What is a local disaster prevention training?

It is a rehearsal of what to do in case an earthquake or a tsunami happens.



What can you learn in a disaster prevention training?

- self-help
- cooperation
- evacuation centers

What does self-help mean?

Knowing what to do in order to protect your own life during a disaster

For example...

- Securing the furniture, such as cabinets, and appliances inside your house so they won't fall
- Having water, food, and emergency light prepared



- Discussing with your family about where to go in case an earthquake happens

What does cooperation mean?

Knowing what you can do to help others during a disaster

For example...

- Helping the elderly and children in evacuating
- Helping those who have been injured



- Helping disseminate correct information

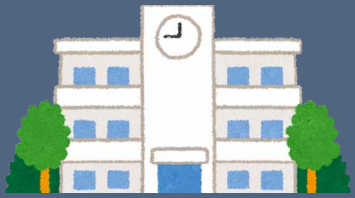


What are evacuation centers?

These are places where people whose houses were destroyed in a disaster can seek temporary shelter.



For example...



schools and community centers

These places

- ○ help in providing water and food
- ○ allow people to continue their daily activities



Let's participate in local disaster prevention training!



- Practice how to evacuate
- Interact with the people in the community
- Reduce panic and evacuate safely in case of an earthquake or tsunami

Let us all participate in local disaster prevention trainings in order to protect our lives.

You can be your community's source of strength.