

Keep This Ready!

(1) Confirm evacuation area where your family should meet

Meeting point	
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(2) Determine distance and time required to get home from school/office

Distance home from school/office	km
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Time needed (Walking 5km/hr)	hours
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The distance limit for someone to walk is said to be **10 km**

(3) Try out methods for checking on family and friends' safety in advance
You can try out the Emergency Message Line(171), mobile phone emergency message board and Emergency Message Board(Web171) from the 1st to the 15th of every month, 1/1-1/3, and Disaster Prevention Week (8/30-9/5), and Disaster Prevention and Volunteer Week (1/15-1/21)

(4) Check in advance what kind of services there are on internet radio and Web portal sites

NHK 子なえる防災 DISASTER PREPAREDNESS Disaster "What if?" Book

What to do after a major earthquake

- 1 Take a deep breath**
- 2 Look around**
- 3 Gather information**
- 4 Check on safety of family and friends**
- 5 Decide whether or wait or go home**

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Gather information

- Obtain from TV
- Obtain from radio or internet radio
NHK Radio Japan in 18 languages
www3.nhk.or.jp/nhkworld/en/radio/
NHK Radio 1 nhk.jp/r1 (Japanese only)
NHK Net-radio nhk.jp/netradio (Japanese only)
- Obtain from internet
NHK World TV English <http://www3.nhk.or.jp/nhkworld/en/live/>
NHK ONLINE www.nhk.or.jp (Japanese only)
NHK NEWS WEB nhk.jp/news (Japanese only)
NHK NEWS Twitter @nhk_news (Japanese only)
Other e.g. Yahoo! Weather and Disasters
NHK News: Alert and warning information, etc.
- Look at standard and digital signage

Misinformation can circulate after an earthquake so make judgments and act in a calm manner

Check on Safety of Family and Friends

Registration/Confirmation

- Emergency Message Line (171)
Voice message board service usable via your phone following a major earthquake
English manual: www.ntt-east.co.jp/en/saigai/voice171/
- Mobile phone emergency message board
Emergency message board (text information/voice) operated by mobile phone company
→ For more details see next page
- Emergency Message Board (Web171)
Enables you to register and enter text messages of up to 200 single-byte characters, still photos, and voice files
<https://www.web171.jp>

Search/Confirmation

- J-anpi:All-Japan Safety Confirmation Portal
Search family and friends' safety status, compiled by companies and organizations, such as NHK and NTT <http://anpi.jp>
- NHK Educational TV safety data broadcasts
NHK receives safety status information from people at a dedicated point of contact, and makes it searchable on NHK Educational channel's data broadcasts.

Next of Kin Contact Details

Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail

memo

Next of Kin Contact Details

My name:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail
Name/relationship:	Tel.①	Tel.②	E-mail

Support Stations for People Returning Home

● Support stations
Convenience stores, family restaurants, gas stations and other businesses in a position to provide assistance to stranded commuters

● Services offered
(1) Supply of tap water (2) Use of washrooms
(3) Road information from maps, provision of information on passable routes obtained from radio broadcasts, etc.

In these cases, don't go home. Wait!

Deciding Whether to Wait or Go Home

When aftershocks are continuing
Go home in the morning!
At night (Dangerous!)

If you are unable to confirm that the route home is safe

How to Use Emergency Message Board System (Mobile phone/PHS)

- 1 Register**
Access "Emergency Message Board" from mobile phone official menu
When registering select "Register", when confirming select "Confirm"
- 2 PUSH**
Confirm
- 3 PUSH**
I'm safe, I'm at home, I'm safe and at home, I'm safe
- 4 PUSH**
I'm safe, I'm at home, I'm safe
- 5 PUSH**
I'm safe, I'm at home, I'm safe
- 6 PUSH**
I'm safe, I'm at home, I'm safe
- 7 PUSH**
I'm safe, I'm at home, I'm safe