

For foreigners
Disaster
Prevention
Handbook

Ariake co.,Ltd (Kumamoto)



Introduction

Japan is a country with many disasters.

This book is about what to do in times of disaster.

We do not know when an earthquake will strike and heavy rains and typhoons will

also occur during the time of an earthquake. In 2016, there was a big earthquake that occurred in Kumamoto Prefecture.



Disasters in Japan and other countries ----- 1

Earthquake ----- 2

1. Earthquake intensity ----- 3

2. Earthquake occurrence --- 4

Heavy rain and typhoon -- 6

1. When it rains heavily ----- 7

2. When the wind is strong --- 7

3. During heavy rain or typhoons - 8

fire ----- 9

1. In case of fire ----- 9

2. Prevent fire ----- 11

Prepare for disaster ---- 12

1. What to do before disaster -- 12

2. Things to prepare ----- 13

Evacuation ----- 14

1. Flow of evacuation ----- 14

2. Place to evacuate ----- 16

Useful information ----- 18

1. Multilingual information --- 18

2. Disaster prevention memo --- 19

3. Japanese used in disasters -- 20

Disasters in Japan and other countries

Let's compare disasters in Japan and other countries

Japan

Other country

Typhoon No.19



Indian ocean cyclone



Flooding of rivers



Mekong river flood



Bed soaked



Chao Phraya River floods above floor level





Earthquake

An earthquake is a shaking of the ground.
Japan is a country with many earthquakes. we don't know when or where it will happen.
Earthquakes can occur after earthquakes.

An earthquake causes

Water stops



Electricity stops



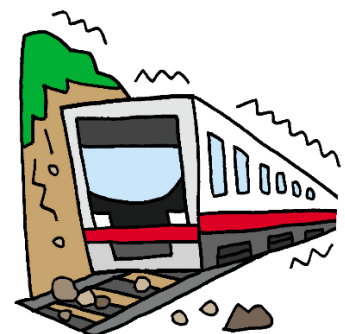
House breaks down






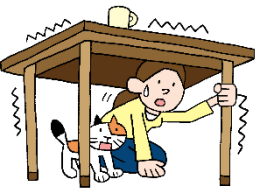

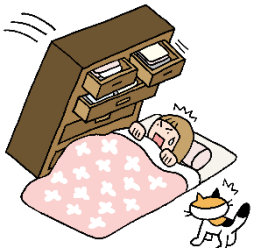




Tsunami



Transportation does not work



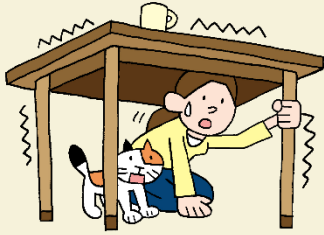
1. Earthquake intensity

	<p>【Seismic intensity 0】 Small earthquake. I didn't notice the shaking.</p>		<p>【Seismic intensity 5 lower】 At the time of very big earthquake people get scared and they hold on to things and hide under desks</p>
	<p>【Seismic intensity 1】 Small earthquake. Most people don't realize it</p>		<p>【Seismic intensity 5 upper】 A very big earthquake. everyone is scared. and It is difficult to stand and move</p>
	<p>【Seismic intensity 2】 Small earthquake. People at home and sleeping time may notice the shaking.</p>		<p>【Seismic intensity 6 lower】 A very big earthquake. It is difficult to stand.</p>
	<p>【Seismic intensity 3】 Big earthquake. people at home notice the shaking. Some people find it scary.</p>		<p>【Seismic intensity 6 upper】 A very big earthquake. We Can't stand. and can't move without crawling.</p>
	<p>【Seismic intensity 4】 Big earthquake. Furniture will shakes. A sleeping person wakes up. And Some people may scared and hide.</p>		<p>【Seismic intensity 7】 A very big earthquake. we can't move.</p>

2. Earthquake occurrence

In the room

Stay away from shelves and windows.
Hide under a table or desk.



The shaking will stop.
Extinguish gas or cigarette flames.



Open the door and make an exit.
Take what you need when you escape.



Wear shoes to avoid injury.
Check your safety outside your home. Then go outside.



Inside the store

Listen to what the shopkeeper says.
Then act.



In the elevator

Press the buttons for all floors.
When the elevator stops
and the door opens,
exit the elevator.



