

Permanent
Edition

Disaster Prevention Handbook

Act now!

Important points that we learned from
the 2016 Kumamoto Earthquake
and the July 2020 heavy rains

Kumamoto Prefecture



Introduction



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Governor,
Kumamoto Prefecture

Kumamoto Prefecture has been hit by major disasters, including the 2016 Kumamoto Earthquake and the July 2020 heavy rains.

In order to minimize damage when a large-scale disaster occurs, not only is “public assistance” from the government important, but “self-help” (protecting oneself) and “mutual assistance” (helping each other in the community) are also important.

To ensure personal safety from wind, floods, and landslides in particular, preventive evacuation is effective while there is still light outside and before the wind and rain intensify.

This Disaster Prevention Handbook clearly summarizes the characteristics of each disaster and key evacuation actions, as well as the disaster preparations you should make on a daily basis.

Please make use of this handbook for disaster prevention activities.

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Scan the QR code on the right with
your smartphone to check the latest
information from the **Kumamoto**
Disaster Prevention Portal.



Protect Yourself from Wind and Flood Damage

The basic measures are to collect information and evacuate early.



Kumamoto Prefecture has repeatedly suffered damage from typhoons and heavy rains. Unlike earthquakes, typhoons and heavy rains can be predicted in advance, so it is important to collect information and evacuate early.

This is how wind and flood damage occurs! —The Mechanism of Wind and Flood Damage

When torrential rain is likely to occur!

- When a **stationary front** is **present** (especially at the end of the rainy season)
- When a **typhoon** is **approaching** or has made **landfall**
- When atmospheric conditions are unstable and **thunderclouds** are **forming** one after another (especially during summer when the sun is strong)

What happens when torrential rain occurs?

- Rivers rise and may **overflow**.
- **Flooding above and below floor level** may occur.
- **Roads may become flooded**.
- Drains and sewer pipes may overflow, causing **water to flow into underground spaces, etc.**



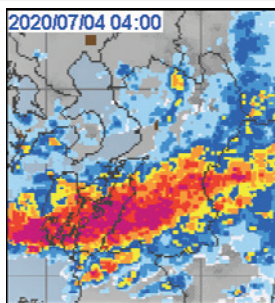
Examples of wind and flood damage

[Kumamoto Flood]
July 12, 2012



[July 2020 heavy rains]
July 4, 2020

Weather radar image
(July 4, 2020)



Occurrence of linear precipitation band

The linear precipitation band that brought record-breaking rain to the Kuma River basin on July 3 to 4 was approximately 280 km long and lingered for 13 hours, making it the largest and longest-lasting linear precipitation band to occur in Kyushu since 2009.

Source: Meteorological Research Institute website
https://www.mri-jma.go.jp/Topics/R02/021224-2/press_021224-2.html

Daily preparation

Collect disaster prevention information.

- Alert Level 4 Urgent Warnings and Alert Level 3 Warnings issued by the Meteorological Observatory
- Evacuation information issued by municipalities, etc.

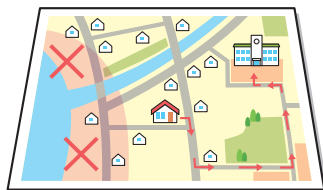
Collect Disaster Prevention Information.

→ See page 23.



Check dangerous areas and evacuation routes in the area.

- Check the hazard map created by your municipality to identify and confirm dangerous areas (such as areas that have flooded in the past) and evacuation routes in your area in advance.



When the rain looks like it's going to get worse...

Evacuate early as a precaution!

- At night or during heavy rain, evacuation itself can be dangerous. If heavy rain is expected, be sure to **take precautions and evacuate during daylight hours before the rain starts in earnest!**
- In preparation for heavy rain and typhoons, create a "Timeline" that summarizes the timing of when to start evacuating and evacuation actions to take according to the five alert levels (next page).

Important points to note when evacuating

- 1 **Wear safe and comfortable clothing.**
*Rubber boots are strictly prohibited as they become difficult to move in when water accumulates!
- 2 **Watch your step.**
*The generally accepted walking depth is 70 cm for adult men and 50 cm for adult women. Fast-flowing water can be extremely dangerous.
*Be careful of manholes, gutters, etc.
- 3 **Call out to your neighbors and evacuate.**
- 4 **Carry sick and elderly people on your back to evacuate.**
- 5 **Adults should hold children's hands or put life jackets on them.**

If evacuation is dangerous

- Evacuate to **the safest place possible, such as the second floor** of a building.

