



Disaster Prevention Handbook for Foreign Residents in Tsuruoka City (English version)



Introduction

Japan is a country plagued by frequent typhoons and earthquakes, some of which have the potential to cause catastrophic damage. During the winter months, some parts of the country can experience heavy snowfall and extreme cold, which can cause a variety of natural disasters to occur.

In order to help make Tsuruoka City a safer city for foreign residents, we have created “Disaster Prevention Handbook for Foreign Residents in Tsuruoka City” in five languages. These languages include simplified Japanese, English, Chinese, Korean, and Vietnamese.

This handbook contains a variety of useful information on commonly occurring natural disasters, including explanations of each disaster, how to prepare for them, what actions to take if one occurs, and things to watch out for while you evacuate. We hope that you will find the information in this handbook useful, and that you will use this information to protect both yourself and your loved ones during a natural disaster.

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What is an earthquake?



An earthquake is a term used to describe a shaking of the ground. Japan is one of the most earthquake-prone countries in the world, and has been plagued by frequent earthquakes of varying intensities. You never know when an earthquake will strike. In the event of an earthquake, the following disasters might occur.

- Falling objects might cause you to become trapped, or buildings might be damaged.
- Disruptions in phone or Internet services.
- Outages such as electric, gas, water, etc
- Landslides or breaks in roads which can result in road blocks.
- Fires.

The earthquake in 2019 caused the destruction of some homes in the Atsumi area of Tsuruoka.

○Tsunami

When an earthquake occurs, it causes fluctuations in sea levels which can result in large waves that become tsunamis. Japan is surrounded by the ocean and has had numerous devastating tsunamis over the years. The deeper the ocean, the faster the tsunami, and tsunamis can reach the coast in a matter of mere minutes. There are many different factors that can affect the size of a tsunami, such as topography of the coast and ocean floor. These factors can result in a much larger tsunami than originally expected. There are also instances of more than one tsunami occurring consecutively. Even if a tsunami recedes, it is dangerous to go near the ocean. A tsunami can occur even if the quake is small. Tsunamis are quite powerful and can sweep away large objects such as buildings and cars.

During the Great Tohoku Earthquake in 2011, both the earthquake and tsunami caused a devastating amount of damage.



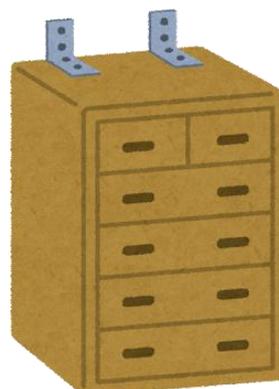
Preparing for an earthquake



Since earthquakes occur suddenly, it is important to make preparations on a daily basis.

○Preventing furniture from falling over

- Refrain from placing objects on high shelves.
- Place heavy and fragile objects closer to the ground.
- Anchor furniture so that it doesn't move or fall over.
- Anchor heavier appliances such as TV and computers.
- Apply shatter-resistant film to glass to prevent it from shattering.
- Orient and arrange furniture to prevent becoming trapped inside your home.
- Don't place large furniture near entrances and exits.
- Plan evacuation routes avoiding dangerous areas of your home and double check if there are any areas of concern.



○Prepare emergency supplies and stockpiles

- Prepare an emergency bag that can be taken out immediately during evacuation.
- Have items that might be necessary during an emergency available at both work and in your car.
- Have a stockpile of food, water, and everyday necessities for a minimum of 3 days.

→P.35

○Be prepared to extinguish fires

- Have a fire extinguisher available.
- Even small fires can cause widespread damage.
Being able to extinguish a fire when it first starts is key.
Make sure to learn how to properly use a fire extinguisher.



○Useful things to have in your bedroom

- A flashlight; in the event that an earthquake occurs at night and there is a power outage.
- Shoes and slippers; in case of broken glass, it is important to protect your feet.



○Talk to your family

- Discuss things like the location of your evacuation center and route. →P. 32, 33
- Decide on a method to confirm the safety in case of separation. →P.24

What to do if an earthquake occurs

Depending on the situation evacuation methods will vary. Make sure to protect yourself when evacuating.

○Earthquake Early Warning System (a warning sound that will suddenly ring on cellphones and TVs)

- This system will notify you shortly before a strong earthquake begins.
- When this warning sound is heard, secure your “personal safety”.
- ※ If you are close to the epicenter, the shaking may precede the warning sound.

○When inside

- Get under a sturdy table or desk.
- Do not rush outside and remain calm until the shaking subsides.
- When the shaking subsides, turn off the main gas valve just in case to prevent a fire.
- Wear shoes or slippers to prevent injury from broken glass, etc.



○When outside

- Use your bag to protect your head, and evacuate to a safe area where glass or roof tiles will not fall.
- Do not approach concrete wall blocks as they may fall.



○When driving

- Stop on the left side of the road slowly.
 - Do not exit your vehicle until the shaking subsides.
 - When evacuating from your vehicle, leave the keys inside and do not lock the doors. Please take your motor vehicle inspection certificate with you.
- ※ This is to ensure that vehicles can be moved when necessary to make way for emergency vehicles.

○On a bus or train

- When seated, get in a low position and protect your head.
- When standing, grab onto a handrail or strap to prevent yourself from falling.

