

Immediately after Earthquake



Is it safe where you are?

When Shaking Stops

YES Stay still there
NO Move to safer place

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

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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 playground, 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.

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.

- The walking speed during a disaster is about 2.5 km/h. It takes 4 hours to walk 10 km.
- Moving around after sunset can be dangerous. Avoid moving about alone at night, as you may be involved in crimes.



Shimane University

Disaster Measures Pocket Guide

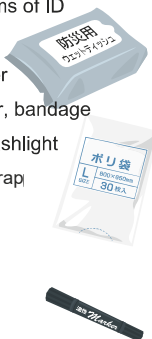
- Matsue Campus
1060 Nishikawatsu-cho, Matsue, Shimane
- Izumo Campus
89-1 Enya-cho, Izumo, Shimane

Revised October 2026

Essentials in Emergency

Items to Prepare and Carry on Daily Basis

- Cash including coins
- My Number Card (or Health Insurance Eligibility Certificate)
- Student ID or other forms of ID
- Portable Toilet
- Portable battery charger
- Towel, adhesive plaster, bandage
- Hand-powered radio/flashlight
- Plastic Bags / Plastic Wrap
- Permanent marker
- Tissues/wet wipes
- Emergency blanket
- Chocolate/candy



Other Useful Items

- Emergency food/water
- Bankbook and Personal Seal
- Rain Gear (e.g., raincoat)
- 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



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

NTT Disaster Message Board (web171)

An online message board to confirm the safety of people in affected areas.



<https://www.ntt-east.co.jp/saigai/web171/>

Available on: PC and mobile phone

Disaster Message Boards by Mobile Carriers

Note: Some services may require downloading a dedicated app in advance.



docomo



SoftBank



au



Rakuten Mobile

Contact the university

ANPIC Safety Confirmation System
Notifications are sent via the ANPIC Safety Confirmation System, so please report your safety status. You can receive notifications via your university email address as well as any personal email or LINE account.



