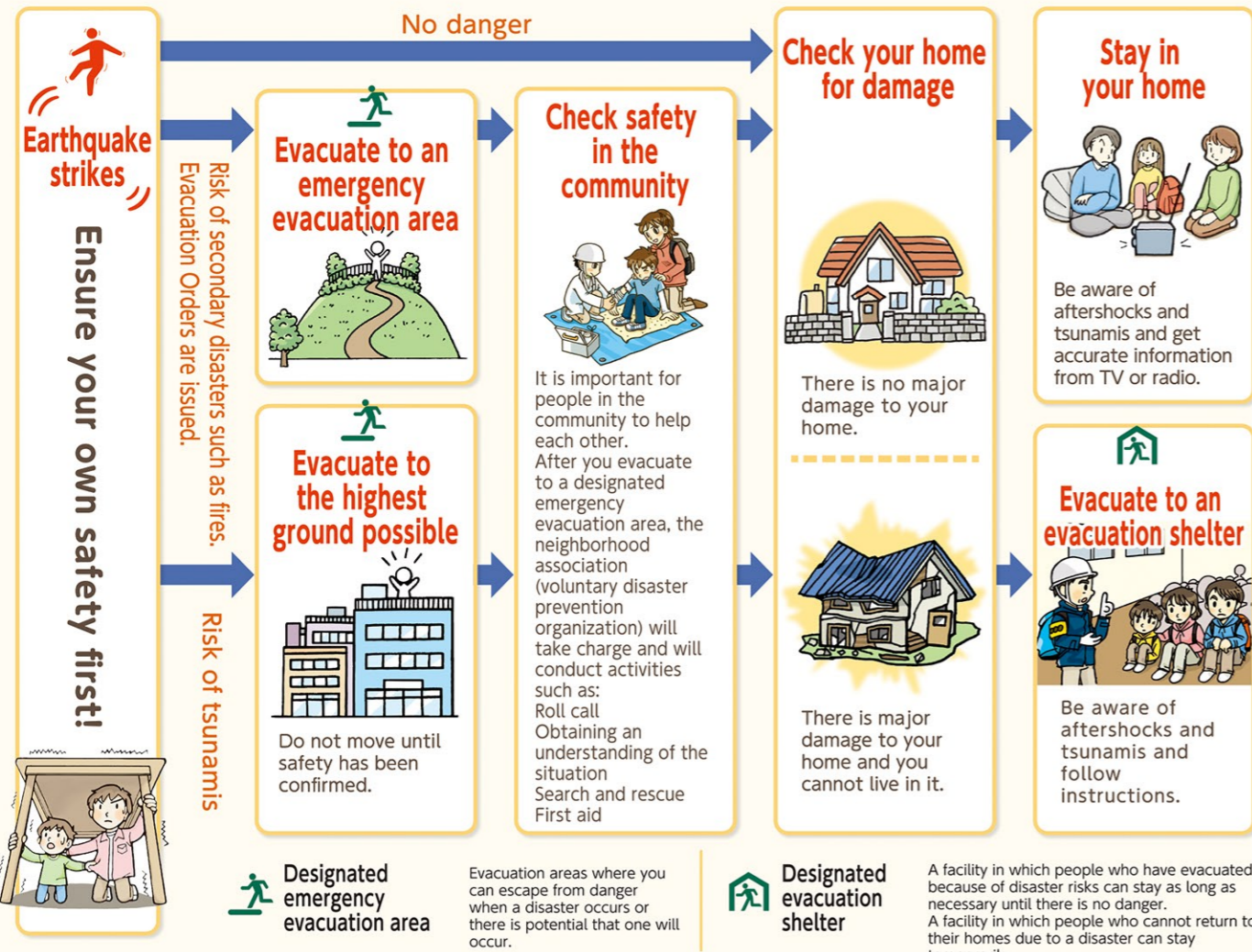


When an earthquake strikes



Initial actions when an earthquake strikes

Indoors

- Get under a table or a desk.
- Protect your head with a cushion, magazine or similar.
- Keep away from glass such as windows or mirrors.
- Keep away from furniture.
- If you are in a commercial or public facility or similar, follow instructions from staff.

Check sources of flame

Turn off or put out all sources of flame including cookers, gas appliances, kerosene heaters and cigarettes in order to prevent secondary disasters such as fires.

Secure an escape route

Open the front door or a window to secure an escape route so that you are not trapped if the building shifts.

Outdoors

- Be careful of collapsing breeze block walls, etc.
- Be careful of falling objects such as signs or glass.
- If you feel an earthquake near the coast, get away from the coast quickly and evacuate to high ground, regardless of the strength of the earthquake.

Check the situation

Be careful of glass shards or fallen furniture and so on and check on and make sure your family and others nearby are safe.

