Earthquake! Stay calm and act sensibly!!

1. When an earthquake strikes...
   - Do not panic. Rush, cry, or scream. Do not rush into an elevator.
   - Do not panic and rush outside.

2. When the shaking stops...
   - Open a door or window to secure an exit.
   - Cover your head with both hands. Use your arm to cover your head and neck.
   - Move away from dangerous areas such as windows, doors, etc.
   - Do not panic and rush outside.
   - Immediately extinguish any fires.

3. When evacuating...
   - Do not rush, push, or pull other people, or that is a frantic attempt to reach the exit. Act calmly.
   - Leave the building in an orderly manner, and do not push or crowd. Leave any large belongings that will slow you down.
   - Do not use the elevators; use the stairs.
   - Do not stay away from dangerous areas.
   - If there is fire, wrap a wet towel or handkerchief around your mouth to avoid inhaling smoke.
   - If there are any instructions to follow, follow them.
   - Before evacuating, turn off electrical switches and shut off the gas main in order to prevent fires.

4. When you have reached safety...
   - Use a “Disaster Emergency Message Dial” or “Disaster Message Broadcast Service” to improve the safety of family and relatives.
   - If you can, participate in fire extinguishing or rescue attempts.

5. Do not move aimlessly.
   - To prevent secondary disasters and traffic congestion, wait where you are until you have a good grasp of the situation. Use the following information to decide whether it is safe to return home. Follow any announcements or instructions that are given.
   - Do not get into your car if you cannot assess the situation.
   - Check the condition of public transportation, power outages and disasters in neighboring areas.

What to do when an earthquake strikes

First of all...
- Alert people around you to the presence of a fire.
- If you cannot use your voice, bang something that will make a noise.
- Hit the fire alarm or alarm bell, if available.

Smoke is more dangerous than fire!
- Keep as low a posture as possible.
- Cover your mouth with a wet towel or handkerchief to avoid inhaling smoke.

When evacuating through smoke...
- Keep as low a posture as possible.
- Cover your mouth with a wet towel or handkerchief to avoid inhaling smoke.

How to use a fire extinguisher

1. Remove the safety pin in front of fire.
2. Hold the front end of the hose and point it at the fire.
3. Strongly squeeze the upper lever and lower lever of the fire extinguisher to discharge the extinguisher.

What to do when a fire breaks out

SMELL
- Do not panic and rush outside.
- Get under a table to protect yourself.
- Move away from windows, bookshelves, etc.
- Protect yourself from broken glass fragments and other debris.
- Open a door or window to secure an exit.

When you are using gas or a fire breaks out
- Turn off the gas as soon as the shaking starts.
- Extinguish any fires as soon as they break out.

STEP 2
- Follow the instructions of emergency broadcasts.
- These instructions are also posted in each classroom.

Precautions
- Make yourself familiar with escape plans and evacuation sites.
- Learn how to use fire extinguishers.
- Check the location of your building's fire alarm and emergency equipment.
- Determine in advance how to communicate with family members in each area of the building.
- Confirm the routes home and how long it will take.
- Be sure to participate in drills.

Fire!

First of all...
- Alert people around you to the presence of a fire.
- If you cannot use your voice, bang something that will make a noise.
- Hit the fire alarm or alarm bell, if available.

Smoke is more dangerous than fire!
- Keep as low a posture as possible.
- Cover your mouth with a wet towel or handkerchief to avoid inhaling smoke.

When evacuating through smoke...
- Keep as low a posture as possible.
- Cover your mouth with a wet towel or handkerchief to avoid inhaling smoke.

How to use a fire extinguisher

1. Remove the safety pin in front of fire.
2. Hold the front end of the hose and point it at the fire.
3. Strongly squeeze the upper lever and lower lever of the fire extinguisher to discharge the extinguisher.

Check surroundings...
- Check the condition of public transportation, power outages and disasters in neighboring areas.
- Do not rush, push, or pull other people, or that is a frantic attempt to reach the exit. Act calmly.
- Leave the building in an orderly manner, and do not push or crowd. Leave any large belongings that will slow you down.
- Do not use the elevators; use the stairs.
- Do not stay away from dangerous areas.
- If there is fire, wrap a wet towel or handkerchief around your mouth to avoid inhaling smoke.
- If there are any instructions to follow, follow them.
- Before evacuating, turn off electrical switches and shut off the gas main in order to prevent fires.

