




# When an Earthquake Disaster Occurs

It is extremely difficult to do many things simultaneously or make appropriate judgment in the moment a big earthquake occurs. Just start making preparations by thinking "There is nothing you can do."

## What you can do from your hearing an Earthquake Early Warning (EEW) to its actual occurrence

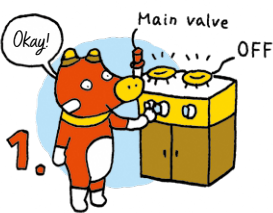
It is from about a few seconds to a dozen or so seconds from when you receive an EEW to when the earthquake actually occurs. While it is important to always imagine what you can do in the moment of such an emergency, the first think you should do is to stay calm and move to a safer place.



Don't think of doing everything you think is necessary. This is also part of disaster preparedness.



### Things you can do when you have time



1. Turn off everything that may cause a fire.



2. Open the door to secure a way out from your room.



3. Close the curtains to protect yourself from scattered pieces of broken window glass.

### What you must do



Quickly move to a safer place.



Quakes of a seismic intensity of 4 or higher continued for 190 seconds in Onahama, Iwaki city, when the Great East Japan Earthquake occurred (at 14:46, March 11, 2011)

(source: Meteorological Agency).