My Timeline

A personal disaster prevention action plan for each individual that summarizes evacuation actions and preparation in advance to protect oneself from natural disasters such as heavy rain and typhoons



You can create a "My Timeline" on your PC or smartphone. A tutorial featuring Kumamon and a disaster relief specialist is also available.

DANGER!

The following actions are extremely dangerous during strong winds and rain, such as during a typhoon. **Absolutely do not do them!**

- Go and check on the fields.
- Climb onto the roof to work.
- Go and look at the rivers or the sea.



Protect Yourself from Wind and Flood Damage

Make use of the five alert levels.

- The alert levels are divided into five levels and inform residents of the actions they should take in preparation for floods and landslides, based on disaster prevention information such as evacuation notices issued by municipalities and disaster prevention and weather information released by the Japan Meteorological Agency and other organizations. It is important to regularly check the actions you should take according to the alert level.
- Moreover, use a disaster prevention map (hazard map) distributed by your municipality to check the disaster risk at your home and determine evacuation destinations and routes.

Alert Level	Situation	Action residents should take	Information that encourages residents to take action	Disaster prevention weather information (Equivalent to Alert Levels)
5	Disaster has occurred or is imminent.	Life-threatening danger. Ensure safety immediately!	Emergency Safety Measures ^{*1} (issued by the municipality)	Level 5 Emergency Warning (Heavy rain) Level 5 Emergency Warning (Landslide) Level 5 Emergency Warning (Flood) Level 5 Emergency Warning (Storm surge) [Storm Emergency Warning ^{*2}]
– Be sure to evacuate while the alert level is 4 or below.				
4	High risk of disaster	Everyone should evacuate from dangerous areas.	Evacuation Instruction (issued by the municipality)	Level 4 Urgent Warning (Heavy rain) Level 4 Urgent Warning (Landslide) Level 4 Urgent Warning (Flood) Level 4 Urgent Warning (Storm surge)
3	Risk of disaster	Elderly people and others should evacuate from dangerous areas. • People who require special consideration and take longer to evacuate (elderly people, people with disabilities, expectant and nursing mothers, infants, etc.) and their caregivers should evacuate. • People other than the elderly should also evacuate voluntarily if they feel they are in danger.	Evacuation of the Elderly, Etc. (issued by the municipality)	Level 3 Warning (Heavy rain) Level 3 Warning (Landslide) Level 3 Warning (Flood) Level 3 Warning (Storm surge) [Storm Warning ^{*2}]
2	Worsening weather conditions	Check your evacuation actions.	Level 2 Advisory (Heavy rain) Level 2 Advisory (Landslide) Level 2 Advisory (Flood) Level 2 Advisory (Storm surge) [Gale Advisory ^{*2}]	Level 2 Advisory (Heavy rain) Level 2 Advisory (Landslide) Level 2 Advisory (Flood) Level 2 Advisory (Storm surge) [Gale Advisory ^{*2}]
1	Weather conditions likely to worsen in the future	Improve disaster preparedness.	Early Warning Information	Early Warning Information

(Created by Kumamoto Prefecture based on the "Guidelines for Evacuation Information" published by the Cabinet Office in March 2026)

*1 Alert Level 5 is not always issued because municipalities may not fully grasp the extent of the disaster.

*2 "Storm Emergency Warning," "Storm Warning," and "Gale Advisory" are listed for reference only.

<Relationship between the five alert levels and evacuation actions>

If your municipality issues Alert Level 4 "Evacuation Instruction" or Alert Level 3 "Evacuation of the Elderly, Etc.," take the necessary evacuation actions based on the "Action residents should take." Even if your municipality has not issued an "Evacuation Instruction" or "Evacuation of the Elderly, Etc.," check the disaster prevention and weather information that has been released to see which alert level it corresponds to, and make your own decision about evacuation. Also, try to evacuate while it is still light outside as a precaution.

Protect Yourself from Landslide Disasters

Pay attention to information about life-threatening heavy rain disasters and evacuate early!



Landslides can cause serious, life-threatening damage. Particular caution is required during the rainy season or typhoons when heavy rain falls in a short period of time. Let's evacuate early.

This is how landslides occur! —The Mechanism of a Landslide

- Landslides are caused by heavy rain, melting snow, earthquakes, volcanic eruptions, and other factors.
- Particular caution is required **during periods of heavy rain**, such as the rainy season and typhoons.
- Excessive caution is required if **rainfall exceeds 20 mm per hour** or **100 mm after rain begins**.

