

Protect yourself from earthquakes, typhoons and floods !!

Let's protect our community together by preparing for disasters !!



Take charge of your own safety



Your government and neighborhood associations offer support



Protect your community together



Professor Namazu

Japan is a country that often experiences earthquakes. There is an old Japanese legend that says earthquakes here are caused by an angry catfish. This is why the character mascot of the pamphlet is a catfish. Japan also experiences many typhoons and heavy rains. We hope by reading this pamphlet you will learn how to protect yourself from such natural disasters.

If an earthquake occurs while you are outside...

In the event of a large earthquake, houses and buildings will fall from the shaking. Let's learn how to protect yourself and safely proceed to an evacuation center.

If you are traveling when an earthquake strikes

On a train station platform

- Evacuate according to the instructions given by station staff.

While driving a car

- Avoid suddenly braking. Pull the car to a stop on the left side of the road
- Turn off the engine and evacuate in a quick fashion. Leave the keys in the car and the doors unlocked.



If you are walking down a street

- Move to an open space to avoid getting hit by falling concrete fences, vending machines and telephone poles.

While riding a train or a bus

- Grab onto the handrail or hand straps so that you won't lose your balance.
- Evacuate according to the instructions of the driver or conductor.

Do you know what a tsunami is?



When a major earthquake occurs offshore, it can cause fast and high tidal waves known as tsunamis to hit the shore. Tsunamis have hit Mie Prefecture before in the past and caused many deaths.

Beaches, rivers, cliffs and steep areas



If you are at a beach or near rivers.

- If you feel a tremor, immediately head for higher ground.
- Evacuate immediately after a tsunami warning/advisory has been issued.



If you are near a cliff or in a steep area

- Evacuate immediately

If you feel like you are in danger, evacuate immediately.

Your local city or town may issue evacuation advisory/orders during a disaster. If you feel like you are in any danger, it is important to evacuate as soon as possible.

Low

Information on how to prepare for an evacuation

Begin evacuating people who will need some time such as those with injuries and disabilities, elderly people and infants.

Evacuate to a safe place!!



Danger level

Evacuation advisory

People who can evacuate without a problem should begin to take steps.



It is a good idea to evacuate when there is a high risk of a disaster striking!!

High

Evacuation order

An evacuation order will be issued when the danger level is high.

Evacuate immediately!!



Things to watch out for when evacuating

- Evacuate by foot, not by car.
- Bring only what is necessary.
- In the event of a tsunami, head for higher ground

Prepare for earthquakes on a regular basis !!

To minimize the damage caused by earthquakes, preparation on a regular basis is important. Please take the time to talk about how to protect yourself, your family and the town in the event of an emergency/disaster.



Decide the roles of each family member in an emergency.

Discuss and decide in advance what each family member will do in an emergency.

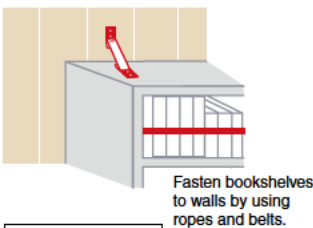
<p>Keep up to date by watching TV or listening to the radio.</p>	<p>Extinguish any fires.</p>	<p>Turn off the main gas valve.</p>	<p>Do not leave any flammable items around your house.</p>	<p>Turn off the electricity breakers and unplug any electrical devices or appliances.</p>
<p>Have a fire extinguisher and a bucket filled with water on hand.</p>	<p>Secure the exits.</p>	<p>Confirm the status of emergency supplies.</p>	<p>Help children and seniors.</p>	<p>Leave a message for family members who are not able to come back home immediately.</p>

Fasten furniture tightly with brackets and bolts to a stable wall or pillar.

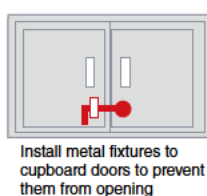
To protect you and your family from earthquakes, we recommend that you bolt or screw down furniture.

