



# In a nuclear disaster, it is important to stay calm and await correct information and instructions from public authorities. **Staying in the home, "Sheltering indoors," is the first step to staying safe.\***

\* Going outdoors can greatly increase your risk of exposure if radioactive material is somehow released from the nuclear power plant.

\* If everyone tries to evacuate far away all at once, this can lead to confusion and accidents, thus leading to increased risks.

Keep this booklet where it can be clearly seen.



**Sheltering indoors**

**POINT**

If the order to shelter indoors is given, take refuge at home or in a nearby building and protect yourself from exposure.

**1**

Getting inside is important; whether it's your home or workplace, public facilities or a nearby building (indoors).



**2**

Close all doors and windows.



**3**

Shut off ventilation fans.  
\* Air conditioners that do not take in outside air can also be used while Sheltering indoors. (check to see what type of air conditioner is installed at home).



**4**

Anyone returning from outside should thoroughly wash their hands and face.



**5**

Food should be sealed in containers or wrapped up.



**6**

Water should also be stored in airtight containers, just in case.



Remove any clothing worn outside, store it in a plastic bag and tightly seal the bag, especially if instructed to do so.



Take a shower and wash your hair, especially if instructed to do so.



**Taking shelter in a concrete building is safer.**

Wood can reduce internal exposure from inhalation to approximately 25%.



Wooden houses

External exposure is also cut by approximately 10%.

Concrete can reduce internal exposure from inhalation to approximately 5%.



Concrete buildings

External exposure is also cut by approximately 40%.

Follow these guidelines

- Get accurate information from TV, radio and emergency alerts, etc.
- Pay attention to information provided by PR vehicles and official disaster prevention radio channels.
- Avoid going outside unnecessarily and wait inside until instructed otherwise.
- Do not be misled by rumors or misinformation and follow the information from the national government, prefecture, and municipalities.
- Unless the matter is urgent, do not make phone calls.



**Sheltering indoors is the first step to staying safe!**









If instructed to evacuate after taking indoor shelter...



**Evacuation**

**POINT**

Pay close attention to the official information provided and please calmly evacuate to the designated location.