CAUTION!

Take special precautions if you live at the foot of a cliff or mountain!!

Types of landslides

Debris flow



This is a phenomenon in which stones, soil, and sand are carried downstream all at once along with the water due to prolonged or torrential rain.

- Mountain rumbling is heard.
- The river suddenly becomes muddy and filled with driftwood.
- It smells earthy.
- The river level is dropping even though it continues to rain.

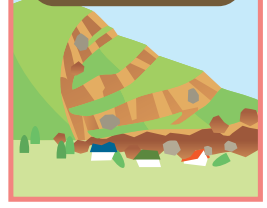
Cliff collapse



This is a phenomenon in which a slope suddenly collapses due to prolonged or torrential rain.

- Water gushes out from the cliff.
- Cracks appear in the cliff.
- Small stones fall from the cliff.
- Strange sounds such as tree roots breaking can be heard from the cliff.
- Trees lean.

Landslide



This is a phenomenon in which groundwater seeps into slippery clay-like ground, causing the ground to begin to move.

- The water in streams and wells becomes cloudy.
- Cracks appear in the ground.
- Water gushes from the slope.
- Cracks appear in houses and retaining walls.
- Trees, retaining walls, and utility poles lean.



Protect Yourself from Landslide Disasters

Examples of landslide disasters

Many landslides have occurred in Kumamoto Prefecture.

Year of occurrence	Disaster name	Overview
2003	Heavy Rain in the Southern Part of Kumamoto Prefecture in July 2003	Debris flow disaster occurred in the Fukagawa Shinyashiki and Hogawachi Atsumari Districts of Minamata City. (19 deaths)
2012	Kumamoto Flood	River flooding and landslides occurred mainly in the Aso region. (25 dead and missing)*
2020	July 2020 heavy rains	The Kuma River flooded and landslides occurred mainly in the southern part of the prefecture. (67 dead and missing)*

* Including deaths and people missing due to causes other than landslides

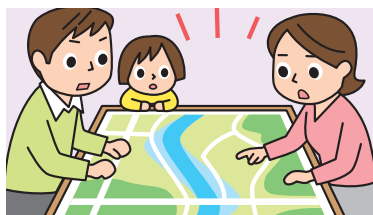


Teno District, Ichinomiya Town, Aso City
July 12, 2012

- Due to heavy rain and thunder in the middle of the night, it was difficult to take evacuation action. Evacuate early before the rain gets heavier.

Daily preparation and early evacuation

- It is important to stay in a room away from the mountain (slope) or on the second floor on a daily basis.
- Check the hazard map (disaster prevention map) created by your municipality to see if your home is in a landslide warning area or similar.
- Check emergency evacuation site and evacuation routes.
- In preparation for heavy rain and typhoons, create a "My Timeline" that summarizes the timing of when to start evacuating and evacuation actions to take according to the five alert levels (page 5).
- Collect weather information from TV, radio, the internet, etc.
- Check Kikikuru for heavy rain and landslide warnings online.
- Evacuate early as a precaution to a safe place, such as an evacuation shelter or a relative's home, while it is still light outside.



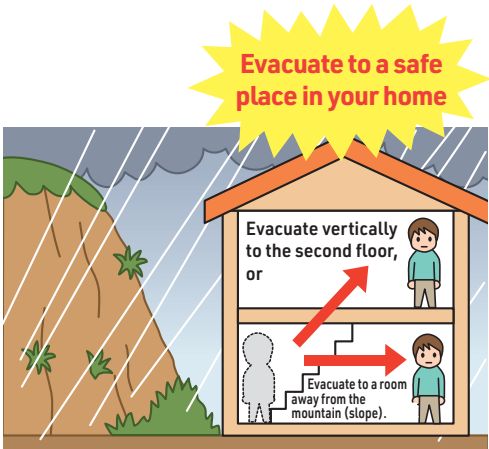
Evacuate without hesitation...

If a Level 3 Warning (Landslide) or Level 4 Urgent Warning (Landslide) is issued, evacuate regardless of the evacuation information from your municipality.

In emergencies where you cannot go outside to evacuate due to heavy rain in the middle of the night, etc.

- Evacuate vertically to a safe height indoors, such as the second floor or higher, or to a room as far away from the mountain (slope) as possible.