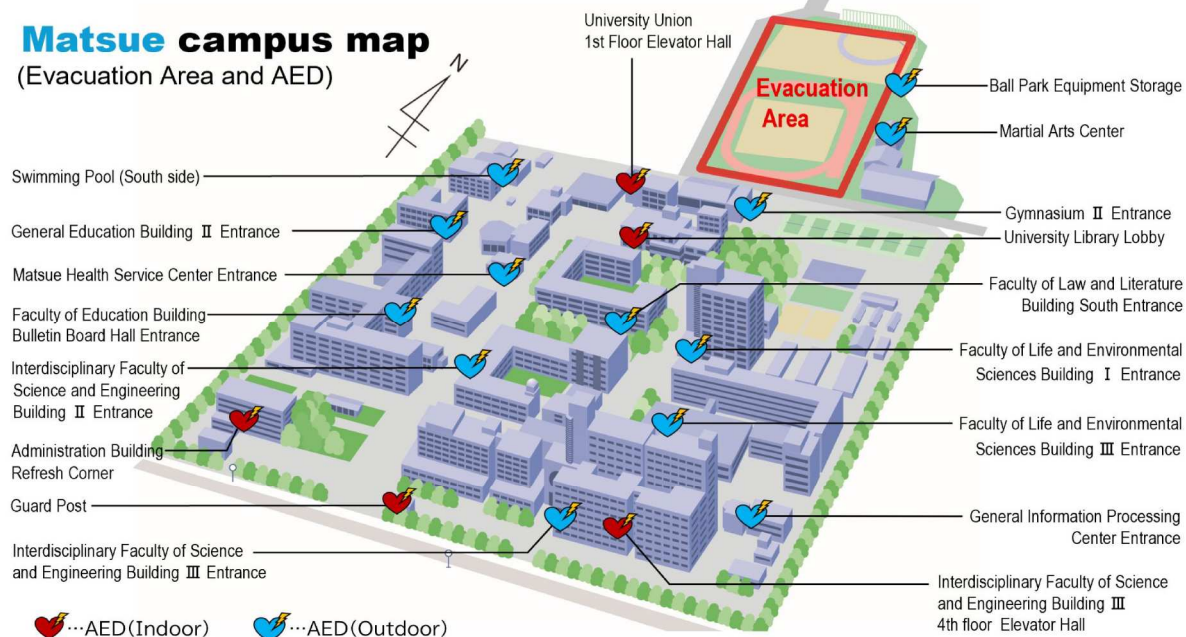
Students - Faculty/Grad Offices

- Law & Lit / Human & Soc Sci : 0852-32-6121
- Education / Education : 0852-32-6035
- Human Sci / Human & Soc Sci : 0852-32-6333
- Medicine / Med Research : 0853-20-2084
- Interdisc Sci & Eng / Nat Sci & Tech : 0852-32-6255
- Materials for Energy : 0852-32-6663
- Life & Env Sci / Nat Sci & Tech : 0852-32-6256

Faculty & Staff - General Affairs Office of your affiliation

tel: _____

Matsue campus map (Evacuation Area and AED)



First Aid for the Injured Matsue Campus



Procedure for Responding to
Injuries and Illnesses on the
Matsue Campus (Matsue Health
Service Center)
*only Japanese

Someone injured!

Secure your safety



Check

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



1

Call 119

To Hospital

8:30 - 18:00 on Weekdays

2

Call Health
Service Center
0852-32-6568

Basic Life Support
Chest Compression
Apply AED

3

Call Guard Post
0852-32-6101

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

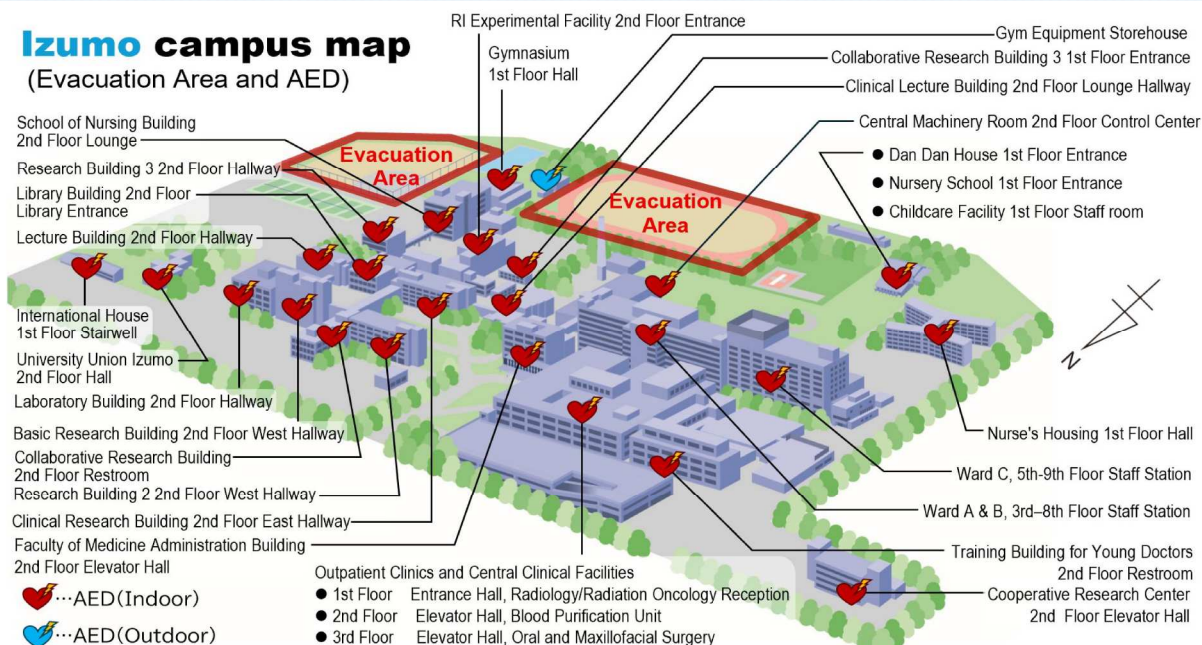
2

Call Guard Post
0852-32-6101

3

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 (nearby 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