In a train or bus

Do not move immediately.
Listen to what the person in charge says. Then act.



When driving a car

Park your car on the left side of the road.
Stop the engine.
Don't take your car keys.
Run away.



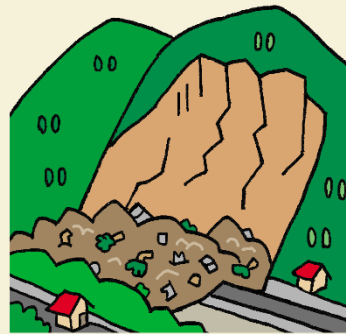
Near the sea

A tsunami is coming.
Escape to high places far from the sea.



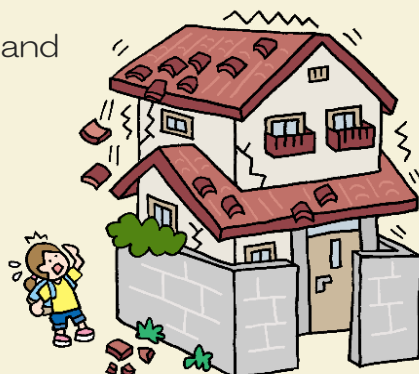
Near the mountain

Mountains and cliffs can crumble.
Evacuate to safety.



Near the building

Buildings will collapse and things will fall.
Leave the building.





Heavy rain and typhoon

Heavy rain

Heavy rain is when it rains more than usual.

Rainy season (June-July) Heavy rain during typhoons.

The water in the river increases and may overflow.

Water can get into your home.

Cliffs can collapse.



Typhoon

Typhoons hit Japan from July to September.

It will rain a lot.

A strong wind blows.

The water in the river increases and may overflow.

Trains, buses, subways, etc. may stop.

Signboards and roof tiles may be blown away by the wind.



※Heavy rain and typhoons can be known in advance.

Always check the weather information on TV or the Internet.

1. when it rains heavily

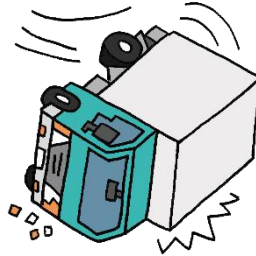
Here's what happens when it rains.

Lightning strike



Lightning strikes.

Gust of wind



A very strong wind blows.

Sediment disaster



Mountains will crumble.

Flood



River water overflows.

Flooding



River water enters the house.

Flooded road



River water flows on the road.

2. When the wind is strong

Here's what happens when it's windy.

Can not walk



Things fly



Things fall



3. During heavy rain or typhoons

- Check the news on TV or the Internet.

Look outside the house.

Place items that are likely to be blown away by the wind inside the building.

Close the windows and shutters and lock them.

- Prepare what you need so that you can escape at any time.

※See page 13 for what you need when escaping.

- Do not go to dangerous places.

It is dangerous to be near rivers, seas and mountains.

- Mountains and cliffs can crumble.

Heavy rains and typhoons soften the soil.

Cliffs can collapse.

People who live near cliffs run away quickly.

Information from the Japan Meteorological Agency

Vigilance level	Information	Meaning/doing
1	Early warning information	It may rain heavily. Collect new information.
2	Heavy rain/flood advisory	The rain will get stronger from now on. Be prepared to run away.
3	Heavy rain/flood alarm	It's raining hard. Please avoid the elderly.
4	Landslide warning information	Mountains will crumble. Everyone please run away to a safe place.
5	Heavy rain special warning	It is life threatening. Please act to save lives.



Fire

1. in case of fire

I. “Fire!” shouts. I will teach people around me.

Residential fire alarm

It makes a loud noise with smoke and heat.

The sound will tell everyone about the fire.

II. Call 119 (Fire Department). Free.

How to call 119.

① 「It's a fire」

② 「0-0-0 00 Ward 00apartment.

It is next to the 00 public hall.」

③ 「00 is on fire.」

④ 「My name is 00.

The phone number is 000-0000.」



III. Put out the fire with a fire extinguisher or water.

If you don't have a fire extinguisher,

beat the fire with a cushion or cover

it with a wet towel or sheet to put out the fire.