○In an elevator

- Press the buttons for all floors, and get off when it stops at the nearest floor.
- In cases where you become stuck in the elevator, press the emergency call button. You will be connected to the elevator management company. Stay calm and inform them of your situation. Please do not attempt to forcibly open the elevator door, as that can be extremely dangerous.

○When a large number of people are present at a station, store, etc

- Evacuate once the shaking has subsided. Please refrain from making decisions or acting on your own. Instead, follow the instructions of the staff and stay with others.
- Panicking and rushing towards exits can result in serious injury.



○Near the ocean

- Immediately after the shaking subsides, evacuate to higher ground.
- If you are far from any high ground, evacuate to the nearest sturdy and tall building.
- Evacuate without using a car to prevent being stuck in traffic during a tsunami.
- Beware of second and third waves, as tsunami waves can come more than once.
- Use TV, radio, and Disaster Prevention Radio to obtain accurate information.



- Do not think that you are safe just because you are away from the ocean, as tsunamis can affect other areas by using rivers as their path. Do not go to see rivers and other waterways during a tsunami.
- Watch out for not only “incoming waves” which rush into coastal areas, but also “outgoing waves” which recede out to the sea. Debris such as destroyed houses can be washed away by both incoming and outgoing waves.



What is a typhoon?



A typhoon is a strong wind that typically occurs in the Pacific Ocean and the South China Sea. In Japan, typhoons occur most frequently from July to October. The highest number of typhoons occur in August, with typhoons of large magnitude occurring the most in September.

Due to these high winds and rain, typhoons can bring a lot of damage and destruction. Typhoons can cause rivers to overflow, roads to flood, and flooding above and below homes.

○During typhoons, the following damages can occur

- Heavy rain can cause sediment related disaster such as landslides, cliffs to collapse, or inundation or submersion due to flooding.
- Pedestrians to fall, vehicles to topple over, damage to buildings, and roads to become inaccessible.
- Storm surges can cause flooding, rising sea levels, and damage to ships.

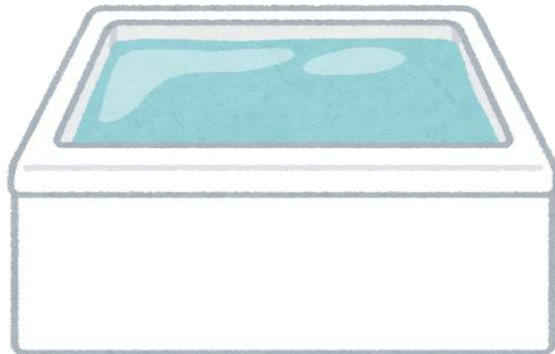
Typhoon No.21 in 2018 struck western Japan leaving a trail of destruction in its path. Trains and flights were either delayed or canceled, and there was widespread damage to buildings and roofs. There were also reports of cars being overturned due to high winds.

Preparing for a typhoon

Depending on the speed of a typhoon, the weather may change in a short period of time. It is important to prepare well in advance and not take it lightly, saying “I am still OK”.

○Check what you need to do/prepare before a typhoon hits

- Regularly replenish and check items in your emergency bag. →P. 35
- Check the “Tsuruoka City Hazard Map”, a map that contains a list of hazards in the area in which you live. →P.32
- Check the location of your designated evacuation center. Decide on communication methods and where to evacuate with family members. →P. 32
- Bring in things like potted plants and poles used to hang things on.
- Close storm doors and shutters.
- Apply protective tape or shatterproof film to windows.
- Charge your phone or portable battery pack.
- If possible, leave water in the bathtub overnight when you finish bathing (as it can be used as a water source for flushing toilets and washing things if the water stops working)



What to do if a typhoon occurs

○Gather information in real time

Gather information about the typhoon as soon as possible and take the necessary precautions to protect you and your family. Check information from places such as...

- Weather information from the television, radio etc.
- Information released by the Japan Meteorology Agency (JMA)
- JMA website: Warnings and advisories, typhoon information, rainfall and other disaster prevention weather information.
- Information released by Tsuruoka City: Emergency Alert Mail broadcasted on the disaster prevention administrative radio.
- Add Tsuruoka City as a “friend” on the LINE app to receive information related to disasters and disaster prevention information.
- Multilingual Apps. →P. 26, 27

○When the wind is extremely strong

- Refrain from going outside, because of the danger of falling or being hit by flying objects.
- Never leave your home or evacuation center during a typhoon.
- Close curtains and stay away from windows to avoid injury.
- If you are outside, watch out for flying objects and use your bag to protect your head. Evacuate to a sturdy building.



What are heavy rain and sediment related disasters?



Heavy rains can cause a variety of disasters to occur. Causes of heavy rain include typhoons and well-developed rain clouds staying in the same location for a long period of time.

○Floods caused by heavy rain

Heavy rain can cause rivers to overflow, leading to buildings becoming surrounded by water. Since Japan is a country with a lot of rain, there is also a lot of flooding as well. There is an especially high risk of flooding during the rainy season, or during typhoon season which spans from June to September.

