

# Tips for a Safe and Pleasant Stay in Japan

Here are some things we think you should know to ensure peace of mind if a natural disaster occurs during your trip to Japan.



## Being ready in the event of an earthquake

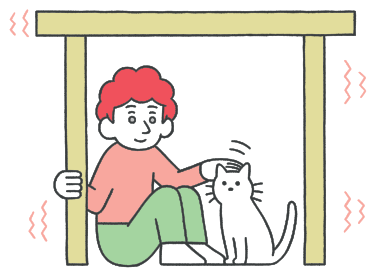
It's important to avoid panicking, and act in a calm manner. Ensure your own safety by protecting your body with bags or clothes.



## Shinjuku area earthquake response rules

Rather than heading towards crowded spaces like Shinjuku Station, move to parks and other open spaces. For more information, refer to the Shinjuku ward website.



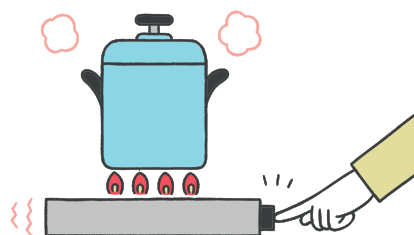


## Shelter under a table

Protect yourself from falling furniture and lights.

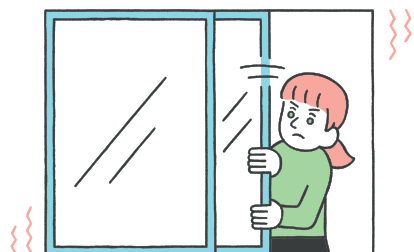
## Check gas stoves and other potential causes of fire

Should a fire start, stay calm as you extinguish it.



## Secure an escape route

Open a door or window, as tremors may make them impassable.



## Don't rush outside

Falling objects may cause injury.



**These apps may help in an emergency. Download before you go!**

### Disaster Preparedness Tokyo App

An app containing detailed information about earthquakes and other disasters, ways to prepare, what to do in a disaster situation, and important emergency contact details. You can also find nearby evacuation spots by registering which area you are staying in. Download it now to ensure you're prepared for an emergency.



### Safety tips

This app delivers nationwide earthquake alerts, tsunami warnings, weather information, and heatstroke information through push notifications.



### NHK WORLD-JAPAN

This app is the international service of Japan's public broadcaster NHK.

