

# Disaster Manual English

## Japan has many earthquakes

Using the valuable lessons learned from the Great Eastern Japan Earthquake on March 11th, 2011, where countless precious lives and assets were lost instantly, make sure to always be mentally and physically prepared so that you can minimize any losses while you are in Japan.

### Foreign Resident Consultation Center

Call 029-244-3811

Monday	Tuesday	Wednesday	Thursday	Friday
English/Japanese				
Portuguese (morning)	Spanish Korean	Thai Chinese	Tagalog Portuguese	Thai Indonesian (afternoon)
Chinese (afternoon)				

Hours 8:30am - 5pm (excluding holidays)

### Publisher

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 URL : <http://www.ia-ibaraki.or.jp>

## Obtaining information

### Emergency earthquake information

Right before a very big earthquake there will be warnings on tv, radio, and cellphones. When you receive these warnings make sure to stay calm and evacuate to a safe place.

### Radio

AM	NHK Canal 1	594kHz
	NHK Canal 2	693kHz
	IBS (Mito-city)	1197kHz
	IBS (Tsuchiura-city)	1458kHz
FM	NHK-FM (Mito-city)	83.2MHz
	NHK-FM (Hitachi-city)	84.2MHz
	Rádio Tsukuba (Tsukuba-city)	84.2MHz
	FM Palulun (Mito-city)	76.2MHz
	FM Kashima	76.7MHz

### Internet

(multi-language support site)  
**NHK World**  
<http://www3.nhk.or.jp/nhkworld/>

### Cellphone Messages (must register first)

**Ibaraki Disaster Prevention Information Messaging Service**

(Japanese)  
<http://mobile.pref.ibaraki.jp/>  
 "saigai - bosai johou" → "bosai mail"

**Ibaraki International Association**  
[eng@ia-ibaraki.org](mailto:eng@ia-ibaraki.org) (English)

### Ibaraki Emergency Medical Information System

This can be used to search for hospitals near you, hospitals open on holidays, doctors who offer service in other languages, etc.

<http://www.qq.pref.ibaraki.jp/> (English)

<http://www.qq.pref.ibaraki.jp/kt/> (for cellphones, Japanese)



## When you are at home

### Remain calm and secure your personal safety

Watch out for furniture or other falling objects. Get under a strong desk or table and protect your head with a cushion or pillow.



### Do not rush outside

If you go outside during an earthquake glass from windows or signs could fall and hurt you. Wait until the shaking has stopped, take stock of your situation, and act calmly.

There is never just one earthquake. There may be many smaller earthquakes after a bigger one, so be careful.



### Secure an exit

Sometimes buildings can tilt and doors and windows can become unopenable. Leave a window or door open so that you always have a way to get outside.



### Avoiding a fire

Turn off all stoves or gas appliances in use. Turn off all cooking or heating appliances that could cause a fire. If the shaking is very strong, wait until it has stopped to turn them off.

If something is on fire use a fire extinguisher to put it out. If the flames get too big, immediately call 119.



## If there is an earthquake

## When you're outside

### Walking on the street

Protect your head with a bag or book as glass or signs could fall from above. Narrow roads or those near walls are dangerous, try to get to a wide open space like a park.

### Driving a car

Gently slowly down, pull over on the left side of the road, and turn off the engine. Leave the keys and walk to safety.

### On a train or bus

The train or bus will stop suddenly, so hold onto the rails or straps.

### Near a river or the ocean

Get to high ground as quickly as possible, tidal waves also happen on rivers.

### In the mountains

Stay away from cliffs.

### Inside an elevator

Get out of the elevator as soon as possible. If you press all the buttons it will stop at the next floor.

### Tidal waves (tsunami)

Tsunami are very fast and dangerous waves caused by earthquakes. They are completely different from normal waves and have several times their destructive power. Even if they are only several cms high they can be very dangerous, and there may be tsunami even with mild earthquakes. If you feel an earthquake near the ocean get as far away and as high as you can immediately. Do not use a vehicle to evacuate, run.

There may be multiple tsunami, wait until the radio has confirmed there are no more tsunami before returning home. When you are swimming or fishing on the coast make sure to check your closest evacuation site and route in advance.



