

Immediately after Earthquake



Is it safe where you are?

When Shaking Stops

YES Stay still there

NO Move to safer place

Points to Note

When Feeling Strong Shaking

- Stay away from windows, shelves, glass, and other objects that may break or fall out.
- Drop under a desk or cover your head with a bag/clothing to protect your head and limbs from falling objects.
- Whenever possible, open a door and secure the exit if you are close to it.
- If you are in a place where there are no falling objects, such as an open space or a play ground, sit there and wait for the shaking to subside.
- If you are on the way to the campus, be cautious of your surroundings and make your safety a top priority. Stay away from walls, utility poles and vending machines, and watch out for falling objects.

When Shaking Stops

- Stay calm and take necessary actions.
- Check for tilts of surrounding buildings and cracks in walls.
- In case of fire, if you are safe, extinguish the fire initially with the help of others around you. If you find it difficult to extinguish the fire, move away from the fire.
- If there is an injured person, provide first aid with the help of others when it's safe.

When Evacuating

- Take your valuables with you. In case of fire, cover your mouth with a towel to avoid inhaling smoke.
- Avoid using elevators. Use stairs to evacuate.

Other Useful Items

- Emergency food/water
- Bank account passbook
- Personal seal
- Underwear, socks
- Flashlight
- Regular medications and prescriptions
- Candles
- Tabletop stove
- Running shoes, slippers
- String/rope
- Face wash
- Dispensable warmers
- Work gloves
- Face mask
- Lighter
- Backpack

After Situation Subsides 1

Notify your family of your situation.

Judge whether you can go home.

After Situation Subsides 2

YES To your home

NO To evacuation area

Notify the university of your status.

Points to Note

Go Home or Stay at University?

- When aftershocks subside, consider whether you go home. You can walk home the distance of 20km. If your home is away more than 20 km, go to an evacuation shelter. Do not be misled by rumors. Always gather accurate information via TV and radio.
- Allow plenty of time, as congestion will occur everywhere if many people are returning home simultaneously. Check the situation around you before you go home.



Shimane University

Disaster Measures Pocket Guide

- Matsue Campus
- 1060 Nishikawatsu-cho, Matsue, Shimane
- Izumo Campus
- 89-1 Enya-cho, Izumo, Shimane

Revised March 2022

Essentials in Emergency

Items to Prepare and Carry on Daily Basis

- Cash including coins
- Health insurance card
- Student ID or other forms of ID
- Rain jacket
- Portable battery charger
- Towel, adhesive plaster, bandage
- Hand-powered radio/flashlight
- Polyethylene garbage bag
- Permanent marker
- Tissues/wet wipes
- Emergency blanket
- Chocolate/candy



Contact your family

171 Disaster Emergency Message Dial

This is a voice mail service provided when telephone traffic jams occur in an emergency, such as an earthquake.

Record Message

Play Message



Call 171

Press 1

Press 2

Area code + Your phone no.

Area code + Phone no. of person in disaster-hit area

- The method of use is the same for all areas.
- The service is available with NTT ordinary telephones, public telephones and mobile phones.
- Recording time: 30 seconds or less per message

Disaster Message Board Service by Mobile Phone Providers

※ Prior registration required

(Prior testing is recommended)

These services allow you to check the safety (or register your own safety) from mobile phones when a major disaster occurs.



docomo



au



softbank



Y!Mobile

- docomo <http://dengon.docomo.ne.jp/top.cgi>
- au <http://dengon.ezweb.ne.jp/>
- softbank <http://dengon.softbank.ne.jp/>
- Y Mobile <http://dengon.ymobile.jp/info/>

Contact the university

Reply to the safety confirmation email sent by the university.

● Student: Email through Campus Square

ssd-anpi@office.shimane-u.ac.jp

Student Support Division 0852-32-9764

● Faculty/Staff: SU Safety confirmation email
shimadai@xpressmail.jp

● Student (Faculty/Graduate School)

F. of Law&Lit, G.S. of Human & Social Sci.: 0852-32-6121
 F. of Education, G.S. of Education: 0852-32-6035
 F. of Human Sci., G.S. of Human & Social Sci.: 0852-32-6333
 F. of Medicine, G.S. of Medical Research: 0853-20-2084
 Interdiscip. F. of Sci.&Eng., G.S. of N. Sci.&Tech.: 0852-32-6255
 F. of Life&Env. Sci., G.S. of N. Sci.&Tech.: 0852-32-6256

● Faculty/staff

tel:

Fill in the phone no. of your affiliation's office in charge of general affairs.