○Heavy rain induced sediment disasters

Sediment related disasters are natural disasters that occurs when earth and sand flow downhill at great speeds causing widespread destruction, taking lives and homes in an instant. The main sediment related disasters are, “debris flows”, “cliff collapses”, and “landslides”. “Debris flows” occur when soil and stone that have come loose flow downhill with water at great speeds. “Cliff collapses” happen when cliffs suddenly collapse. “Landslides” occur when loose earth on a slope slowly slides down causing destruction.



○Linear rainband

A linear rainband occurs when there is a linear cluster of developing rain clouds (cumulonimbus clouds), which cause heavy rain in the same location for several hours. “Linear rainbands” can cause torrential downpours which can result in flooding. The torrential rains that occurred in northern Kyushu in July 2017 were caused by “linear rainbands”.



Preparing for heavy rain and sediment related disasters

Heavy rain can be caused by a variety of factors throughout the year, which can result in catastrophic damage. Be prepared for heavy rain and sediment related disasters on a daily basis.



○Gather disaster prevention and weather information, etc.

- Check your area's hazard map regularly. Know areas around your home that might be at risk of flood or landslide (landslide warning areas and dangerous areas). →P. 25
- Check your evacuation routes and center locations. → P. 32
- Gather weather information via TV, radio, Internet, etc. → P. 26

○Clean gutters and downspouts regularly

If gutters are clogged, rainwater can not flow freely which might cause them to overflow.



○Have things like sandbags on hand to prevent flooding

- Place sandbags at entrances and other locations that water might enter.
- If you are unable to find sandbags, a double-layered trash bag filled with water can be used in its place.

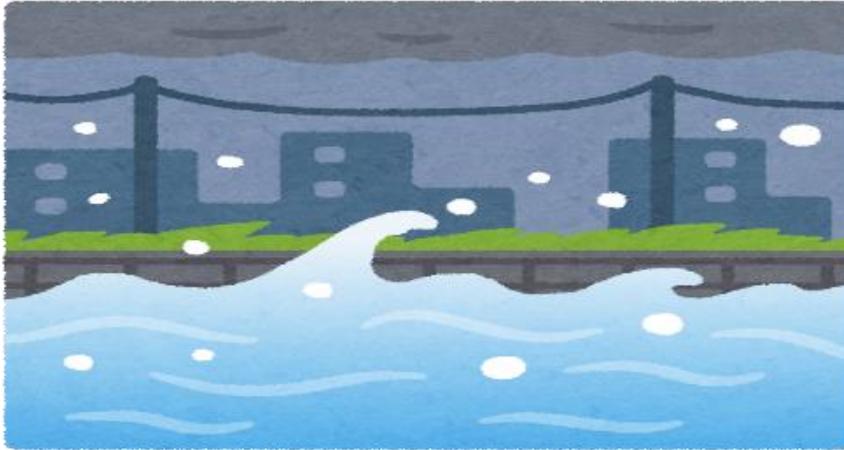


○Check what is in your emergency bag and routinely restock →P. 35

What to do if heavy rain or a sediment related disaster occurs

○Stay away from rivers and ditches

Rivers and irrigation canals can cause water to rise or flow faster. Avoid rivers and irrigation canals to prevent falling in and drowning.