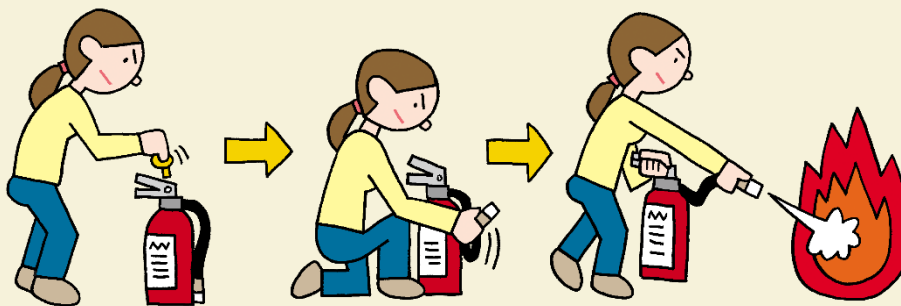
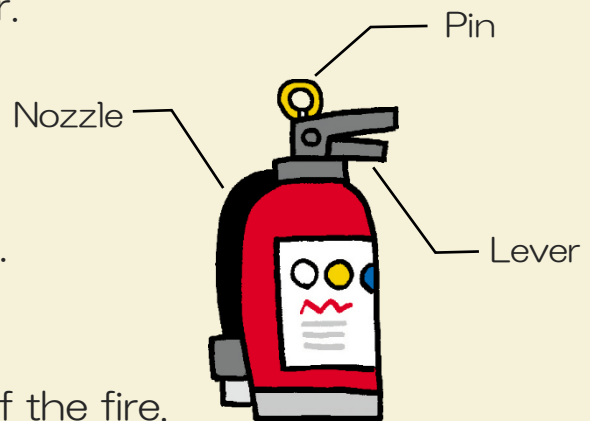


**Do not pour water over oily pots,
kerosene stoves, or electrical appliances.**



How to use a fire extinguisher.

- ② Pull out the pin.
- ② Hold the i of the nozzle.
- ③ Stay about 3 meters away.
- ④ Grab the lever.
- ⑤ Pour toward the bottom of the fire.



IV. If the fire doesn't go out, run away.

Avoid inhaling smoke when escaping.



Smoke contains dangerous gases.

Place a wet handkerchief or towel
over your mouth and nose.

Lower your body and run away.



In tall buildings such as condominiums and department stores, escape by taking the stairs.

Do not use the elevator.

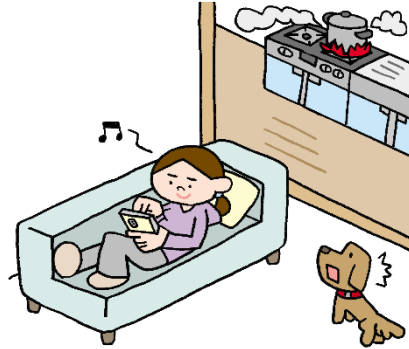
V. Go outside. Do not go back inside the building.

2. To prevent fire

- Don't put anything flammable around your house.



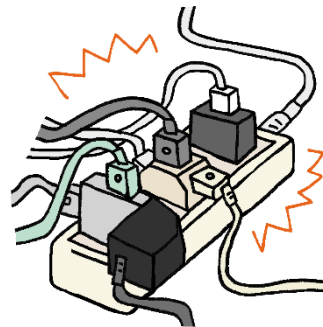
- Turn off the fire when you leave the kitchen.



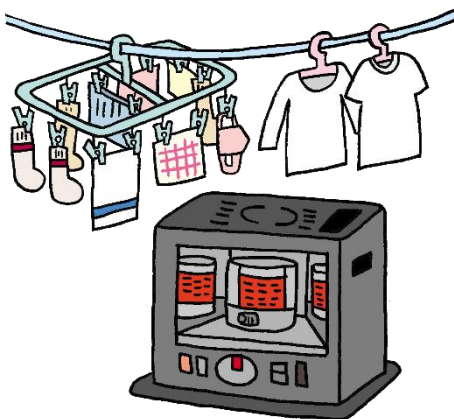
- When you have finished smoking, extinguish the fire.



- Do not connect too many appliances to one outlet.



- Do not place anything flammable near the stove.



- Do not leave matches or lighters near children.



Prepare for disaster

1. What to do before disaster

Talk to family and friends.

