

Get Prepared for Massive Earthquake Disaster

What to do when an earthquake occurs.

- ① The moment you feel an earthquake
Protect yourself first.
Get under the nearest table. Secure some space around your breast so that you may keep breathing. Guard around your neck. When the shaking calms down, turn off any sources of fire or heat you were using.
- ② 1 to 2 minutes after the earthquake
Check the sources of fire or heat, and if a fire starts, put it out quickly. Check if everybody in your family is safe. Secure an exit for escape by opening doors.
- ③ 3 minutes after the earthquake
Visit elderly one-person households and your neighbors to check if they are safe.
Work together to prevent a fire. If you find any fire, shout an alarm and put it out quickly. Be careful of aftershocks.
- ④ 5 minutes after the earthquake
Get the accurate information from radio and television. Also listen carefully to the City' s wireless announcement of disaster prevention system.
- ⑤ 10 minutes to a few hours after the earthquake
Get ready the emergency supply bag for immediate carrying. Go out to meet your children if the situation permits. When you go out or evacuate, turn off the gas at the main and circuit breakers to prevent a fire.
- ⑥ For 3 days following the earthquake
Prepare living necessities by yourself. In case the disaster stretches to wide area, the backup supplies from the unaffected areas would not reach you as quickly as expected.

Preparation at home

- Check in advance the evacuation area in your town and how to get there.
- Know potential hazards in your area.
- Prepare emergency supplies in advance.
- Prepare living necessities in advance that cover days before relief goods reach you.
- Decide means of contact with your family.
- Secure furniture so it can' t fall over or fall down. Take measures to keep

cupboard
and window glass from shattering and scattering.



Be Careful Not To Cause Bicycle Accident

Any cyclist who makes malicious and dangerous riding will be required to take a cyclist safety course.

(New bicycle-related traffic law went into effect on June 1, 2015)

Any cyclist who makes any one of 14 dangerous ridings that are stipulated in the government ordinance -- such as ignoring traffic signals and not stopping at stop signs --more than twice in a period of three years, will be required to take a "Cyclist Safety Course". Anyone who does not attend the course within the stipulated period

(three months after receiving the order, as a rule) will be fined up to 50,000 Yen.

14 dangerous ridings applicable to "Cyclist Safety Course"

1. Ignoring traffic signal
2. Passing under a railway crossing gate
3. Not stopping at stop signs
4. Not following riding regulations when riding on sidewalks
5. Riding a bicycle with non-working brakes
6. Riding a bicycle while intoxicated
7. Entering off-limit areas
8. Violating safe-proceeding traffic regulations
9. Violating vehicle traffic regulations while riding on sidewalks (violating slow-speed regulations)
10. Interfering with priority vehicles at crossroads
11. Not following traffic lanes
12. Violating safe-proceeding traffic regulations when riding at circular crossroads
13. Interfering with pedestrians when riding on sidewalks
14. Violating safe-driving regulations

