








## Make your own "My Timeline"

"My Timeline" is your own action plan to survive a disaster by previewing series of your behavior in an emergency. Take time together with your family and friends to talk about "when," "who," and "what" to do, and check risks on the Hazard Map.

BEFORE an earthquake	Shake Alert~During the Shake	Soon AFTER the quake	5 Minutes after the quake	10 Minutes after the quake	One hour after the quake	Hours after the quake
<ul style="list-style-type: none"> <li><input type="checkbox"/> Fix heavy furniture to walls/studs etc.</li> <li><input type="checkbox"/> Earthquake-proof Shelving</li> <li><input type="checkbox"/> Add security film to windows</li> <li><input type="checkbox"/> Prepare Emergency Kit</li> <li><input type="checkbox"/> Make the House earthquake-resistant</li> <li><input type="checkbox"/> Buy Earthquake Insurance</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Secure my safety</li> <li><input type="checkbox"/> Stay indoors until the shaking stops</li> </ul> <p><u>Being Outdoors</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch out for falling objects</li> <li><input type="checkbox"/> pull over to shoulders and stop, if driving</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> turn off gas/electric devices</li> <li><input type="checkbox"/> shut off gas</li> <li><input type="checkbox"/> extinguish small fires</li> <li><input type="checkbox"/> turn off the electrical circuit breaker</li> <li><input type="checkbox"/> secure an exit</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> wear shoes</li> <li><input type="checkbox"/> Pick up Emergency Kit</li> <li><input type="checkbox"/> protect my family</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Secure safety in neighborhood</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cooperate for earlier rescue</li> </ul> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check home for damage</li> <li><input type="checkbox"/> Decide where to evacuate</li> </ul> 

<p><b>「When」</b> <b>「Who」</b> <b>「What to do」</b></p> <div style="border: 1px solid orange; border-radius: 15px; padding: 10px; text-align: center; margin: 10px 0;"> <p><b>Plan</b> <b>"My Timeline"</b></p> </div> <p>Prepare yourself to survive an earthquake with "My Timeline".</p>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stay in a safe space</li> <li><input type="checkbox"/> Hide under a heavy table/desk and do the SHAKEOUT; "DROP, COVER and HOLD ON"</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Turn off gas</li> <li><input type="checkbox"/> Secure an exit</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ensure safety at home</li> <li><input type="checkbox"/> get ready to evacuate</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> lock up the house</li> <li><input type="checkbox"/> check for damages around the house</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> help neighbors in need</li> <li><input type="checkbox"/> give first aid to the injured</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> check for the property damage</li> </ul>	
	