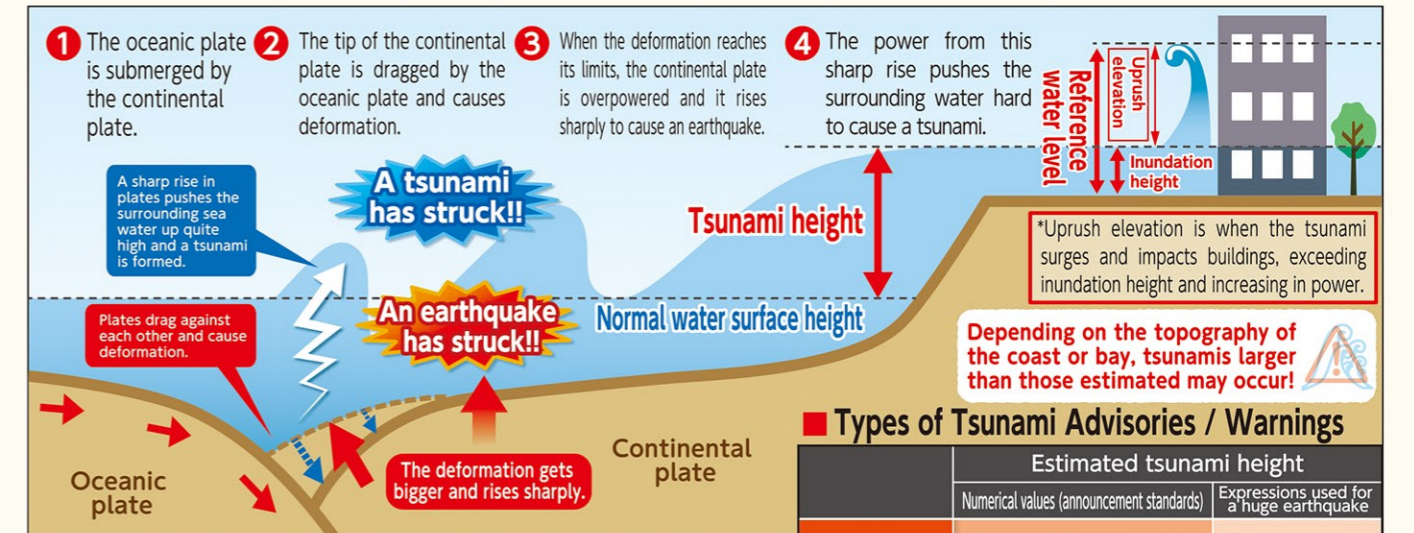
Get information

Get disaster and evacuation information from TV, radio or emergency alert e-mails and so on.

Background information about tsunamis

How a tsunami occurs

The phenomenon of sea water being pushed towards land due to protrusion, subsidence or landslides, etc. caused by an earthquake under the sea bed is called a tsunami. Tsunamis are not only caused by earthquakes but also by land collapse or volcanic eruptions, etc. on the sea bed.



Types of Tsunami Advisories / Warnings

	Estimated tsunami height	
	Numerical values (announcement standards)	Expressions used for a huge earthquake
Major Tsunami Warning	Over 10m (10m<)	Huge
	10m (5m - 10m)	
Tsunami Warnings	5m (3m - 5m)	High
	3m (1m - 3m)	
Tsunami Advisory	1m (20cm - 1m)	(Not displayed)

- The height of a tsunami announced by the Japan Meteorological Agency signifies the difference in height between the sea level when there is no tsunami and the increased height of the water surface due to a tsunami.
- Tsunamis can reach heights two or three times higher than expected due to the topography of the coast or bay.
- When a tsunami is rushing towards land, it is called uprush. This height is called uprush elevation and the height of the highest point that a tsunami reaches is called maximum uprush elevation.

Tsunami precautions

Tsunamis come in waves!

Tsunamis come twice or three times in repeated waves. Stay at evacuation area until Advisories / Warnings are cancelled.

Tsunamis are fast!

Some tsunamis come before advisories and warnings can be issued; the speed of a tsunami is around 36 kmph (10m per second) near the coast.

Beware of tsunami height!

Depending on the topography of the coast and other elements, tsunamis larger than those estimated may occur.

Be careful, even if there is no drawback!

There is not always drawback before a tsunami. Drawback may not occur depending on the type of earthquake or the topography.

Be careful at high tide!

Water levels are higher at high tide so tsunamis are bigger than usual.

Caution even in weak earthquakes!

Tsunamis can strike even in weak earthquakes if, for example, the shaking lasts for a long time.

Bird's-eye view
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Storms and floods / sediment disasters
Evacuation behaviour during a disaster
Receiving disaster information
Other disasters
Everyday preparations
Emergency Survival Kits
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