Alert Level	Situation	Action residents should take	Information that encourages residents to take action (issued by the municipality)	Disaster prevention weather information (Equivalent to Alert Levels)
4	High risk of disaster	Everyone should evacuate from dangerous areas.	Evacuation Instruction	Level 4 Urgent Warning (Landslide)
3	Risk of disaster	Elderly people and others should evacuate from dangerous areas.	Evacuation of the Elderly, Etc.	Level 3 Warning (Landslide)



Check landslide warning areas.

- The Landslide Information Map lists areas (commonly known as red zones and yellow zones) that may pose a risk to life or limb if a landslide occurs due to heavy rain or other factors.
- You can also check this information on the Kumamoto Disaster Prevention Portal (page 24).



Kumamoto Prefecture Landslide Information Map

Search

Protect Yourself from Earthquake Disasters

Daily preparation
is important.



Japan is one of the world's most earthquake-prone countries, and has been hit by earthquakes many times, causing great damage. Earthquakes can occur suddenly, so it is important to be prepared on a daily basis.

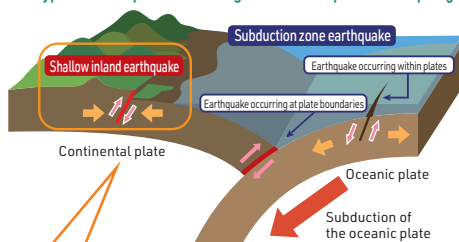
This is how earthquakes occur!

—The Mechanism of an Earthquake

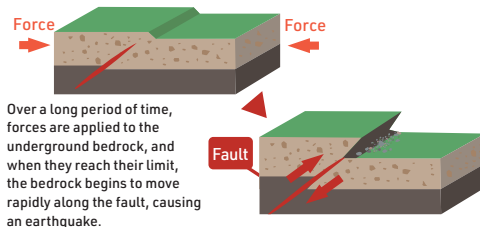
Japan is one of the world's most earthquake-prone countries.

- Japan accounts for less than 0.3% of the world's land area, but approximately 10% of the world's earthquakes occur in Japan and its surrounding areas.
- Earthquakes that occur at or near plate boundaries in ocean trenches or troughs are called **subduction zone earthquakes**, while earthquakes that occur in shallow parts of continental plates are called **shallow inland earthquakes**.
- Earthquakes occur suddenly, so it is difficult to know exactly when and where they will occur.

Types of earthquakes occurring around the Japanese archipelago



Mechanism of a shallow inland earthquake



Examples of earthquake disasters

There are also active faults in Kumamoto Prefecture.

(Futagawa Fault Zone, Hinagu Fault Zone, Southern Boundary Fault of the Hitoyoshi Basin, etc.)

- Japan has been hit by numerous earthquakes in the past, causing great damage.
- Kumamoto Prefecture has also experienced deaths and injuries due to earthquakes.
- A fault that has repeatedly caused earthquakes in the past and is expected to cause earthquakes in the future is called an active fault.
- Kumamoto Prefecture also has active faults, so preparation is necessary.

[Major earthquake disasters in Kumamoto Prefecture (since the Meiji era)]

July 28, 1889

Location: Near Kumamoto

Earthquake scale: M6.3

April 14 and 16, 2016

Location: Kumamoto region

Earthquake scale: M6.5 (Apr. 14), M7.3 (Apr. 16)

Maximum seismic intensity: 7 (Apr. 14), 7 (Apr. 16)



Daily preparation

Being prepared reduces the risk.

Secure furniture.

- Securing furniture is an earthquake prevention measure that you can take right now. **Securely fasten your furniture to prevent it from tipping over or moving.**
- Arrange your furniture carefully to avoid being trapped inside your home.
- Apply **shatterproof film to glass windows.**



Firefighting preparation

- Keep a fire extinguisher ready in case of a fire.

Earthquake-proof your home

- Have your home inspected for earthquake resistance and make any necessary reinforcements.

Family discussions

- Decide **how you will check on each other's safety** if you become separated.
- Check evacuation destinations and routes.
- Attend lectures and other events on disaster prevention with your family.

If an earthquake occurs...

Put your personal safety first.

When you are indoors

- If you feel shaking, **first take cover under a sturdy desk or table.**
- **Remain calm and do not rush outside** until the shaking stops.
- Once the shaking stops, **calmly put out any fires.**
- **Wear slippers or shoes when moving around** to avoid stepping on broken glass.

When you are outdoors

- Protect your head with a hand baggage, briefcase or other belongings, and evacuate to a safe place such as a park or a vacant lot **where there is no risk of falling objects.**

When you are driving a car

- Gradually slow down and **slowly pull over to the left side of the road.**
- When leaving your vehicle, leave the key inside in a visible place and evacuate on foot.

