

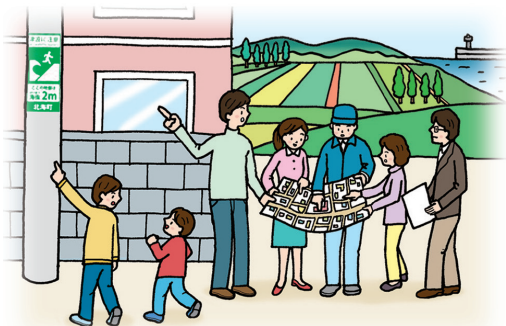


Preparing for a Tsunami ~ Protecting Your Life During a Tsunami ~



Taking Preventive Measures

- Be aware of your region's terrain, as well as evacuation sites and high grounds.
- Know about evacuation routes and rules at home, workplace, and school.
- Decide upon an evacuation method for those with special needs.
- Take winter conditions into account when making disaster preparations.



Between the Initial Earthquake the Arrival of a Tsunami

- Take the initiative in evacuating to a safe place such as higher ground.
- DO NOT go to inspect the sea or rivers.
- In winter, make sure to take protective measures against the cold.



After Evacuation

- Tsunami waves come repeatedly. DO NOT move from your evacuation point until all warnings and alerts are lifted.
- After-waves could be larger than the first one.



Check Hazard Maps and Prepare for a Disaster



- Check the height of your house from sea level, the distance between your house and sea, and the route between your house and the evacuation site.
- Confirm evacuation routes at your school or place of work.
- Check the location of evacuation sites and evacuation buildings for tsunami in local areas which you frequent during everyday activities, such as shopping.
- Make an agreement with your family that, in the event of a disaster, each person should evacuate to a safe location before attempting to confirm the safety of other family members.
- During winter, it may take additional time to secure and traverse the evacuation route/take measures against the cold/etc. Make sure to factor this into your preparations.

From Occurrence of the Earthquake Until Tsunami Reaches Land



- When an earthquake occurs, first and foremost you should take action to protect your life.
- If it is a strong quake, or if the shaking is slow but drawn out over a long period of time, evacuate without waiting for a tsunami warning or alert to be issued.
- If you are outside at the time of an earthquake, immediately try to distance yourself from the sea and rivers and evacuate to a safe place, such as a higher ground or an evacuation building.
- Closely monitor the issuance of tsunami warnings or alerts, and pay attention to the predicted height of the tsunami.