Examples of how to secure furniture

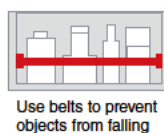
Bookshelves



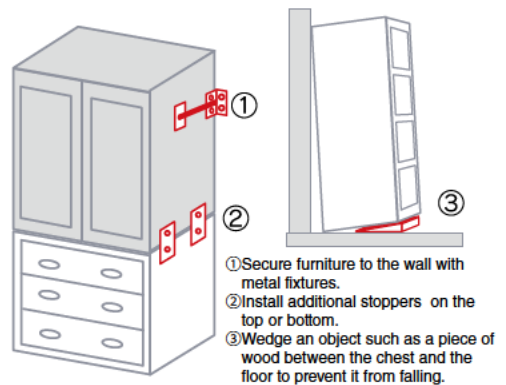
Cupboards



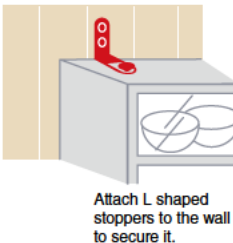
Sideboards



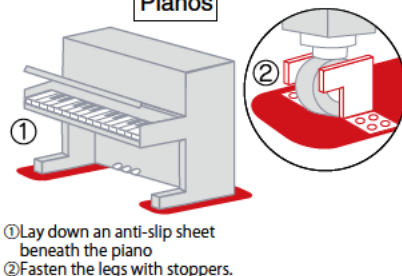
Chests



Dish cabinets



Pianos



In the Great Hanshin-Awaji Earthquake Approximately **88%**

Over 6,000 lives were lost in this earthquake which occurred in January 1995. The earthquake struck at 5:46 a.m. while most people were still sleeping. Approximately 88% of the casualties were caused by people being crushed by furniture and other items falling on them.

Safety tips for inside the house

- Fasten furniture tightly with brackets and bolts to a stable, non-hollow wall or pillar.
- Do not place tall furniture on soft flooring such as carpet.
- Store heavy things in the bottom part and light things in the top part of furniture.
- Do not place any furniture where you sleep or near exits.
- Install anti-shatter film on windows to prevent glass shards from scattering.



Caution!!

If you are renting, please ask your landlord first for permission before you begin tying down or bolting furniture to the walls or floors.

Prepare emergency items on a daily basis.

Have an emergency supply kit ready to go. You can use the list below as a reference to help you when making the kit. Remember to check the items in the kit once a year.

Examples of emergency items

Put the emergency items in a backpack and see if you can use both of your hands while carrying the backpack on your shoulder.



Don't forget to add extra supplies if you are in a household with a baby or expectant mother

- Baby bottle, dry milk
- Disposable diapers
- Hygiene products
- Maternal and Child Health Handbook etc.



Food supplies

- Drinking Water
- Food (preserved food such as biscuits, cans, and those that are vacuum sealed)
- Survival knife



Clothes

- Raincoat
- Towels
- Underwear
- Wind breaker



Personal Valuables

- Cash (coins)
- Personal seal
- Bank passbook, copy of health insurance card
- Copy of passport, and Alien Registration Card



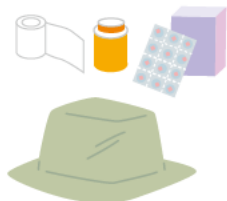
Daily use items

- Cotton work gloves
- Toilet paper
- Rope
- Flashlight
- Portable radio
- Extra batteries
- Pen or pencil



Safety Plan

- Cap
- Emergency kit
- Medicine



Others

- Whistle ... Can be used to call for help if trapped inside a collapsed building.
- Masks (L-size) ... helps prevent dust inhalation and transmission of diseases.
- Large plastic bags ... Can be used as a raincoat by opening a hole in the middle or a water container.
- Small portable toilet
- Dictionary ... useful for translation at an evacuation center.



Stock up on food supplies and drinking water in your house!!

It is difficult to secure food supplies and drinking water right after a natural disaster. It is necessary to have enough supplies on hand to last you until rescue crews and supplies arrive.

◎ Tips when preparing your emergency kit

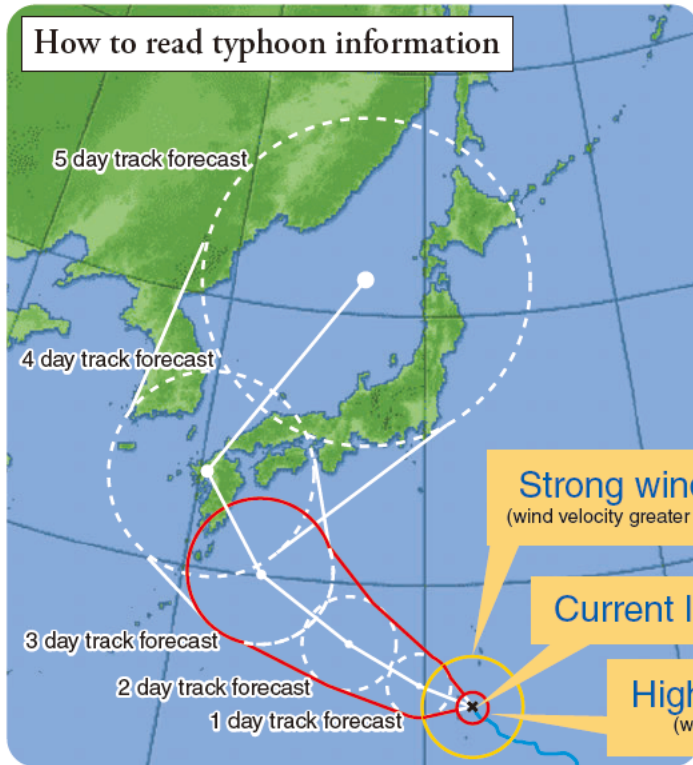
Have enough food and water for a minimum of three days.