When you are on a train or bus

- When sitting in a seat, **protect your head and keep your body low.**
- When standing, **hold on tightly to a strap or handrail** to avoid falling.



Protect Yourself from Earthquake Disasters

The moment the earthquake occurs

It is difficult to make appropriate decisions at the moment an earthquake occurs.

- When an earthquake occurs, your body stiffens and your mind goes blank, making it difficult to make appropriate decisions. It is important to anticipate what actions you should take by discussing it with your family and participating in disaster prevention drills.



Protecting your life is the top priority.

- Strong shaking can cause furniture to tip over and trap you underneath, or cause you to be hit directly in the head by falling objects such as window glass, which can result in injury or even death. While observing your surroundings, thoroughly follow three safety actions (Drop, Cover, and Hold on) and act with the utmost priority on protecting your own life and the lives of your family.



What not to do in the event of an earthquake

- Do not light a fire as there is a risk of gas igniting and exploding.
- Do not touch any electrical switches as there is a risk of fire or explosion.
- Telephone lines will be overwhelmed, so refrain from making non-essential phone calls immediately after a disaster.
- Rescue operations should be carried out by multiple people rather than just one person, as there is a risk of injury.
- Do not turn on the circuit breaker to prevent the possibility of fire.
- Do not use elevators as there is a risk of being trapped inside.
- Do not walk barefoot in the room as there is a risk of injury.
- Do not use a car to evacuate as it will obstruct the passage of emergency vehicles.

10 Earthquake Rules



If a major earthquake occurs, remain calm and act accordingly!

1

Protect yourself first!

Strong earthquake shaking can last for more than one minute. Hide under a table or desk and protect your head.

6

Watch out for landslides, cliff collapses, and tsunamis!

People living in areas prone to disaster should evacuate quickly.

2

Put out any fires quickly!

A small fire can lead to a major disaster. It is important to extinguish the fire early. Be careful not to get burned.

7

Evacuate on foot and keep belongings to a minimum!

Using a car will cause traffic jams and hinder firefighting and rescue efforts.

3

Open the door and secure the exit!

Securing an exit for evacuation is important. To prevent secondary disasters, turn off the main valves for electricity, gas, and water before evacuating.

8

Pull over and park your car to the left!

Listen for information on your car radio and act accordingly. Leave your key in a visible place and be careful not to get in the way of emergency vehicles.

4

Don't rush outside in a panic!

Check your surroundings and act calmly.

9

Follow the instructions of staff at department stores, theaters, etc.!

Disasters in crowded places tend to cause panic. Don't make selfish decisions.

5

When outdoors, move away from anything dangerous!

Concrete walls may collapse, and window glass and signs may fall.

10

Don't be fooled by rumors!

Make sure to get accurate information from TV and radio as well as from the local municipality, fire department, police, etc.

Protect Yourself from Tsunami Disasters

The golden rule
is to evacuate
immediately!

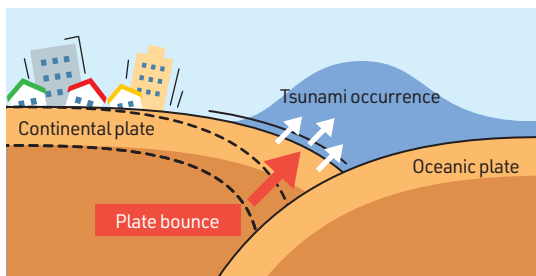
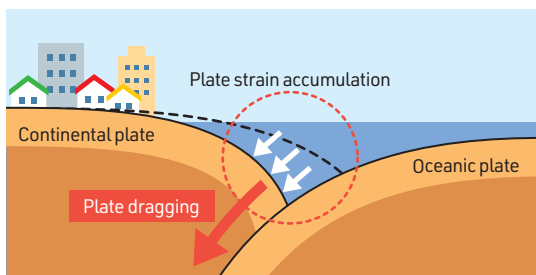


As a country surrounded by the sea, Japan has been hit by large tsunamis many times in the past. If an earthquake occurs, be aware of tsunamis and be prepared to evacuate quickly.

This is how tsunamis occur! —The Mechanism of a Tsunami

If an earthquake occurs, beware of tsunamis!

- When a large earthquake occurs under the seabed, the sea floor rises and sinks.
- This causes the sea level to change, generating large waves—called tsunamis—that spread in all directions.
- Tsunamis can wash up onto land or travel up rivers, causing great damage.