○Stay away from mountains and slopes

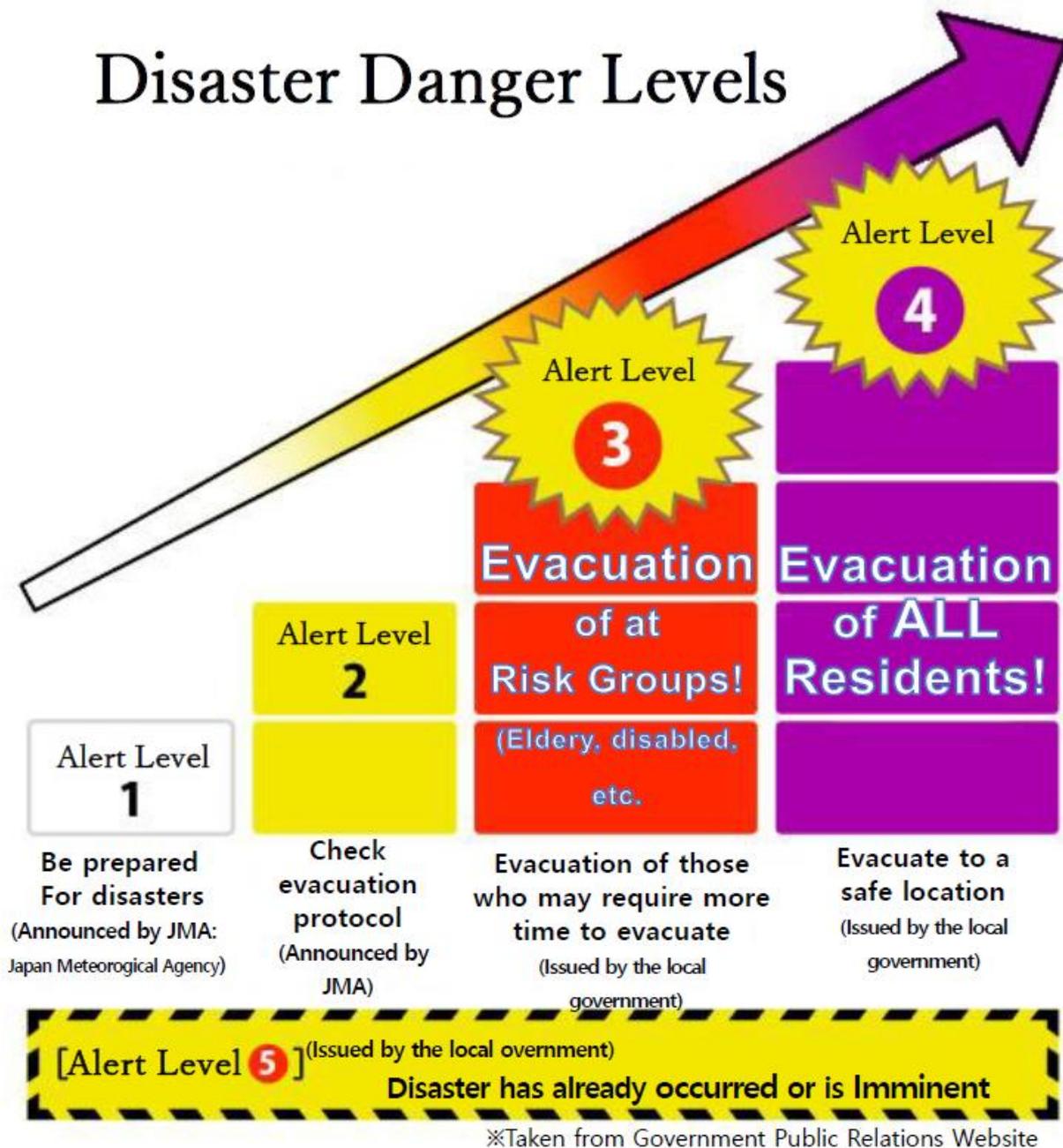
Steep slopes such as mountains can suddenly collapse. Stay away and evacuate to the opposite side of the slope.

○Warning signs of a sediment related disaster

If you sense that you are in danger of experiencing a sediment related disaster, evacuate immediately! Be especially careful if the following warning signs occur.

- Long periods of rain or torrential rain.
- Rumbling or unusual sounds (sounds as if the whole mountain is groaning).
- Water levels of rivers decrease despite continued rain.
- Rivers becoming muddy and filled with debris from fallen trees, or a strong scent of earth or soil in the air.
- Abnormal sounds followed by falling rocks from slopes (cliffs) or water expelling from cliffs and slopes.
- Cracks or bumps in the ground, leaning trees, or ground shaking.
- Muddy streams or wells.

Disaster Danger Levels



○Things to be mindful of as you evacuate

- Try to get as far away as possible from mountains and slope.
- If there is torrential rain in the middle of the night and you are unable to evacuate outside, evacuate to a room located on the second floor or higher.
- Evacuate in cooperation with neighbors by talking to each other.
- Wear clothing that is easy to move around in, and wear shoes like sneakers avoiding tall boots and sandals.

※Do not wear tall boots as water can pool inside and makes it hard to move!

- Stay away from bodies of water once a “Heavy Rain Advisory” is issued.
- When rainfall is severe, rivers ditches and irrigation canals may overflow, and roads may become flooded. Please be sure to evacuate to higher ground before roads become flooded.



- It is extremely dangerous to evacuate at night when it is dark. It is better to evacuate before it starts raining while it is still light outside.
 - ※Not only evacuation centers, but also moving to a relative’s house or staying in a hotel is still considered evacuating.
- Watch where you step! There is a possibility of falling or injuring yourself if manhole covers are off or steps that are hidden are present. Therefore, it is important to watch your step carefully while using things like umbrellas and canes while evacuating.
 - ※Please note that walkable water depth is considered to be 70 cm for adult men, and 50 cm deep for women.
 - If the water is flowing fast, it can become difficult to move and is very dangerous.

- Sediment disasters can happen anytime while it is raining, or even after it stops. It is important to remain at evacuation centers until the evacuation orders or heavy rain warnings are lifted.
- In the event of a flood it is important to evacuate to as high of ground as possible, such as an evacuation building or a place higher than your current location. There are also times when it will be safer to stay at home. Please make sure that when choosing to stay at home that you evacuate to the highest place in your home.



- It is extremely dangerous to drive on a flooded road. Doing so can result in engine trouble, the vehicle becoming submerged, or even death. If water enters the vehicle, turn the engine off immediately and exit the vehicle as your first priority.



What are damages caused by snow and cold weather?

Snow damage can occur when there is heavy snowfall that accumulates causing damage to various methods of transportation, homes, crops, etc. Since the Tohoku region receives heavy snowfall in winter, snow damage can be severe.

Here in the Shonai region, the winds in winter can be very strong, and can even generate blizzards and white outs, making it dangerous to go outside. In 2005, there was a fatal accident that occurred where a train running between Akita and Niigata derailed due to a major snow storm. As weather changes during winter can be very unpredictable and change frequently, it is extremely important to stay up to date on current weather information.

