

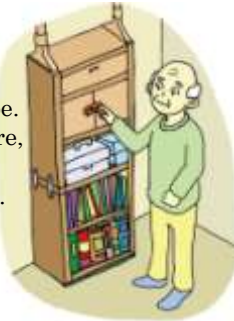
10 WAYS TO PREPARE FOR AN EARTHQUAKE



Protect Yourself

Keep furniture from falling or moving.

- Set furniture in places so as not to cause injuries or hamper your escape.
- Secure the furniture, TV or personal computers in place. Keep them from falling or moving with a quake.



Be prepared to avoid injuries.

- Take measures to keep cupboard and window glass from shattering and scattering.
- Keep a flashlight handy in case of power failure.
- Have slippers or sneakers on hand; they can protect you from shattered glass or others.



Confirm the strength of your house and walls.

- Have your home inspected for earthquake safety and reinforced if necessary.
- Reinforce concrete and block walls so they won't collapse.



Always be ready to extinguish fires.

- Keep a fire extinguisher within easy reach. Also, keep water in the bathtub for firefighting —with children safely kept off.



Take steps for fire prevention and early detection.

- Install fire alarms in your home for early warning.
- Keep electrical appliances unplugged when not in use.
- To prevent electric or gas fires, install circuit breakers or outlets with a seismic shut-off function.



Prepare emergency supplies in advance.

- Know where your emergency supplies are.
- Plan how to utilize ordinary items such as car jacks and radios in an emergency.



Meet with your family to discuss what you would do.

- Decide each family member's role in case of an earthquake : fire prevention, initial fire fighting, and other tasks.
- Make sure your family knows how to contact and where to reunite when you cannot return home or are separate after a quake.
- Confirm evacuation sites and routes as a family.
- Discuss with your family how to prepare to cooperate you're your neighbors.



Know potential hazards in your area.

- Keep informed how your area can be dangerous with the local hazard map.
- Walk around your school/office area to see what can pose dangers or help you in an emergency. Then prepare your own safety map.



Keep informed about disasters.

- Keep yourself informed about disasters via newspapers, television, radio and the Internet.
- Attend meetings and classes at fire stations to learn lessons from past earthquakes.



Train yourself for emergencies.

- Participate in disaster drills. Learn skills for self protection, fire prevention, fire fighting, rescue, first aid, emergency reporting, evacuation, and others.



Be Prepared and Ready to Act

Keep Calm and Act Well