

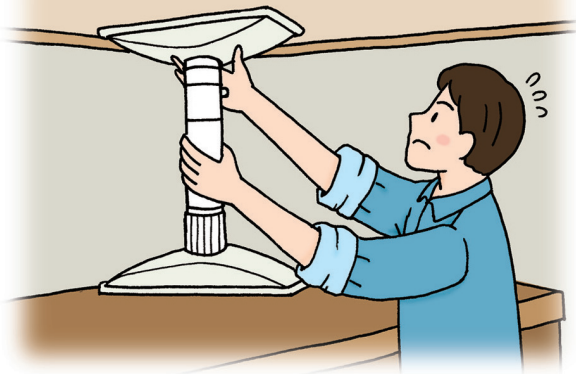


Prepare for Earthquakes ~ Protect Your Life During an Earthquake ~



Take preventive measures in advance.

- Reinforce buildings for increased resilience to earthquakes.
- Properly affix furniture and maintain a safe environment.
- Discuss evacuation methods both at home and in the workplace.
- Prepare equipment and supplies necessary for evacuation.



Protect your body from falling items if you feel a quake (or when an earthquake warning is issued).

- Take shelter under a table or desk (at home or in the workplace).
- Protect your head with a blanket or a pillow (in the bedroom).
- DO NOT immediately rush outside.
- DO NOT immediately turn off equipment such as kitchen stoves and heaters, which could pose a fire hazard. Turn them off once the quake subsides.

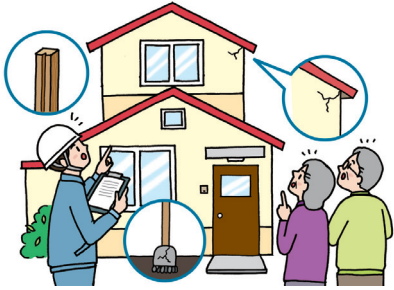


Calmly assess the situation and decide a course of action.

- Are your family members safe?
- Is it safe to move around?
- Is there any fire?
- Is an emergency exit secured?
- Is there any risk of a tsunami?



Earthquake-Proofing Buildings, Affixing Furniture and Creating a Secure Space



- Take a seismic capacity evaluation to ensure that your house is resilient to earthquakes.
- Maintain a safe space by ensuring that any large furniture you place won't fall onto sleeping areas, or block any emergency exits in the event of an earthquake. Affix large furniture to make it more resilient to quakes.
- Ensure that your microwave is secured so that it won't fall in the event of an earthquake. Make sure to also properly secure any AV and OA devices.
- Lock cabinet doors. Attach shatter-resistant films to cabinet glasses.

Obtaining Information



- Find out information in advance about the region you reside in (hazard map, etc.).
- Ensure that you are able to receive earthquake and tsunami warnings, and continue receiving updates after an earthquake has occurred (make use of a smartphone or other devices).

From Earthquake to Evacuation and Next Steps



- When an earthquake occurs, immediately take action to protect your body.
- When a strong shake subsides, remain calm as you take further actions.
- Be prepared for aftershocks. If there is any risk of tsunami, immediately evacuate to higher grounds.
- Help each other to carry out search and rescue activity. Judge whether it is necessary to evacuate or not according to the situation.