- Heavy snowfall can lead to an accumulation of snow on your home's roof. If this becomes too heavy, it can destroy your home.
- Heavy snowfall can cause traffic issues and delays in deliveries of everyday necessities.
- People often fall during snow removal and clearing snow from the roofs.
- Water supplies might freeze due to low temperatures.
- Power lines may become covered in snow resulting in power outages.
- Avalanches can occur on mountains or slopes due to changes in temperature and pressure.



Things to do before winter hits



We live in an area where there is a lot of snow during the winter. It is important to make necessary preparations before winter begins.



○Preparations to make before it snows

- Make necessary repairs to your home.
- Prepare snow removal tools, and check to make sure snow blowers are working properly if you own one.
- Be sure to change vehicle tires over to winter tires as soon as possible.
- Keep winter clothes, boots, shovel, tow rope, blanket, and emergency food, etc. in your car.
- If you live close to the mountains, check which areas near you are at risk of an avalanche.
- Get up to date weather information from reliable sources such as TV, radio, and the Japan Meteorological Agency website (P. 25 [Disaster Prevention Summary “Gathering Information”]).

Once winter begins

○Avoid going outdoors during heavy snowfall

- Avoid going out unnecessarily in the event that a heavy snow warning or advisory, snow storm warning, gale and snow advisory, or other emergency alerts related to snow are issued.

○Be careful while driving

- Avoid driving during heavy snowfall.
- In the unlikely event that your vehicle becomes unable to move, contact someone for help as soon as possible. Also, be sure to regularly remove snow from or around your car's muffler to provide adequate ventilation to prevent carbon monoxide poisoning.

○Beware of frozen water pipes

- When you are away from your home during winter and water pipes haven't been used for a while, or the temperatures outside drop below -4°C , the pipes might freeze.
- When pipes freeze, water will stop flowing, and could cause them to burst which will cost money to repair.
- To prevent pipes from freezing, drain water in advance with a "drain valve", or insulate exposed pipes with cloth or tape.



- If your pipes do freeze, open the faucet and wrap the part of the pipe that is frozen with a towel, and pour warm water over it. (If you pour boiling or hot water directly over the pipe, causing it to heat too quickly, this can cause the pipe to burst) If water still won't come out of the pipe, contact a plumber. If you live in an apartment, contact the landlord of the building or real estate company. It will cost money to repair.



○Things to be mindful of as you remove snow

Always do snow removal in pairs to avoid injury. In the event that you must do snow removal alone, let your family members or neighbors know. Have your phone on you in case of an emergency.

<Removing snow around buildings>

- Watch out for falling snow from the roof when working under the eaves.
- When removing snow lodged in a snow blower, shut off the engine first before removing snow.

<Removing snow from the roof>

- When removing snow from the roof, leave snow around the building.
- Make sure to secure ladders before use.
- Make sure to use a safety rope and wear a helmet when working in high places.



What is a lightning strike?



When you hear thunder and see storm clouds roll in, a lightning strike could be imminent. This is especially common in the Shonai region, which is known for having frequent storms in the winter.

- Lightning can strike anywhere outdoors.
- Lightning is more likely to strike in open area such as sports parks, golf courses, outdoor pools, embankments, beaches, ocean, as well as high places such as mountain peaks and ridges etc.
- If you are in a building without a lightning protection systems in place, there is a possibility that you may be shocked by electrical appliances or anything that conducts electricity.

Protecting yourself from a lightning strike



- Stay up to date on weather reports and stay indoors if a thunderstorm advisory is issued.
- If you see signs of thunder or lightning, evacuate immediately.
- A reinforced concrete building, inside a car (not convertibles), busses or trains are relatively safe places.
- Stay at least two meters away from tall trees, including their leaves and branches. When evacuating, try to make yourself as small as possible crouching as you walk, and avoid holding anything higher than your head. Only move to a safe place after the lightning has stopped for over 20 minutes.

Disaster prevention preparations at home



Discuss and decide what you need to do with your family to be prepared in the event a disaster occurs.

© Preparations for a disaster and how to make your home safe

- Anchor heavy furniture to prevent it from tipping over and moving.
- Avoid placing anything on high shelves and place heavy or fragile objects closer to the ground.
- Apply shatter-resistant film to glass to prevent it from shattering.
- Orient and arrange furniture to prevent becoming trapped inside your home, such as doorways.
- Always have a fire extinguisher in your home in case of a fire.
- In case an earthquake occurs at night, keep a flashlight and slippers in the bedroom.



◎Decide and check evacuation centers with your family



- Decide on evacuation centers and routes with members of your family.
- Decide on where to evacuate if family members are not together. (→P.30 「Disaster Prevention Summary “Check on the safety of others”」)
- Decide on a method to confirm safety when separated. (→P.32 「Disaster Prevention Summary “Evacuation center”」)

◎Preparing emergency bag and stockpile



Prepare a stockpile of supplies and an emergency bag (with at least 3 days' supply of drinking water, emergency food, and daily necessities) that can be taken out immediately in case an evacuation is necessary.

(→P.35 「Disaster Prevention Summary “Stockpiles / Emergency bag”」)

◎Important things to write down

- Driver's license number
- Bank account number
- Health insurance card number
- Credit card number, life insurance number, general insurance number
- My number
- Names of medications (for individuals with pre-existing health conditions)



→P. 39

Gathering information



In the event of a disaster there can be lots of misinformation being shared and spread around. This can lead to confusion, so it is important to gather accurate information from various sources.