Decide where to escape and how to contact you.

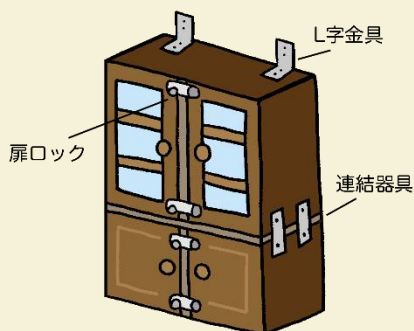
When an earthquake hits, furniture falls over.

Items fall from shelves. The glass will break.

To avoid injury, keep furniture stationary.

Something that keeps furniture from tipping over.

- Tension rod
- Anti-earthquake mat
- L-shaped bracket
- fall prevention plate



Something that keeps the window glass from shattering.

- Shatterproof film



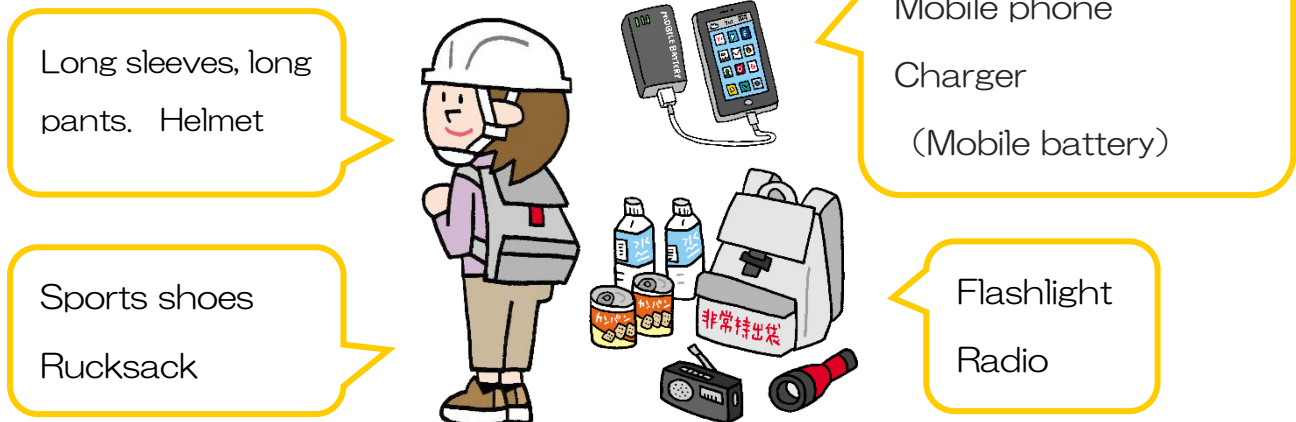
During an earthquake, plates and books fall from shelves.

Do not place heavy objects on the furniture.



2. Things to prepare before a disaster

Prepare what you need when you escape.



※There are other things you need when escaping and things to prepare at home. Prepare water and food for at least 3 days.

Food	Drinking water Food (Something you can eat right away.)	Clothes	Clothes. Underwear. Towel. Rain gear. Cold protection.
Medicine	Medicine to take when you are not feeling well Medicine taken daily	Daily necessities	Tissue paper Battery Blanket Writing utensil Plastic bag slipper
Something important	Money. Cash card. Passbook. Signature stamp. Health insurance card. Identification. Residence card. Passport.		

Prepare the things your family and friends will need.

When there is a pregnant woman.	When there are elderly people.
Sanitary items. Gauze. Exposure. Newborn supplies. Mother and Child Handbook.	Nursing supplies. Dentures.
When you have a baby.	Adult diapers.
Milk. Baby bottle. Disposable diapers.	Commonly used medicines.

