

A Disaster Prevention Handbook for Foreign Origins to Survive in Japan, a Disaster Archipelago



Protect your own life
Help each other with neighbors
Let's start with greetings

米国ニューヨークのジャパン・ソサエティが開設した災害支援基金に寄せられた寄付金の援助を得てこの普及事業を行っています。

Earthquake

Japan is a country with many earthquakes, and it is predicted that a big earthquake will occur in the near future.

Deaths caused by an earthquake include crushing under houses and furniture, burning by fire, and drowning by tsunami. Let's take action to protect our lives.

Place	In the house	While walking	While driving a car	On a train	In a building
Things to do	Hide under the desk, etc. to protect yourself from falling furniture, lights, and things on shelves.	Move away from a wall or building. Window glasses sometimes fall down.	If you feel a quake, slowly pull over to the left of the road to gather information.	If the train stops moving, ask people around you what's going on.	If you are in the elevator, get off immediately.
When evacuating	Turn off the electrical breaker*1  Turn off the gas. 	Do not touch a broken electric wire as it may cause electric shock. Stay away from gas stations.  Protect your head from collapsing walls.	Leave the car key in the car. Take out the vehicle inspection certificate*2. Leave a note of your contact.	In underground, walk to find the exit and go up to the ground.	Walk toward the guide light. Get out to the ground level using emergency stairs.  Emergency exit mark
Preparation	Preventing furniture such as drawers and televisions from falling over.	Check the safe route to the shelter.	Carry a map. Make sure you know where to evacuate (Schools and parks).	check the location of the emergency stairs.	



- Points
1. Keep your own safety first
 2. Move to a safe place
 3. Talk to and help neighbors

Tension poles for wardrobe, cupboard door lock, TV anchor
 You can buy emergency supplies at DIY stores.

*1 A fallen heater may cause a fire when electricity is restored after a power failure.

*2 Keeping the keys on the car is necessary so the car may be moved when an emergency vehicle passes.

Tsunami and fire

If the epicenter of the earthquake is on the seabed, tens of meters height tsunami may come to the coast.

If you are near the sea or river when a big earthquake occurs, evacuate to a higher place as soon as possible. Tsunami can come many times after an earthquake, so you should stay away from the sea and rivers until your safety is confirmed.

When evacuating from tsunami, evacuate on foot because you may be stuck in a car while driving. People are swept away by a 50cm tsunami, cars are swept away by a 1m tsunami, and houses are swept away by a 2m tsunami. Tsunami water may flood underground. When you are in underground, you should evacuate to a high place above the ground.



When a fire breaks out

- 1 Find the source of the fire.
- 2 Tell people inside and outside the house, "fire".
At the same time, call fire department (119).
- 3 Judge whether to extinguish the fire in the initial stage (If you know the origin of the fire and the flame is shorter than your height, extinguish it with a fire extinguisher.)
- 4 If the fire cannot be extinguished, evacuate trying not to inhale smoke. ★
- 5 While evacuating, don't worry about what to bring, but tell people inside the house to evacuate.

Illustration of fire extinguisher operation

Pull out a safety plug



Point the nozzle to the source of the fire



Squeeze a lever tightly

How to Report to the Fire Department

119 Firemen	You
Fire or emergency?	Fire.
Where is the address?	Give your name and address.
Is there a landmark nearby?	It is near XX.
What is burning?	Tell where the fire is and what is burning.
Is there anyone injured?	Tell the condition of the injured.

Points

1. In the tsunami evacuation, go to a higher place.
2. In evacuation of the fire, go to a lower place.
3. After evacuation, don't go back to get your stuff.

★ The smoke accumulates in high places and gradually comes down.
Cover your nose and mouth with a towel or a handkerchief not to inhale smoke and evacuate in a low position.

Typhoons, Heavy Rain and Flooding

Due to the impact of global warming, strong typhoons come to Japan almost every year from July to October. There is an increasing number of floodings, with rivers overflowing and houses and towns submerged.

If the river levee collapses, cars and houses may be submerged to the roof or they can be washed away.

Even in the place far from the river, the water sometimes overflows from the underground by intensive downpour.

Strong winds from typhoons can damage buildings or cut electric wires and cause blackouts for days.



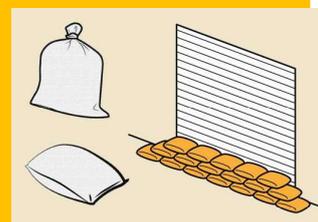
What to do when a typhoon is approaching

3 days before

- 1 Check the course of the typhoon on the news and predict when the rain and wind will get stronger.
- 2 Look at the hazard map of the government and check the flood risks of the places you live.
(If there is a high risk of flood damage, such as the land is low or close to a river, find a shelter.)
- 3 Buy water, portable gas stoves, gas cylinders, sandbags and blue sheets at DIY centers.