◎Using the Internet portal site

Internet portal sites are a convenient way for obtaining a variety of information. You can also gather information from other prefectures and cities “Disaster prevention” sites.

* Tsuruoka City’s hazard map (Evacuation map)



※You can access hazzard maps from the QR code below



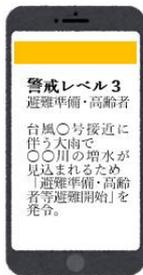
- ① Go to Tsuruoka City’s official site and click on the tab labeled 安全・安心 (Safety and security)

※If you are using a smartphone, 安全・安心 the safety and security tab can be accessed from the “Menu” located on the top right-hand corner of your screen.

- ② Click ハザードマップ (Hazard map)

In the event a disaster occurs, Tsuruoka City will send out Emergency early warning emails and evacuation information via the Disaster Prevention Administration Radio. Also, you can see disaster prevention information by registering Tsuruoka City as a “friend” on the “LINE” app.

*** Emergency information transmission system**



▪ **Emergency Early Warning Email**

Evacuation alerts and information on evacuation centers are sent out to cell phones via a text alert. (Japanese only)



▪ **J Alert**

Information on ballistic missiles, earthquake early warnings, tsunami warnings, and other emergency alerts are sent to cell phones via a text alert. (Japanese only)

*** Japan Meteorological Agency Home Page “Kiki-kuru”**

(Multilingual information)



Flood, landslides, and river hazards are displayed on a color-coded map.

* Disaster information app (Multilingual information)



▪ Safety tips

When you download this app, you will get information on natural disasters directly to your phone.

For Android



For iPhone



▪ NHK WORLD-JAPAN

With this app, you can watch NHK TV programs, such as news updates, which are available in different languages.

For Android



For iPhone



©Checking information reliability

When a disaster occurs, it can be difficult to obtain correct information and to make decisions alone. Communicate with those around you to help you make decisions. However, the spreading of rumors and misinformation can cause unnecessary worry and anxiety. Check the validity of information by visiting official government websites such as Tsuruoka City, Yamagata Prefecture, and JMA websites.

Also, make sure to know which institutions allow you to make inquiries in your native language.