- ※ Aim to have 3 liters of water per person per day,
- ※ Buy goods with a long shelf life



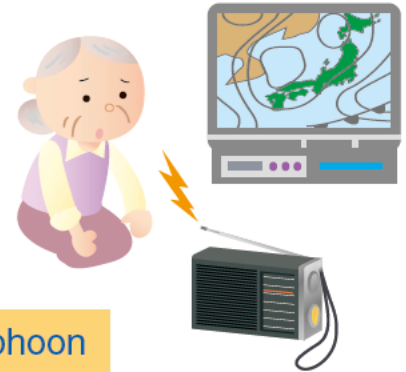
Preparing for typhoons and heavy rain

How to read typhoon information



Based on info from the Japan Meteorological Agency's homepage

Typhoon season is from August to October. The strong winds, tidal waves and torrential rain that occur as a result of a typhoon can cause a great deal of damage. When a typhoon approaches land or there is continuous rainfall, please keep up to date by listening to the radio or watching TV.



What to do in the event of a typhoon with strong winds



【If you are outside】
Find a nearby building and enter it in order to avoid any falling trees or blowing objects.



【If you are inside】
Do not go outside. Close the shutters to prevent possible glass shards from flying inside.



【If you are in the ocean】
Head to higher ground to avoid incoming waves.

What do to in the event of a typhoon with heavy rain



【If you are near a river】
Do not enter the river because it is extremely dangerous.



【If you are driving】
Head for higher ground. If your car shuts down while driving through water, get out of the car and evacuate.



【If you are outside】
Head for higher ground.

List of useful typhoon-related words

Japanese	Roma-ji	English
注意報	Chuiho	Issued when there are heavy rain and strong winds .
警報	Keiho	Issued when the rainfall and strong winds exceed the level in a chuiho.
暴風雨	Boufuu	Heavy winds and rain
洪水	Kozui	Flooding caused by heavy rain
高潮	Takashio	High waves caused by typhoons
崖崩れ	Gakekuzure	Colds and stones slide from mountains

What will happen after an earthquake hits?

Due to the damage caused by the earthquake, food supplies and utility services may be cut off.

Roads may be closed and trains may stop running.

- Please walk or use a bicycle to get around

Cell phones and landlines may be unusable

- After a disaster, please use the Disaster Emergency Message Dial (171) service to leave or hear a message from your loved ones.

There may be no electricity

- Turn off the breaker before evacuating.

There may be no running water.

- Stockpile three liters of water for each person per day

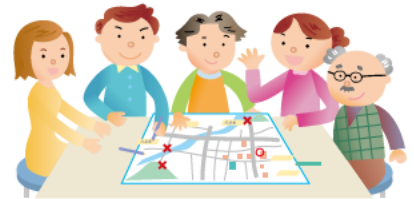
There may be no gas.

- After an earthquake, turn off the gas.



Do you know where evacuation centers are located?

- Schools or community centers near your house function as evacuation centers in an emergency. You can get food, shelter, and information there. Evacuation centers are open to everyone. Please contact your local city or town hall to find out where your nearest one is.



Life after the earthquake

After a strong earthquake, confusion and chaos may occur. Take steps to prevent this by thinking out in advance what might happen after an earthquake hits.

Watch out for food poisoning and infectious diseases!

- It is important to take steps to prevent the spread of diseases after an earthquake.

Watch out for deep-vein thrombosis (economy-class syndrome) !!

- Living in a small space like a tent or a car can increase the risk of thrombosis.

Protect yourself from crimes

- Watch out for thieves who may steal from empty houses and apartments

Do not forget about your own emotional well-being.