1 day before

- 4 Anchor things outside the house and keep them from being blown away. Or bring them in the house.
(Bicycles, barbecue stoves, tire covers, potted plants, etc.)
- 5 The windows can be broken by strong winds, use storm shutters if you have ones.
(Put on film or cardboard inside of windows)
- 6 Prepare for flooding from rivers
(If water is likely to come, move your car to a higher place.)
(Move things in a storeroom or house from a lower part to a higher part.)
(Buy sandbags to block water out of houses and warehouses.)



On the day

- 7 Strong winds can stop trains and change school hours.
(Check information from railway companies and schools and stay home or go home early)
- 8 Buy food and bread while stores are still open.

Points

1. Think ahead based on typhoon course and precipitation amount.
2. Start preparation at early stage.

How to evacuate

When a typhoon approaches or it rains heavily for days and the nearby river is about to overflow, decide where to evacuate to save your life. Check the facilities designated by the government.

Evacuation area
(temporary shelter)



Shelter
(to live for days or weeks)



Shelters provide sleeping space and food and information without charges. Find out where the nearest shelter is, what the room looks like and how spacious it is, whether the toilet is Western-style, and whether you can bring your dog and other pets with you.

If there are no shelters nearby or your pets are not allowed in the area, consider choosing other shelters, such as houses of acquaintances, churches and hotels. Sleeping in a car is also an option.

When evacuating

You may not be accepted if you come late, so please confirm the established shelter and evacuate as soon as possible.

The administration issues warnings in two stages.

Evacuation preparation (Hinan junbi) It's safer to evacuate at this stage.

Evacuation order (Hinan shiji) High risk of disaster



What to take out

- Valuables (Wallet, passport, resident card, insurance card, bankbook, credit card, personal seal: *hanko*)
- Medical supplies (Medicine, medicine record handbook, sanitary products, baby diapers, contact lenses)
- Daily necessities (Toothbrush, towel, slippers, masks, wet tissues)

You should have enough underwear and food for three days, and a pillow, a blanket and disposable heating pads.



Points

1. Evacuate with enough things as early as possible to have less trouble living in the shelter.
2. If you stay in a car, exercise to avoid economy class syndrome.

Lifeline Damage

Besides water disaster, strong wind of typhoon or earthquake can cause a power outage when electric wires are damaged. The water supply may stop. If you prepare, you can survive at home for a few days.

Electricity

Nighttime illumination: flashlights, headlights, matches and candles.

Cell phone charger: charger with dry-cell battery, solar power charger.

If you keep an inverter outlet in your car, you can charge batteries.

You can get information on NHK's international news with a battery-powered radio.



Water

One or more boxes of bottled water for drinking.

You can use water in a bathtub to wipe your body or to flush toilet.

You don't have to wash dishes with water by using paper dishes or by wrapping dishes with cling film.



Toilet

The water pump may stop working when electricity stops. The toilet won't flush when the water stops. Water stored in a bathtub can flush a toilet using a plastic bottle.

The toilet can be used by putting a coagulant (or cat sand or paper) on a plastic bag in the toilet bowl to absorb wastes. It is reassuring to have a disaster toilet.

Heat source

IH cooking stoves do not work in a power failure. A portable gas stove and a cylinder is useful for boiling water or cooking noodles.

Please ventilate when you use gas stove indoors.

It is also necessary to take measures against heat in summer and cold in winter when air conditioners cannot be used.

Food

Rice pack cooked with hot water, cup noodles, boil-in-bag curry, canned food, long storage bread.

Occasionally check the best-before date, to consume and resupply.



Without Smartphone

If you can't charge the battery due to power failure, your smartphone will be useless. You should write down on a piece of paper important contact information from your smartphone.

family ・ friends 家族、知人	Name (relationship) 名前	Phone Number 電話番号
Company 会社		
Nursery school ・ School		
Hospital 病院		
Landlord		
Person in charge of insurance		

Fill in your information below to receive medical care smoothly when you get injured.

Name		Date of birth	
Address		TEL	
		Sex Blood type	M F A AB B O
Allergy		Nationality	
Chronic disease 持病		Native language 母語	
Other			

How to obtain important information related to disasters



When a typhoon is approaching

You can check weather information about typhoons, heavy rains and warnings issued by the government. It provides information on the risk of flooding in many languages.

<https://www.jma.go.jp/jma/kokusai/multi.html>



Check the hazard map of your local government (Japanese)

<http://disaportal.gsi.go.jp/index.html>



In the event of an earthquake or a major disaster

NHK World

You can watch the latest news in multiple languages. Multilingual disaster prevention information is also available.

<https://www.nhk.or.jp/nhkworld-blog/en/>



Disaster Management in Japan by Cabinet Office

Introducing apps useful in times of disaster

<http://www.bousai.go.jp/kokusai/web/index.html>



Safety tips

Register in your own language, and get information on evacuation warnings, hospitals and embassies in multiple languages.



goo Disaster Prevention App

Information on evacuation centers nationwide.



NHK News Disaster Prevention App

Live camera to view the conditions of rain clouds and the condition of nearby rivers.



Points

The disaster information on SNS is sometimes wrong or old, so check the official news.