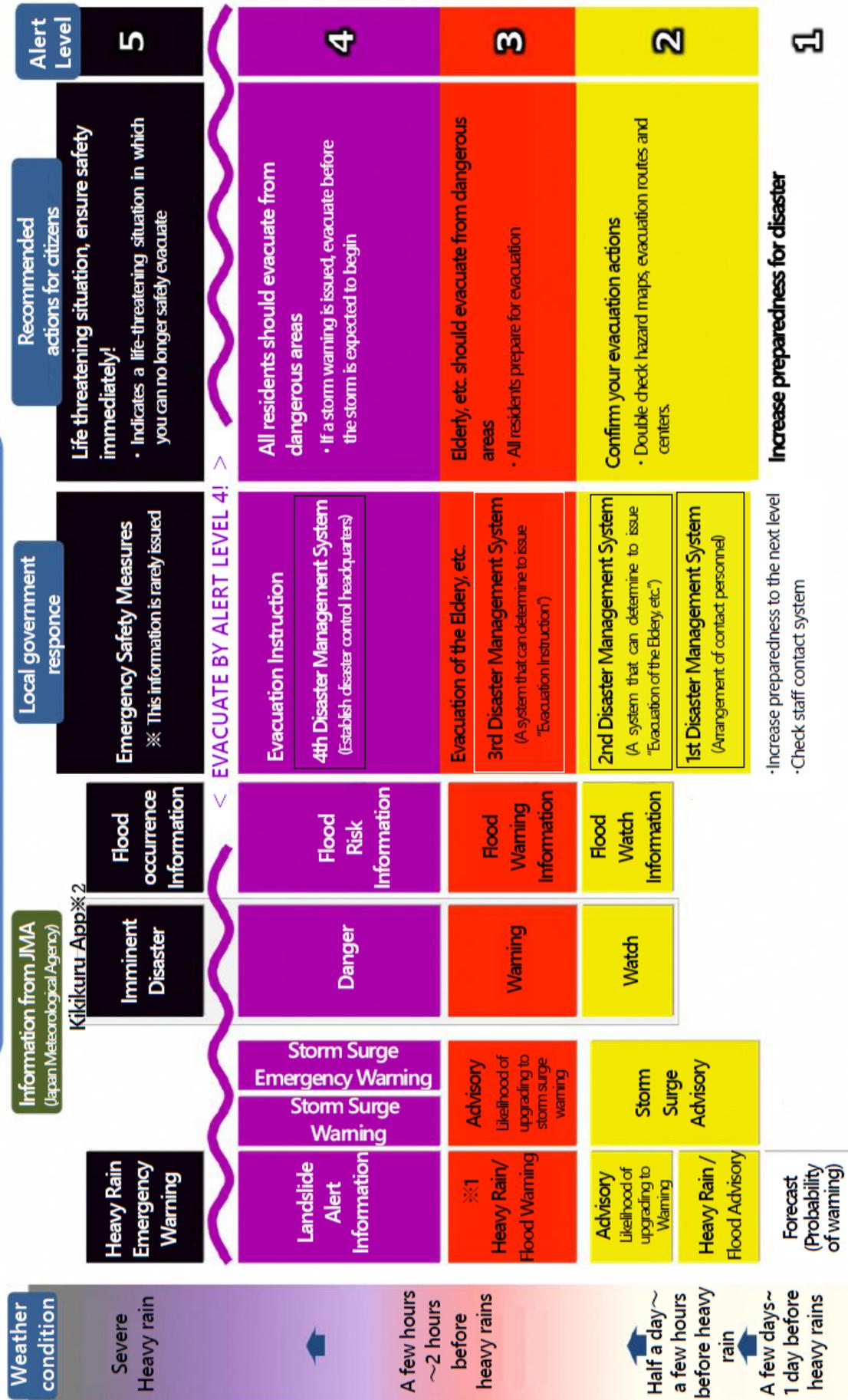
©Important things to remember

- Communicate with neighbors and people around you on a daily basis.
- Check with reliable government sources for correct information.
- Check information in your native language when possible.
- Make decisions based on accurate information, and don't share any information that may be incorrect.

With the QR code on the left, you can view evacuation information from the Cabinet Office and Fire and Disaster Management Agency in multiple languages.



5 Alert Levels & Disaster Prevention Weather Information



※1 Advisory likelihood of upgrading to Heavy rain warning (sediment related disaster) from nighttime ~ early next morning corresponds to Alert Level 3

※2 → P26

Created by Japan Meteorological Agency based on "Guidelines for Evacuation Information"(Cabinet Office)

◎Disaster Prevention Summary

Checking on the safety of others



Disasters can occur at any time. When a disaster occurs while you are at work or school, you may be concerned for the well-being of your family. After a disaster phone services may become unavailable, and might take some time for services to be restored. In times like this, it is recommended to use applications that use the internet to make calls, or the Emergency Disaster Messaging Service.

◎Different ways to check on the safety of others



When phone services are out, making calls using the internet can be a good alternative.

Ex: • Zoom • Skype • Twitter • Facebook • LINE

※Make sure to have an external power bank to charge your phone when needed.

◎Using “Disaster Emergency Message Dial”



“Disaster Emergency Message Dial (171)” is a messaging service provided by NTT that is used to record voice messages in times when phone lines are down.

It can even be accessed from a payphone.
Dial “171” and follow the voice guidance.

《Recording a message》

171 → 1 → Enter your home phone number (starting with the area code) or cell phone number

→ Record message (up to 30 seconds long)

《How to retrieve messages》

171 → 2 → Enter phone number (starting with the area code) of the person you wish to contact

→ Retrieve message



◎Using “Disaster Message Board”

* **Disaster Message Board (web171)** <https://www.web171.jp>

If you know the phone number of the person you are trying to contact, you can view and register messages from anywhere using the Internet.

* **Disaster message board services offered by cell phone companies**

This service can be accessed through your cell phone service provider's official website, or by using their official app.

◎Things to check before a disaster occurs

- Decide on a meeting place for family members in an emergency.
- Decide on a method of safety confirmation for family members if separated.

◎Disaster Prevention Summary

Evacuation centers



“Evacuation center” is a location designated for the use of evacuation during a disaster. **Know the location of your designated evacuation center before a disaster occurs.**

For those who might require longer evacuation times, for example, elderly, those with disabilities, and families with children, please consider that longer evacuation times might be necessary and plan accordingly.

◎Tsuruoka City hazard (evacuation) map, Check your evacuation center

Tsuruoka City has hazard maps for “flood”, “landslides”, “tsunami”, and locations of “reservoirs”. There is also information on “emergency evacuation site locations” such as parks near homes and “designated evacuation centers” where people who have lost their homes in a disaster can take refuge.



※You can access hazard maps from the QR code below



① Go to Tsuruoka City’s official site and click on the tab labeled 安全・安心
(Safety and security)

※If you are using a smartphone, 安全・安心 (Safety and security) tab can be accessed from the “Menu” located on the top right-hand corner of your screen.

② Click ハザードマップ (Hazard map)

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Also, you can see disaster prevention information by registering Tsuruoka City as a “friend” on “LINE” app.

◎Know the way to your evacuation center



When evacuating, walk to your evacuation center. There are rare occurrences where evacuations may be carried out by riding in a vehicle, however roads may be crowded making it difficult to evacuate. There may be dangerous places along the route. Try walking to your evacuation center and see how long it will take and if there are any dangers located along the route.

◎When arriving at the evacuation center

Personal information such as address, full name, and age will be collected at the evacuation center and space available to you will be determined. Make sure to bring some form of personal identification, such as your residence card, to the evacuation center.

(→P. 35 「Disaster Prevention Summary “Stockpiles / Emergency bag”」)

◎Work together at the evacuation center

Life at evacuation centers can be a bit stressful since there is little to no privacy and you may be unable to sleep by hearing a variety of noises such as footsteps and snoring of others.

