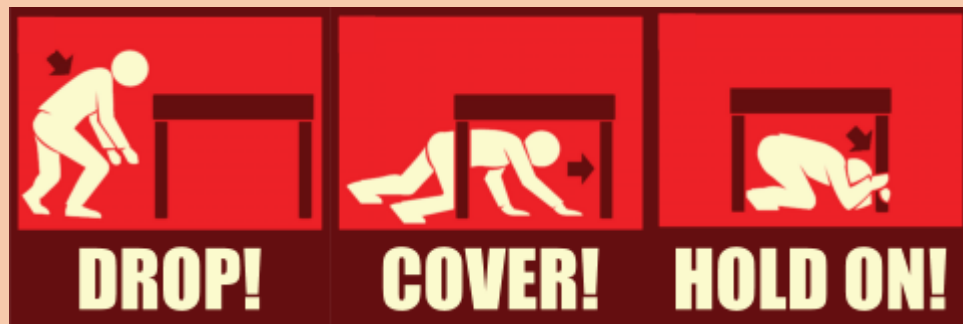


EMERGENCY GUIDE FOR EARTHQUAKE

Drop. Cover. Hold on.



In most situations, you can protect yourself if you immediately:

- **DROP down onto your hands and knees** before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.
- **COVER your head and neck** (and your entire body if possible) underneath a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that won't fall on you, and cover your head and neck with your arms and hands.
- **HOLD ON to your shelter** (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

At the time of an earthquake

While you are driving



- Without reducing speed suddenly, turn your hazard lamps on as you slow down and call attention to surrounding cars.
- Stop your car at the left side of the road after checking your surroundings.
- Stop the engine and wait in the car until the shaking stops. When the shaking stops, leave the car with the key in the ignition and the doors unlocked, and evacuate to a safe place.

At home



- Protect your head with a cushion or pillow, move away from large furniture, and hide under a sturdy desk or table.
- Open the door and secure an entrance/exit.
- In case of fire, put it out if possible. If you are not near the source of the fire, do not try to get close.
- Do not rush outside.

Outdoors and commercial facilities



- Follow the instructions of the guidance staff.
- To not rush to exits and stairs.
- Even if the elevators are working, to not use them to evacuate.
- Protect your head and keep away from glass shelves and lights.

In the elevator



- If you feel a tremor, press the buttons for every floor and get out of the elevator as soon as the door opens.
- In the unlikely event that you are trapped, report conditions inside the elevator using the intercom.
- Elevators with people trapped inside are top priority. Remain calm and wait for rescue.

What to be careful of while you are in evacuation

Economy class syndrome



Sitting in the same position for a long time without moving your legs can cause blood clots (deep vein thrombosis) in your veins from poor blood circulation. A portion of a blood clot could get loose and flow into your lung, blocking a blood vessel there (pulmonary embolism). This is what is called deep vein thrombosis/ pulmonary embolism, or better known as economy class syndrome.

While you are staying in evacuation shelter due to a disaster, it is important not to stay in one position, but to move around as much as you can and exercise as needed. When you are in this situation, wearing loose clothing, and staying relaxed without tightening your belt can also prevent economy class syndrome.

What NOT to do:

DO NOT stand in a doorway. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.