## Disaster Prevention Info

(Please complete in advance)

### You

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone number \_\_\_\_\_  
 Date of birth \_\_\_\_\_  
 Sex \_\_\_\_\_ Nationality \_\_\_\_\_  
 Work place \_\_\_\_\_  
 Emergency contact \_\_\_\_\_  
 Personal ID # (passport, etc) \_\_\_\_\_  
 Blood type \_\_\_\_\_ Language(s) \_\_\_\_\_

### Your family

Name(s) \_\_\_\_\_  
 Phone number(s) \_\_\_\_\_

### Closest evacuation site

Name/location \_\_\_\_\_  
**Emergency phone numbers**  
 Fire/ambulance 119      Police 110  
 Municipal disaster prevention division \_\_\_\_\_  
 Hospital \_\_\_\_\_ Electricity company \_\_\_\_\_  
 Water company \_\_\_\_\_ Gas company \_\_\_\_\_  
 Embassy/consulate \_\_\_\_\_

## Disaster message service

In a disaster it can become hard to get through on the phone, so use the phone company/cellphone company's disaster message service. You can record your own messages and listen to those from others.

### Landlines (NTT) : 171 Disaster Message Service

- Leaving a message  
Dial 171 → 1 → your home phone number → record
- Retrieving a message  
Dial 171 → 2 → phone number of person you want to reach → play

### Cellphones : Disaster Message Board Service

A link to the "saigai-yo dengon ban" will be posted on the main page of the cellphone website in an emergency. Every cellphone company has instructions in English and can be used in English.

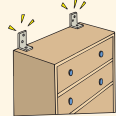
- NTT docomo <http://dengon.docomo.ne.jp/top.cgi>
- au <http://dengon.ezweb.ne.jp/>
- Softbank <http://dengon.softbank.ne.jp/>

### Internet : Broadband Disaster Message Service (Web171)

<https://www.web171.jp>

## ! Everyday preparation

- ◆ Take part in disaster drills
- ◆ Check your closest evacuation site
- ◆ Get to know your neighbors
- ◆ Talk with your family about what to do in a disaster, and decide on a place to meet if separated.
- ◆ If you have children, confirm with their teacher the ways the school can contact you or pick up the children.
- ◆ Check the phone numbers for the city hall or embassy.
- ◆ Secure large furniture with metal brackets so they won't fall.
- ◆ Prepare emergency supplies (for taking with you when evacuating) and leave them somewhere easy to access.
- ◆ Prepare survival supplies (for cases where you have to live without gas or water).
- ◆ Check your emergency and survival supplies regularly to make sure they are still usable.
- ◆ Try to keep extra fuel on hand for vehicles.



## Emergency supplies

- ◆ **Daily necessities**
  - flashlight
  - lighter/matches
  - candles
  - portable radio
  - batteries
  - emergency medical supplies, usual medication
  - blankets and waterproof sheets
  - work gloves
  - towels
  - helmet or protective headgear
  - rope, etc
  - knife/can-opener
- ◆ **Food and Drink**
  - potable water
  - food
- ◆ **Clothing**
  - socks and underwear
  - rainwear
- ◆ **Valuables**
  - cash (coins for payphones)
  - copy of your health insurance card
  - passport
  - residence card
  - bankbook
  - cellphone

## Survival supplies

- food: 3 days' worth of non-perishables, canned goods, candies, etc
- potable water: 3 liters per person per day
- miniature burner/stove, miniature propane tanks
- plastic containers
- toiletries
- cellphone batteries
- blankets/sleeping bag
- ★ households with infants should also prepare milk and diapers

## ☁ When there is a storm or flood

- ◆ Check your home and reinforce any areas that need it.
- ◆ Secure any garbage or plants, or bring them inside.
- ◆ Remove any mud or trash from your drains and downspouts around the house.
- ◆ If there is a risk of flood, place your furniture and electronics as high up as possible.
- ◆ In case of a blackout, keep a flashlight and portable radio on hand.

## 🌀 When there is a typhoon

There are many typhoons in summer and fall in Japan. There will be heavy rain and strong winds, so beware of floods or landslides.

- ◆ Do not go outside when there is heavy rain or strong winds.
- ◆ Close shutters and storm doors.
- ◆ Stay away from the ocean, rivers, irrigation ditches, and anywhere else the ground could shift.
- ◆ Pay attention to the weather updates and evacuate if an evacuation advisory or order is given.

## 🌀 Preparing for a tornado

Tornadoes are most frequent during typhoon season, especially September. Tornadoes are powerful whirlwinds with strong updrafts that occur with cumulonimbus (thunder clouds) with heavy rain. As a tornado approaches the wind will get stronger and the sky will go dark. There will be rain, lightning, and large hail. Also, you may hear a sound like a jet engine, and feel pain in your ears from the sudden changes in air pressure.