To alleviate some of this stress, it is important to work together and help each other. You can do this by talking about your stressors with others, deciding who will perform what role, and actively communicating with those around you. Also, try to move around as much as possible, and do things to keep your spirits up.



Foreigners might find life at evacuation centers to be particularly stressful. Since things such as cultural differences in food and habits can all cause stress. For those who are not confident in their Japanese language ability, it is important to find individuals at the evacuation center that you are able to effectively communicate with.



Stockpiles / Emergency bag



In the event a large disaster occurs, it can cause both water and electrical outages, and can cause a disruption in the distribution of goods. Since these outages can last for long periods of time, refrigerators may not work, and it may take time for rescue services to arrive. It is important to have stockpiles and emergency bags readily available on a daily basis.

©Have a minimum of 1 week stockpile of drinking water and emergency food



- **Drinking water... 1 day = 3 liters of water per adult**

(This includes water to drink as well as to cook with)

Including beverages such as tea, coffee, vegetable juice, etc.



- **Emergency food... Long shelf life and can be readily eaten**

Packaged food items (Porridge, minute rice, curry, etc.), cup noodles, dried noodles, miso soup, packaged snacks, etc.

- * Don't hoard food and cooperate with others.
- * Buy more nonperishable foods and canned foods having them readily available.
- * Try to buy more of the food that you already buy normally. When you begin to run out, buy more so you always have food available.
- * During a disaster, it is important to consume foods that are not only easy to eat, but also help boost your morale as well. Make sure to include foods that you and your family enjoy eating in your emergency food stockpile.

© Other supplies • • • Have a **minimum of a 3 day stockpile**



- **Containers to hold water rations (like plastic jugs or tanks)**

A lot of water is required even for flushing toilets.



- **Portable burners, solid fuel briquette and spare gas canisters**

If you have these items, you can cook even if there is no electricity.



- **Disposable plates, cups and cutlery**



- **Plastic wrap**

Helps to save water washing dishes by wrapping food in plastic wrap, it can also be used as a bandage for injuries.



- **Appropriate clothing (such as blankets, jackets, etc.)**



- **Diapers, underwear, female sanitary products, hygiene products, flashlight, etc.**



- **Bicycle**

During a disaster road conditions and gasoline availability can become unpredictable. Using a bike can be a good alternative to a motor vehicle.

©Prepare a minimum of 3 days worth of supplies “emergency bag” to bring to the evacuation center

In an emergency evacuation, there are a limited number of items that can be carried with you. Prepare the bare essentials in advance and have them ready to go at a moment's notice. If the evacuation is prolonged, you may be able to return home to collect more items after the situation has become more stable.



- **Drinking water... 1 day = 3 liters of water per adult**

(This includes water to drink as well as to cook with)

Including beverages such as tea, coffee, vegetable juice, etc.



- **Emergency food... Long shelf life and can be readily eaten**

Packaged food items (Porridge, minute rice, curry, etc.), cup noodles, dried noodles, miso soup, packaged snacks, etc.

* Make sure to separate this from the food you will have set aside at home for emergencies.

◎Other emergency items



- **Valuables (drivers license, insurance card, bank book, personal stamp (hanko), cash, passport, residence card, my number card, etc.)**



- **Evacuation supplies (flashlight, helmet, rain gear, masks, gloves)**

Always keep a flashlight in the same place in your home. Wearing a mask can help protect you from dust and other airborne particles that make be present in the aftermath of a disaster.



- **Cell phone, charger, portable power bank, portable radio, and a writing utensil**



- **Extra clothes, warm clothes, blanket, hand warmer**



- **Towels, wet wipes, plastic sheets, can openers, etc.**

Towels can be used as bandages, to dry your body, and in place of sanitary products in emergencies.

Disaster Prevention Notes

Full Name	
Nationality	Blood Type
Passport Number	
Japanese Address	
Phone Number	
Embassy • Consulate	
Family Member's Name	
Address	
Phone Number	
Work • School	
Name	
Address	
Phone Number	
Emergency Contact in Japan	
Full Name	
Address	
Phone Number	
Evacuation Center	
Home Country Emergency Contact	
Full Name	
Phone Number	
Pre-existing Health Conditions	Others
Medications	
Allergies	
Family Doctor or Hospital	

Emergency Contacts

1 1 0 Police Station (Incidents • Accidents)

If you want a police officer to come immediately, call 110!

Robbery, fraud, stalking, snatching, traffic accidents, lost and found, etc.

1 1 9 Fire Department (Fire • Ambulance)

If you want a fire truck or ambulance to come immediately, call 119!

Fire, sudden illness, or injury, etc.

1 7 1 Disaster Emergency Message Dial

This is a message service that can be used in the event of an earthquake, etc.

○If you have any other problems, please contact Dewa Shonai Kokusaimura.

Dewa Shonai Kokusaimura

Address: 〒997-0802, 8-32, Isehara-machi, Tsuruoka City

Tel : 0235-25-3600 FAX : 0235-25-3605

Cell phone : 090-9638-5600 (English)

090-9638-5621 (Chinese)

090-3645-9627 (Korean)

E-mail : info@dewakoku.or.jp

※Dewa Shonai Kokusaimura also provides consultation and interpreting services for daily life.