Examples of tsunami disasters

Kumamoto Prefecture has also been hit by tsunamis.

- Japan is surrounded by the sea and has been hit by tsunamis many times in the past, causing great damage.
- Kumamoto Prefecture, which faces the sea, has also suffered damage from tsunamis, and memorial towers and monuments have been erected to convey the devastation of those times.
- Kumamoto Prefecture has large areas at sea level that are at high risk of being flooded by tsunamis, so preparation is necessary.

[Major tsunami disasters in Kumamoto Prefecture]

June 6, 744

Tsunami type: Tsunami caused by a nearby earthquake along the coast
Tsunami height: Unknown
Major damage: Over 1,520 people lost, over 290 rice fields and over 470 houses destroyed
Main areas: Amakusa, Ashikita, Yatsushiro

May 21, 1792

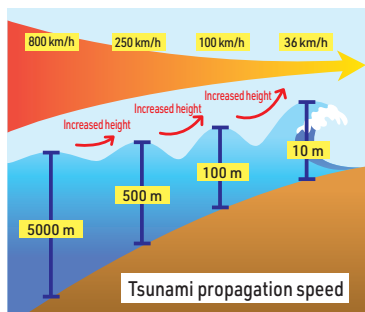
Tsunami type: Tsunami caused by the collapse of Mt. Mayuyama (Shimabara Catastrophe)
Tsunami height: Approx. 10 to 20 m
Major damage: Approx. 5,100 deaths
Main areas: Tamana, Kumamoto, Uto, Amakusa

Daily preparation

Being prepared reduces risks.

Understand the characteristics of tsunamis.

- The deeper the ocean, the faster a tsunami travels, reaching **jet-like speeds in deep water**.
- The height of a tsunami is affected by the coastal and seabed topography and can be **higher than expected**.
- **Tsunamis can strike twice or even three times**. Also, the first wave is not always the largest.
- **Tsunamis can occur even when the earthquake shaking is small**.



Preparation for evacuation

- **Make sure to check the location of evacuation destinations, high ground, and evacuation routes.**
- **Prepare emergency supplies** so that you can take them immediately in the event of an evacuation.



When a tsunami is likely to occur

Evacuation key points

- **Once the shaking from the earthquake subsides, immediately evacuate to higher ground or a tsunami evacuation site.**
- **Evacuate to a place "higher" rather than "farther" from the coast.**
- **As there is a risk of being caught in a tsunami while stuck in traffic, evacuate on foot rather than by car, in principle.**
- **Tsunamis strike repeatedly, so even after evacuating, do not let your guard down and be on the lookout for second and third waves.**
- **Obtain accurate information** from TV, radio, disaster prevention radio, etc.





Protect Yourself from Tsunami Disasters

Types of tsunami warnings and advisories

Type	Issuance criteria	Announced tsunami height		Potential damage and actions to be taken
		Announcement in numerical values (Classification of predicted tsunami height)	Announcement in the case of a major earthquake	
Major Tsunami Warning	When the maximum expected tsunami wave height is over 3 m at its highest point	Over 10 m (10 m < Expected height)	Huge	A huge tsunami will hit, destroying or washing away wooden houses, and sweeping people away in the tsunami's currents. People living along the coast or rivers should immediately evacuate to higher ground, evacuation buildings, or other safe places.
		10 m (5 m < Predicted height ≤ 10 m)		
		5 m (3 m < Predicted height ≤ 5 m)		
Tsunami Warning	When the maximum expected tsunami wave height is over 1 m but not more than 3 m at its highest point	3 m (1 m < Predicted height ≤ 3 m)	High	A tsunami will hit low-lying areas, causing flooding. People will be caught in the tsunami's currents. People living along the coast or rivers should immediately evacuate to higher ground, evacuation buildings, or other safe places.
Tsunami Advisory	When the maximum expected tsunami wave height is over 0.2 m but not more than 1 m at its highest point, and there is a risk of disaster caused by a tsunami	1 m (0.2 m < Predicted height ≤ 1 m)	(Not indicated)	In the sea, people can be caught in fast currents, aquaculture rafts can be washed away, and small boats can capsize. Anyone in the water should get out of the water immediately and move away from the shore.

*A major tsunami warning is classified as an emergency warning. For information on emergency warnings, see page 25.

