

My Disaster Preparedness Book



Gather information ahead of time

First steps to take after a disaster

Review and update regularly



● Actions during Earthquakes

【Indoors】

- Protect your head and take cover under a desk or a safe place.
- Open door and secure exit.



【Outdoors】

- Protect your head with a bag or clothes, evacuate to a safe place indoors



【During Tsunami】

- Evacuate to higher ground



● Actions during wind and floods

【During Typhoons】

- Beware of landslides
- Evacuate to sturdy buildings away from rivers and cliffs.
- Beware of falling into open manholes.



● My Personal Information

* Name

* Address

* Tel

* E-mail

* Nationality / Language

● Confirm Evacuation Sites

* Evacuation Shelter

* Hospital

* Notes

● Emergency Kit



Safety Report

In the event of disaster, university will contact you to confirm your safety.

In such case, please inform the university of the following by email;

- Student ID Number
- Name
- Your current condition (Safe, slightly injured, severely injured)

Contact: Student Office

E-mail address:
apustu1@apu.ac.jp

● Actions during volcanic eruptions

APU is located **5km** from **Mt.**

Garandake (an active volcano).

- Evacuate while it is still light
- Enter a sturdy building
- Close windows.
- Protect your head with a backpack
- Cover nose and mouth with mask/towel



● Actions during fires

- Shout "Fire!" loudly
- Notify others and ask for help
- Use the emergency alarm, call **119**
- Extinguish the fire within the first 3 minutes
- If not extinguishable, escape at once
- If you must escape through smoke:
Cover your mouth with a handkerchief and stay low
- Use stairs to evacuate
Do not use elevators
- Do not return to the fire
- Notify firefighters of anyone left behind

