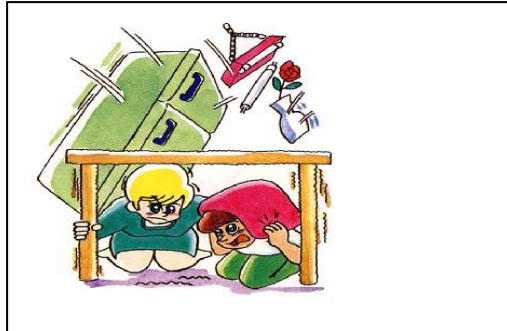


Disaster Prevention Guide

WHAT TO DO IN THE EMERGENCY OF AN EARTHQUAKE

A) ACTIONS TO BE TAKEN, WHEN AN EARTHQUAKE HITS:

- (1) Save yourself first. Get under a desk or a table.
- (2) Turn off the gas, oil stove and any other sources of heat.
Put down the main circuit breaker in order to avoid causing a fire.
- (3) If a fire breaks out, cry out for neighbors' co-operation and fight the fire with them, if it is not too dangerous.
- (4) A quake, in most cases, continues no longer than minutes. Don't run out of your residence suddenly and watch the situation calmly.
- (5) Run away from dangerous sites such as: a narrow alley, beside a concrete wall, under a cliff or near a river bank.
- (6) If you are on a steep slope, try to leave it quickly.
- (7) Don't drive a car when you escape. Don't carry bulky baggage
- (8) Behave in accordance with the directions issued by the municipal agencies, TV or radio broadcasts.
- (9) Ask your Japanese neighbors for information you want to know.
- (10) Stay calm, don't panic.



B) RECOMMENDATION FOR THE ITEMS TO BE PREPARED

Emergency food

Drinking water, hardtack, canned food with a can opener, biscuit and convenience food (instant noodles and such)

First aid kit

Disinfectant Santi-septic solution or the like, ointment, absorbent cotton, gauze, bandages, adhesive tape, scissors, masks and household medicines.

Clothing

Sweater, jacket, underwear (one or two changes) towel, soap, work gloves, socks, blanket and sleeping bag.

※For babies

Milk powder, disposable diapers and bottles.

※For elderly people

Stretcher, medicine for daily use, nursing equipment and diapers.

Others:

Passport, cash, cash card, bank passbook, seal (hanko), important papers including bonds, certificates, cell phone, batteries, flash light, lighters, radio, 10 meter of cotton fabric, vinyl sheet, rope, knife, etc.



YOU NEED WATER AND FOOD FOR AT LEAST THREE DAYS

A major earthquake throws you into such a very critical situation as neither drinking water nor food is available.

The supply of water and food for at least 3 days may save you, since it will take more than three days for the rescue to reach you after a quake.

Since you need about 3 liters of drinking water a day, at least total 9 liters should be reserved.

Drinking water and food in reserve must be renewed periodically. Make sure and be aware of the expiration dates.

C) TO PREVENT FIRES AFTER AN EARTHQUAKE

Fires after an earthquake cause more damage than the earthquake itself. Cooperation with your neighbors is necessary to prevent fires.

You have three chances to extinguish fires or minimize the damage of fire

The first chance usually comes just before the main shock. You will often feel

a small tremor. Then, you have to switch off instantly any heat sources you are using.

The second chance is right after the main shock. If you find any small fires, you must extinguish them.

The third chance is in case of a fire you can't extinguish by yourself. This is the time to ask for your neighbors' help and cooperation. You have to let them know about the fire.

Yell "KAJIDA" in a loud voice.

Prepare equipment to extinguish fires

Water helps extinguish almost any fires, except oil fires. You need to keep water around you always, in a bath tub or a washing machine, for example.

A fire extinguisher is indispensable. You can use it in the cases where water would spread the fire such as those involving kerosene heaters, cooking oil and such.

There are three types of fire extinguishers, namely: the powder type, the liquid and the foam type. You must buy one with a government seal of approval on it.

D) DAILY CHECKS AT HOME

- (1) Don't put any heavy items like TV sets on shelves, chests of drawers or any other higher places.
- (2) Provide your home with slippers to protect you from fragments of broken window panes.
- (3) Put low furniture in children's and elderly people's rooms and no furniture right beside a glass door.
- (4) Use non-flammable curtains to avoid catching fire.
- (5) Anchor furniture to the floor or wall with devices made for that purpose.
- (6) Keep flammable items away from the stove in the kitchen.
- (7) Install a fire extinguisher in a fixed place with nothing else together.

- (8) Periodical checks are necessary to see if the auto-extinguishing devices of heaters function correctly.
- (9) To provide against the disaster, talk with your family regularly on the following.
 - a) The safest place in your home.
 - b) The nearest evacuation site or shelter and the route to there from your home.
 - c) The method of contact when your family members get separated in an earthquake.