To seek refuge

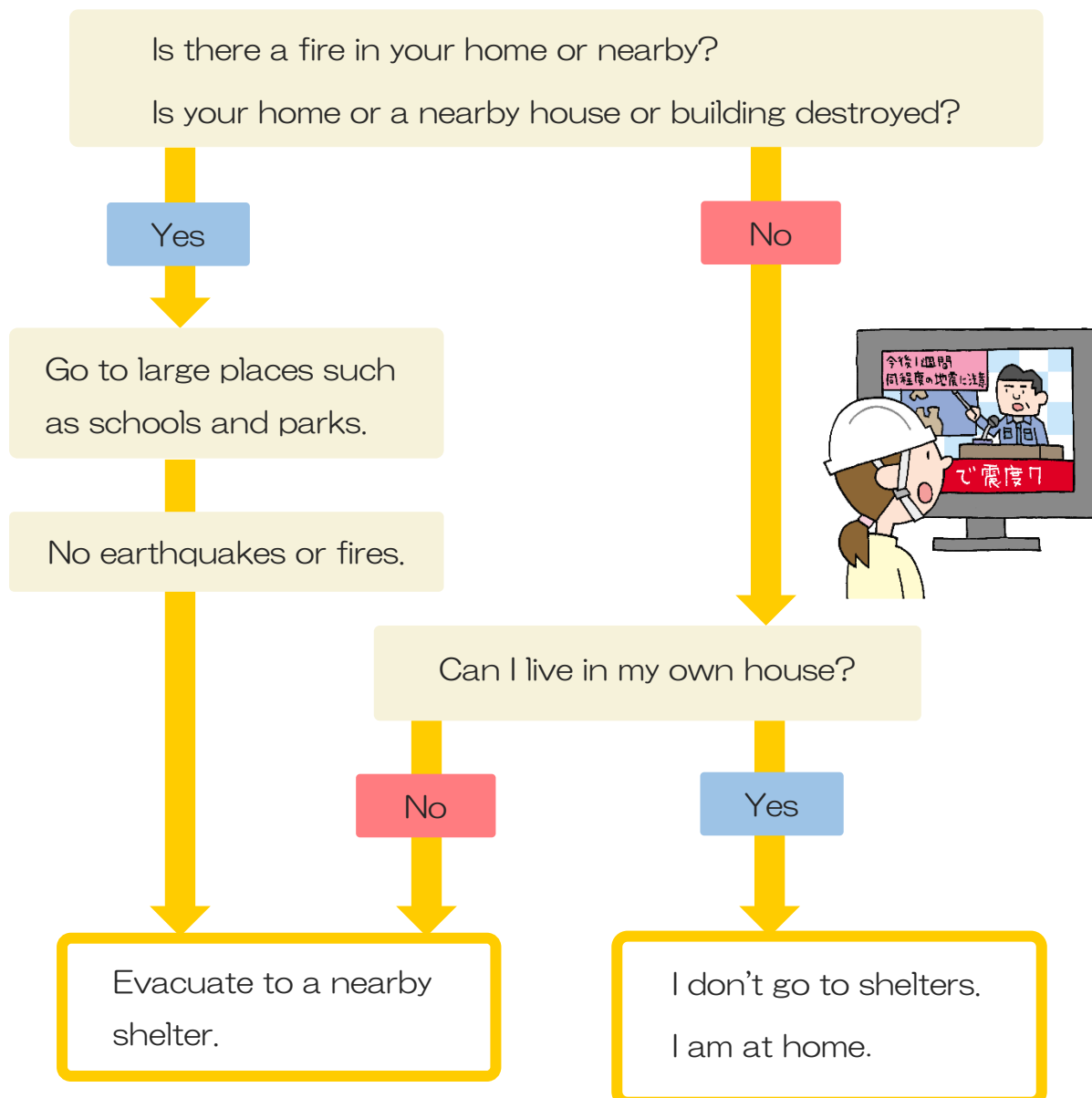
1. Evacuation flow.

Earthquake

An earthquake occurred.
Consider your own safety. Then act.

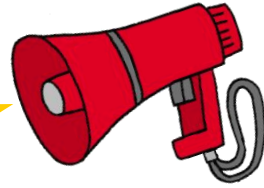


※Watch the earthquake early warning on your mobile phone or TV.



Heavy rain/Typhoon

Heavy rain. A typhoon is coming.
First, we look at the weather
information on TV or mobile
phones.



Do you have weather information such as warnings in your town?

Yes

No

Do you have
evacuation
information?

No

I watch the weather
information all the time.
Prepare to run away.

Yes

Is it dangerous to go to a shelter?
Ex) Water has entered the house.
It's night, so it's dark and you can't see

Yes

No

Evacuate to your home or a
nearby building high up.

Evacuate to a safe place
such as a shelter.