The lesson of Tsunami Tendenko

The Sanriku coast of the Tohoku region has experienced many large tsunamis in the past, and there is a local saying called "Tsunami Tendenko." This proverb teaches us that when a tsunami hits, you must flee immediately and single-mindedly without worrying about others—in other words, "Every person for themselves"—because only by doing so will you be saved.

Protect Yourself from Storm Surge Disasters

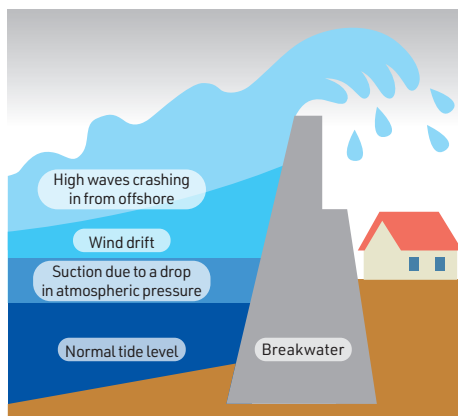
Collect information
and evacuate early!



Kumamoto Prefecture has suffered significant damage from storm surges in the past. To prevent such tragedies from happening again, please prepare for storm surges by keeping the following points in mind.

This is how storm surges occurs! —The Mechanism of a Storm Surge

- A storm surge is a phenomenon in which sea levels rise significantly higher than normal as a typhoon or low pressure system approaches.
- This phenomenon can be broadly divided into two causes: 1) suction due to a drop in atmospheric pressure and 2) wind drift. When atmospheric pressure drops by 1 hectopascal, the sea surface is suctioned up at a rate of about 1 cm. Moreover, when strong winds hit, seawater is blown downwind, generating large waves at the same time (see diagram on the right).



Examples of storm surge disasters

[Shiranui Storm Surge Disaster] September 24, 1999 (Typhoon No. 18)

- Typhoon No. 18, which passed through the Amakusa Islands and made landfall in northern Kumamoto Prefecture, caused severe storm surge damage around the Yatsushiro Sea.
- When the typhoon passed (central pressure 940–950 hPa), the suction effect of a drop in atmospheric pressure caused the sea level to rise by approximately 70 cm. In addition to the wind's drifting effect, the fact that it coincided with a spring tide meant that the overall tide level was **3.5 m higher than normal**.
- As a result, seawater suddenly flowed into low-lying areas in the Matsuai District of the former Shiranui Town (now Uki City), resulting in the loss of 12 precious lives.



Damage in the Matsuai District
hit by the storm surge (Former Shiranui Town)



Protect Yourself from Storm Surge Disasters

Daily preparation

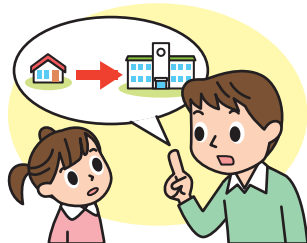
Understand the risk of storm surges.

- Be aware of any dangers in your surroundings, such as your home, workplace, or school, including whether there have been any past incidents of damage.

Check evacuation destinations and routes.

- Carefully check disaster prevention information provided by your municipality, such as hazard maps (disaster prevention maps), regarding evacuation destinations and routes.

It is important to discuss evacuation methods with your family in case of an emergency!



When a storm surge is likely to occur

It is important to collect a variety of information and evacuate early.

Understand the risk of disasters (when a typhoon, etc. is approaching).

- Make an effort to obtain information such as storm surge warnings issued by the meteorological agency.

Pay attention to evacuation information.

- Pay attention to evacuation information (evacuation instructions, etc.) issued by the local municipality.

Early evacuation is important.

- High tides can cause **sudden flooding**. Pay attention to information about typhoons and heavy rain, and evacuate as early as possible.
- High tides **may reach heights that are normally unpredictable**. Evacuate to a location with sufficient height (such as nearby high ground).
- **Coasts and rivers are dangerous**. Stay away from them!

Evacuate when the alert level reaches 3!

If you sense danger, evacuate immediately!



Protect Yourself from Volcanoes (Eruption)

Accurately understand information about volcanoes!

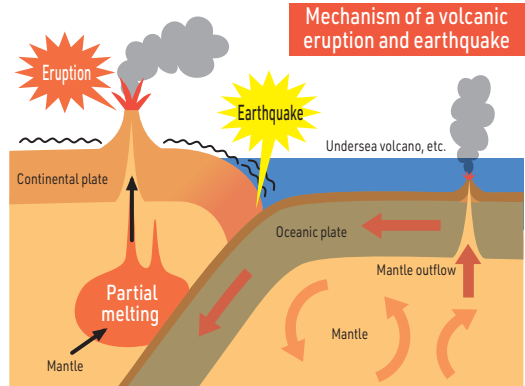


Japan is one of the world's most volcanic countries, with 111 active volcanoes. One of these is Mt. Aso, which has erupted many times in the past and is still an active volcano today.