- It is important to seek help if you are feeling emotionally stressed or are in a great deal of shock.

You will be unable to withdraw money!!

- You may be unable to use the ATMs.



Disaster Emergency Message Dial (171)

After a major disaster has occurred, people living in the affected areas may use NTT's Disaster Message Dial Service. Dial "171" and follow the automated voice navigation to leave or hear a message.

Recording a message

Dial **1 7 1**
 For recording a message **1**
 (XXX) XXX-XXXX

Playing a message

Dial **1 7 1**
 For playing a message **2**
 (XXX) XXX-XXXX

There is also a service to leave a mail message for your family and friends using a cellphone in the event of a natural disaster.



If an earthquake occurs while you are inside a building...

Earthquakes are unpredictable. Let's learn how to protect yourself and safely evacuate from a building.

If you are inside your home

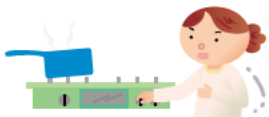


• Protect yourself

- Hide underneath a strong table.
- Watch out for falling furniture and objects.

• Protect yourself from broken glass

- Prepare for a power outage by having a flashlight, portable radio and slippers ready.



• If you are cooking when an earthquake strikes...

- Turn off the stove only after the tremors have subsided. Do not attempt to turn off the heat during the earthquake, as there is a strong risk of getting burned.

• Do not rush outside



• Open the doors to secure an exit



• If you are in the bedroom

- Protect your head by hiding underneath the bed or futon.



• If you are in the bathroom

- Do not rush outside. Instead, stay where you are as the bathroom is a safe place.



• If you are in a department store or a supermarket

- Protect your head with your bags or shopping baskets and follow the instructions of the staff when evacuating.
- Do not use the elevators. Use the stairs to evacuate.



• If you are inside an elevator

- Push the buttons for all the floors. If the elevator does not move after this, push the emergency button.
- Do not attempt to leave the elevator from the ceiling. Wait for rescue teams to arrive.

"Shindo" Seismic Intensity Scale?

"Shindo" measures the degree of shaking. The greater the shindo, the stronger the shaking.

Shindo 3	The earthquake can be felt indoors feel the tremors.
Shindo 4	The shaking surprises people
Shindo 5 Weak	The shaking scares people
Shindo 5 Strong	It is hard to walk around
Shindo 6 Weak	It is hard to stand
Shindo 6 Strong	It is impossible to stand
Shindo 7	It is impossible to move around

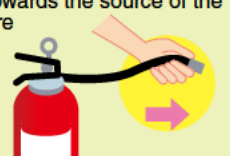
How to use a fire extinguisher

It is said that fires can only be extinguished with a regular fire extinguisher before it reaches the ceiling. If the fire has reached the ceiling, please evacuate as fast as possible.

① Pull out the safety pin



② Detach the hose from the extinguisher and aim it towards the source of the fire



③ Squeeze the lever tightly



■ In event of a fire, call **119** !!

Things to remember when evacuating from a building on fire

- ◎ Stay down low and cover your mouth and nose with a wet towel.
- ◎ Never return to a building after you have evacuated.



If an earthquake strikes

3 seconds

It's an earthquake !!

- Calm down
- Protect yourself!



3 minutes

The tremors have stopped

- A tsunami is coming. Evacuate!
- Is your family safe?
- Do not evacuate by car
- Turn on the radio
- Check for sources of fire
- Put on your shoes



3 hours

Is everyone safe?

- Watch out for aftershocks
- Help your neighbors
- Do not go near concrete fences or collapsed buildings
- Be prepared for blackouts and gas leaks



3 days

Stay calm. Do not rush into situations without thinking it through.

- Use the stockpiled emergency rations for food and water
- Leave a note of where you're going in the entrance of your home.
- Gather information about the disaster
- Do not go inside collapsed buildings.



Try to get to know the people in your neighborhood.

Ways you can get involved during non-emergency times

- Greet one another
- Participate in local events
- Get involved in the local organizations like the Kodomokai and PTA
- Participate in neighborhood community associations
- Help people even if you don't understand Japanese
- Participate in disaster prevention drills



Ways you can get involved after a natural disaster

- Help with firefighting and rescue activities
- Help people with physical disabilities, the elderly and young infants evacuate
- Serve meals and distribute supplies at an evacuation center



For more information, check out
Bosai Mie's homepage at <http://bosaimie.jp>.

Information on things like current weather conditions, and evacuation orders are available here. An English homepage is available.

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