### • If you are outside

- ◆ If you notice the signs of a tornado (hail, jet engine sound) evacuate quickly to the closest sturdy building. If there are no sturdy buildings nearby, hide in a nearby ditch or pit and protect your head and neck with both arms.
- ◆ Do not seek cover in a light building like a garage, shed, or prefab home.
- ◆ Do not cross bridges or causeways.
- ◆ Watch out for flying objects.

### • If you are inside

- ◆ Go to an underground room, the lowest room in the building, or a room at the center of the building without windows. Close shutters, storm doors, curtains, and windows, and stay away from the doors, windows, and corners of rooms.

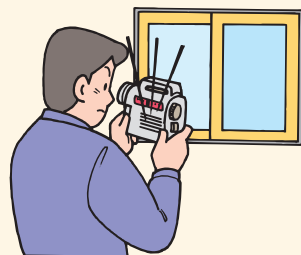
## ▶▶▶ Preparation for other disasters ◀◀◀

## ☢ In case of a nuclear accident

There is a nuclear power facility in Ibaraki. Be prepared on the off-chance there is an accident.

### • If an accident happens

- ◆ Get accurate information from the tv, radio, disaster prevention wireless system, patrol cars, etc.
- ◆ Do not act rashly; stay indoors until more information comes.
- ◆ Do not be misled by rumors.
- ◆ Try to keep inquiries to a minimum, to avoid impeding disaster prevention efforts.
- ◆ Check your information with people in your neighborhood.



### • If the order to stay indoors is given

- ◆ Close doors and windows, turn off air circulation systems, and make sure air does not enter from outside.
- ◆ If you have come in from outside, wash your face and hands and change your clothes (keep the clothes you were wearing in a plastic bag).
- ◆ If you are outside, wear a mask or firmly cover your mouth and nose with a wet towel or handkerchief to help reduce internal exposure from inhaling radioactive substances.

### ▪ Internal exposure ▪

This refers to radiation exposure inside your body from inhaling air containing radioactive particles, or eating or drinking substances that have been contaminated by radioactive substances.

## 👄 Words used in an emergency

震源 (shingen)	Seismic source – the place where a land-based earthquake occurred
余震 (yoshin)	After-shocks – earthquakes that continue after a big earthquake
暴風雨 (bōfū)	Violent winds and rain – Heavy winds and rain
がけ崩れ (gakekuzure)	Landslides – when the ground or mountains shift and crumble
警報 (keihō)	Warning – a warning when a large-scale disaster is likely to occur
注意報 (chūihō)	Advisory – a notice to alert people to a possible disaster
洪水 (kōzui)	Flood – when the water in rivers overflows
浸水 (shinsui)	Submersion – when buildings and homes are flooded with water
断水 (dansui)	Without water – when you can no longer use the public water system
給水 (kyūsui)	Water distribution – when water is given out to residents in need
安否確認 (anpi kakunin)	Safety confirmation – finding out if the person is safe
ライフライン (life line)	water, electricity, gas, telephone, etc
非常食 (hijōshoku)	Emergency rations – food prepared for use in an emergency
炊き出し (takidashi)	Meal distribution – when food is given out to residents in need
被災者 (hisaisha)	Disaster victim – person who went through a disaster
り災証明 (risai shōmei)	Disaster victim certificate – verification of damage to property due to a disaster (necessary for tax reductions or exemptions)
仮設住宅 (kasetu jūtaku)	Temporary housing – simple, temporarily built housing for those who lost their home in a disaster

## 🏃 When evacuating

### • Things to beware of when evacuating

- ◆ Get out of dangerous areas as soon as possible
- ◆ Keep your belongings to the bare minimum and leave on foot. Do not use a car.
- ◆ Help children, the elderly, the sick or the injured to evacuate as well

### • Types of evacuation information

避難準備情報 (hinan junbi jōhō) Evacuation preparation information	asks the elderly or sick to leave as soon as possible
避難勧告 (hinan kankoku) Evacuation advisory	asks you to evacuate
避難指示 (hinan shiji) Evacuation order	you must evacuate IMMEDIATELY

### ▪ Evacuation site/center ▪

★避難場所 (hinan basho) Evacuation site (a place to evacuate to): school grounds and parks are evacuation sites. These are places you can go temporarily to evacuate after a disaster.

★避難所 (hinanjo) Evacuation center (a place you can live in after evacuating): when it is too dangerous to stay home due to an earthquake or storm/flood, or when lifelines have been severed and you can't live at home, you can live in an evacuation center. Evacuation centers have useful information, food, water, and things you need to survive. Anyone can use an evacuation center.