



To protect the lives of you and your family

## Actions to take during an armed (ballistic missile) attack

### When an emergency J-Alert is issued

A ballistic missile could strike within 10 minutes of being launched. When there is a possibility of a missile striking the Tokyo area, emergency information will be provided by the “J Alert” system, which will send a message through the municipalities’ wireless emergency alert systems and through email alerts. If an alert is issued, remain calm and take the following actions immediately.

➡ p.180 of Disaster Preparedness Tokyo



#### Run away



**When you're outdoors**  
Evacuate inside a nearby building or a basement (a sturdy building is best).

#### Move away



**When you're indoors**  
Move away from windows or to a room with no windows to avoid being injured by broken glass from a blast.

#### Protect yourself



**When there are no buildings**  
Hide behind something or get low and protect your head.

## If a ballistic missile strikes

If a ballistic missile strikes, your body may be seriously affected by the intense blast and debris. Additionally, missiles may contain toxic substances. As a precaution, if you are outdoors, cover your mouth and nose with a handkerchief, move away from the area immediately, and evacuate to a well-sealed indoor location or upwind. If you are indoors, turn off ventilation fans, close the windows, and seal the room.



### Check here for information on protecting yourself from armed attacks and terrorism



#### Civil Protection Portal Site

Protecting yourself from armed attacks and terrorism



Please check it in advance.

Check here for the status of the government's response in the event of a missile strike

Website of the Prime Minister's Office



X (formerly Twitter)

Prime Minister's Office (Disaster and Crisis Management Information)



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Source: Cabinet Secretariat Civil Protection Portal Site “What to do in a ballistic missile strike” <https://www.kokuminhogo.go.jp/kokuminaction/index.html>