Matsue campus map

(Evacuation Area and AED)



First Aid for the Injured Matsue Campus



First Aid for the Injured Matsue Campus (Health Service Center Matsue Campus)
*only in Japanese

Someone injured!

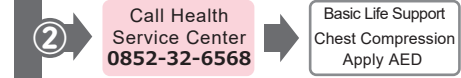
Secure your safety

Check

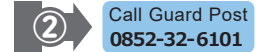
- Consciousness
- Breath
- Circulation
- Excessive bleeding, burns, continued seizures
- Cyanosis



8 : 30 - 18 : 00 on Weekdays



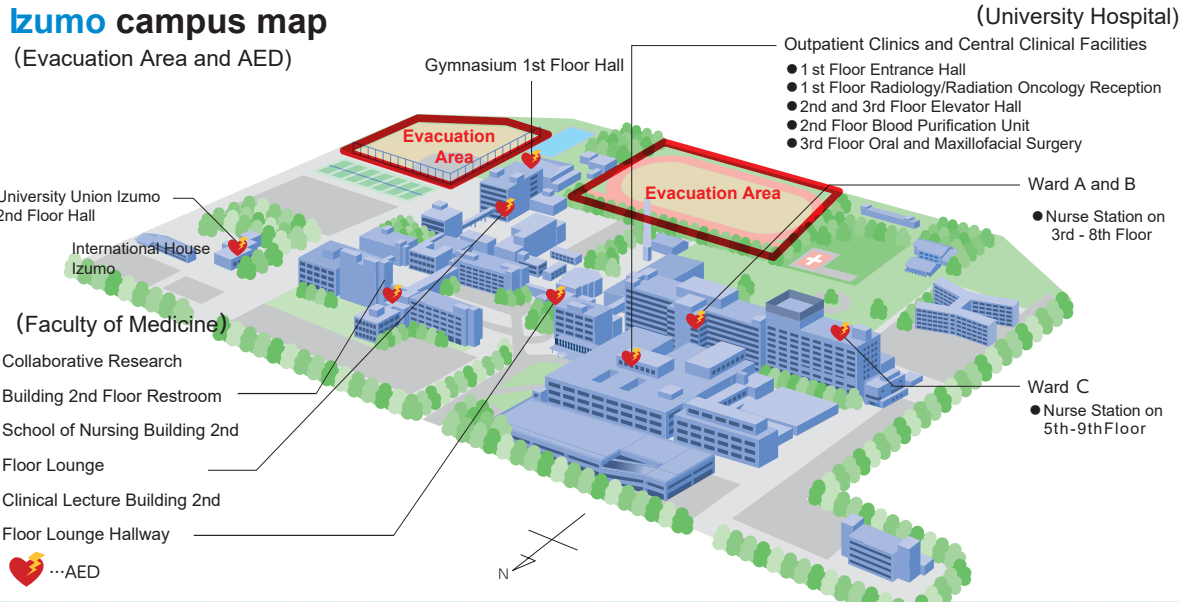
18:00 - 8:30 on Holidays, After Hours on Weekdays



Basic Life Support, Chest Compression, Apply AED
AED available all day at Guard Post, Ball Park Equipment Storage, and Swimming Pool (south side)

Izumo campus map

(Evacuation Area and AED)



Disaster Preparedness

Major earthquakes will occur. But you can minimize the damage by getting yourself prepared. Consider what preparedness is necessary.

- Check the location of evacuation sites (nearly by the university and your home)
- Confirm how to contact your family and where to meet.
- Confirm how to contact the university and friends. Prepare the contact list.
- Check how to use Disaster Message Board Services and register for them. (Prior registration required.)
- Check the route for returning home and how long it takes. (Walking speed during a disaster is about 2.5km/h.)
- Fill in the Personal Information for Emergencies.
- Take fall prevention measures and check essentials in an emergency.

Personal Information to Emergencies

Name

Faculty/Graduate School

Student ID No.

Address

Phone No.

Date of Birth

Blood Type

Chronic Disease, Allergy, Regular Medications

Nearest Evacuation Area

Place to Meet Family/Friend