

In case of an indoor sheltering or evacuation instruction

In case of an instruction to shelter indoors

In case of an indoor sheltering instruction, promptly go to an indoor location, such as your home. In order to prevent exposure and contamination by radioactive materials, follow these instructions:

1. Close all doors and windows.
2. Shut down ventilation systems.
3. Shut down air conditioning if it takes in air from the outside.
4. People returning from outdoors should wash their hands and face, and change clothes, placing the clothing that was worn outside in a vinyl bag.
5. Wait for further information from the TV, radio, or Internet.

In the case of an evacuation instruction

In the case of an evacuation instruction, confirm your evacuation center and assembly point for evacuation, and then act calmly. Try to be aware of the following information:

1. Which region is affected?
2. Is everyone in the region affected? Or only some people?
3. When and where should people meet, and where are people going?
4. How should people move? By private vehicle, bus, or by some other means?
5. Was there an instruction from Emergency Management Headquarters regarding the preventive use of stable iodine pills?

*Stable iodine pills are pharmaceutical products. Take the pills only when instructed by the national or municipal government and follow their dosage guidelines in the event of a nuclear emergency.

Check before evacuation.

1. Unplug electrical appliances and shut off the main gas valve before evacuation.
2. Lock windows and doors.
3. Talk with your neighbors and help each other.
4. Take only minimal belongings, but do not forget valuables and medicine.

During the new coronavirus pandemic

- During evacuation, take measures to prevent infection such as keeping distance from others, wearing masks and washing hands.
- When evacuating indoors at home, etc., give priority to avoiding exposure to radioactive materials. As a rule, do not ventilate your house while you are instructed to evacuate indoors.