2. place to evacuate

Shelter

A place where everyone can escape in the event of a disaster.

A school or community center near your home.

I live with many people.

● Your shelter.

Check the location of your shelter.

Make a map from your home to the shelter.

Map



What's in the shelter

● blanket



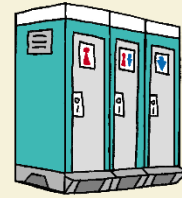
● Water



● Distribution



● Toilet



● Information

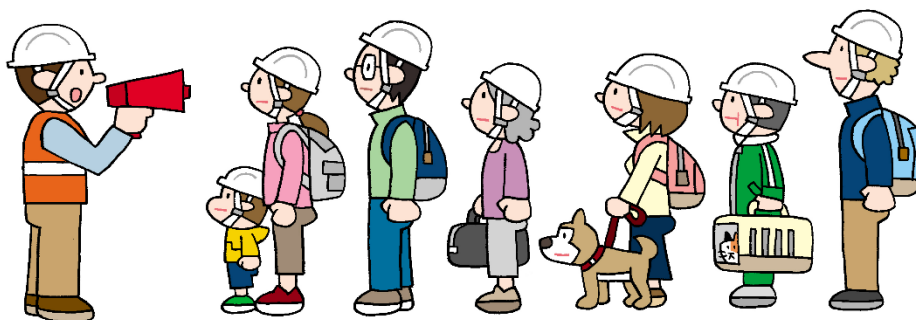


Rules to follow at evacuation shelters

- Ask the people at the shelter where you can use them.
- Do not enter a place used by others.
- Match the times of your life (sleep time, meal time) with those around you.
- Pets (animals) cannot live together.
- We all use the things in the shelter.
- Live with people you don't know. Let's say hello.

Practice to evacuate

Participate in disaster drills (evacuation drills, fire extinguishing drills) at your school, company, or town (near your home).



Useful information

1. Multilingual information useful for disaster prevention

Kumamoto Prefecture Support Center for Foreigners

Tel : 080-4275-4489 <Free.>

open hours : Monday-Friday 8 : 30~17 : 15 <Closed from 12/29 to 1/3.>

- Japanese
- English
- Chinese
- Korean
- Vietnamese
- Nepali
- Indonesian
- Tagalog
- Thai
- Portuguese
- Spanish
- Malay
- French
- Russian
- German
- Italian
- Myanmar
- Khmer
- Mongolian
- Sinhala
- Hindi
- Bengali

Homepage of the Japan Meteorological Agency

You can see weather information such as earthquakes, heavy rains, and typhoons.

NHK WORLD JAPAN

Communicate news from Japan and Asia.
You can see the latest disaster news.
You can use it for 0 yen. (I don't need money)



For Android



For iPhone

Safety tips

We deliver earthquake, tsunami, and heavy rain warnings. This app is for foreigners in Japan.
You can use it for 0 yen. (I don't need money)



For Android



For iPhone

2. Disaster prevention memo

● Name

● My country

● Man • Woman

● Birthday

● Passport number

● Blood type A B O AB

● Residence card number

● Address

● Telephone number

● Company/school name

● Family name

● Company/school phone number

● Family phone number

● Are you sick?

● Places to meet with family in the event of a disaster

● Medicines you take regularly

● Fire fighting : 1 1 9

● Police : 1 1 0

● Embassy :

● Government office :

● Hospital :

This is necessary in times of disaster.

Write your own and keep it.



3. Japanese used in times of disaster

Earthquake early warning	A few seconds before a strong tremor will come.
Aftershock	A small earthquake after a big one.
Earthquake intensity	Magnitude of the shaking of an earthquake.
Tsunami	Very big and fast waves.
Collapse	Collapse of a house or building.
Storm	Very strong wind and rain.
Storm area	A place where very strong winds blow during a typhoon.
Flooding	Water entering the house.
Submergence	Water entering the road.
Fire	Burning of houses and things.
Evacuation	Escape to safety.
Blackout	Electricity goes out.
Water outage	Water becomes unusable.
Suspension	Electricity, gas, and water cannot be used.

Japanese used in announcements from the Japan Meteorological Agency.

Advisory	A disaster is likely to occur.
Alarm	A great disaster will occur.
Special warning	Very dangerous.