When you have reached safety...
- Use a “Disaster Emergency Message Dial” or “Disaster Message Broadcast Service” to improve the safety of family and relatives.
- If you can, participate in fire extinguishing or rescue attempts.

Do not move aimlessly.
- To prevent secondary disasters and traffic congestion, wait where you are until you have a good grasp of the situation. Use the following information to decide whether it is safe to return home. Follow any announcements or instructions that are given.
- Do not get into your car if you cannot assess the situation.
- Check the condition of public transportation, power outages and disasters in neighboring areas.

Personal details for emergencies
Name:
Student ID number:
Address:
Nationality:
Contact details in Japan:
Telephone number of embassy in Japan:
Tel. no. of embassy in Japan:

Chronic diseases:
Allergies:

* Fill in an indelible ink pen.

Disaster checklist
Advance preparations and items you should carry on at all times:

Other necessary emergency accessories:

In the event of illness or injury, call the ambulance or fire service.
Emergency call 119

What to do when a fire breaks out

First of all...
- Alert people around you to the presence of a fire.
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How to use a fire extinguisher

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Disaster information collection

"Safety tips" notifies a user with Earthquake Early Warnings, Tsunami Warnings, Volcanic Warnings, Weather Warnings, Heat Illness Warnings and Civil Protection Information issued in Japan. It is a free application developed under the supervision of the Japan Tourism Agency. The application provides various functions useful for foreign tourists in Japan. The application is available in 12 languages (English, simplified and traditional Chinese, Korean, Spanish, Portuguese, Tagalog, Indonesian, Vietnamese, Nepali, Thai, and Japanese).

How to contact your family and friends

Prior registration is required! (Test beforehand)
Disaster message board service provided by mobile carriers
Disaster message board service makes it possible for mobile phone users to confirm the safety of family and friends (whom they have recorded as a message) in the event of a major disaster. The service includes features for notifying by mail, and family and friends whose mail addresses have been registered beforehand. This information can also be accessed via the Internet.

Information posted by the University

The University will post information as follows. Since information will be updated continuously, make sure you have the latest information.

TOYO UNIVERSITY's web site
http://www.toyo.ac.jp/

TOYO UNIVERSITY's Twitter account name @Toyo_University
https://twitter.com/Toyo_University

*Information will be posted on Twitter only in the event of emergencies that affect the entire university.

Emergency support stations for those attempting to return home during a disaster

During a major disaster, most means of public transport may be suspended, so it is difficult for people to return to their homes or factories. "Emergency support stations" will be set up to support people. Convenience stores and gas stations along major roads will provide water, toilet facilities, information on roads still usable and temporary resting places.

Shops that have been damaged in the earthquake or that are located in areas that are deemed unsafe may not be able to provide such support.

When J-Alert warnings are issued

The Japanese government will use the nationwide instant warning system (J-Alert) to distribute emergency information in case of an event that must be dealt with immediately, such as an earthquake, tsunami, and the launch of a ballistic missile.

If an alert is about the launch of a ballistic missile:

If you are outside:
Evacuate to a nearby sturdy building or underground area.

If you are outdoors:
Stay at a safe distance from where you live and turn off your appliances. If you are in a car, pull over to the side of the road and stay inside the car. If you are on a train or bus, stay on the vehicle where you are and stay inside the vehicle.

If you are inside:
Stay inside; do not open windows or doors. Do not use elevators. If power is off, use flashlights instead of candles.

If the J-Alert does not mention the launch of a ballistic missile:

If you are outside:
Evacuate to a nearby sturdy building or underground area.

If you are indoors:
Close windows and doors, and stay inside. If power is off, use flashlights instead of candles.

Emergency contact number:

Hakusan Campus: 03-3945-7220
Kawagoe Campus: 049-239-1301
Asaka Campus: 048-468-6601
Itakura Campus: 0276-82-9100
Akabane-dai Campus: 03-5924-2617