This is how eruptions occur!—the Mechanism of an Eruption

Mechanism of eruption

- Volcanic eruptions are closely related to the movement of continental and oceanic plates and the underground mantle. (See the diagram on the right.)
- The mantle deep underground is made of high-temperature rock, some of which melts and becomes magma.
- This magma (molten rock) is compressed by plates (solid rock) and rises toward the surface of the earth.
- This is the mechanism of an eruption.



Examples of eruption disasters

[Unzen and Fugendake Eruption Disaster in Shimabara]

Start of eruptive activity: November 17, 1990

Case study of the Unzen and Fugendake Eruption Disaster in Shimabara

- On November 17, 1990, the volcano began erupting for the first time in 198 years. This series of eruptions, preceded by precursory seismic activity lasting approximately one year, led to a phreatic explosion.
- Followed by six months of plume activity, this developed into lava eruptions lasting three years and nine months, forming a huge lava dome. This lava dome was extremely unstable, causing localized collapses and frequent pyroclastic flows.
- Pyroclastic flows occurred thousands of times, destroying 820 houses and claiming 44 precious lives.



Pyroclastic flow

Mt. Aso in Kumamoto Prefecture has also experienced eruption disasters in the past.

- June 1958 12 people killed by volcanic rocks
- September 1979 3 people killed and 11 people injured by volcanic rocks



Protect Yourself from Volcanoes (Eruption)

Volcanic alert levels and responses (evacuation actions)

Have an accurate understanding of information about volcanoes and act calmly!

- The Japan Meteorological Agency began issuing volcanic warnings and volcanic forecasts, as well as volcanic alert levels (see the table below) from December 1, 2007. Please act calmly and pay close attention to information about volcanoes released by the Japan Meteorological Agency and evacuation information provided by the local municipality.

What are the volcanic alert levels?

- The volcanic alert levels are a **five-level classification, from Level 1 to Level 5**, that indicates danger areas and necessary disaster prevention measures in the event of an eruption.
- Each level has **an assigned keyword that allows residents, tourists, climbers, and others living near the volcano to understand at a glance what disaster prevention actions they should take.**

Type	Name	Scope	Level (keyword)	Volcanic activity status	Residents' actions	Response to climbers and other mountain visitors
Emergency Warning	Volcanic Warning (Residential areas) or Volcanic Warning	Residential areas and areas closer to the crater	5 (Evacuation)	An eruption that will cause serious damage to residential areas has occurred or is imminent.	Evacuation from residential areas at risk is necessary.	
			4 (Evacuation of the elderly, etc.)	An eruption that will cause serious damage to residential areas is expected to occur (is becoming more likely).	Evacuation of the elderly and other persons requiring special care and preparation for evacuation of residents in residential areas at risk are necessary.	
Warning	Volcanic Warning (Near the crater) or Near-crater Warning	From the crater to nearby residential areas	3 (Restriction on proximity to the volcano)	An eruption has occurred or is expected to occur that will have a significant impact on nearby residential areas (entering this area poses a threat to life).	Residents can continue to live their lives as normal. Preparation for the evacuation of the elderly and other persons requiring special care, depending on the situation.	Restrictions on entry to areas at risk, such as a prohibition on climbing and restrictions on mountain access.
		Near the crater	2 (Restriction on proximity to the crater)	An eruption has occurred or is expected to occur that will affect the area near the crater (entering this area poses a threat to life).	Residents can continue to live their lives as normal.	Restrictions on entry to areas near and around the crater
Forecast	Volcanic Forecast	Inside the crater, etc.	1 (Potential for increased activity)	Volcanic activity is quiet. Depending on the state of volcanic activity, volcanic ash may be emitted from within the crater (entering this area poses a threat to life).		Restrictions on entry to the crater, depending on the situation

Quoted from "Mt. Aso Eruption Alert Levels" (published by the Japan Meteorological Agency)

Potential volcanic disaster events

The accumulated volcanic ash and light rain cause a debris flow, which flows down trees and stones at an increasing speed.

3 - 5

Debris flow after an ash fall

Inhaling ash can affect the lungs and bronchi. If it accumulates, the weight can damage wooden houses and affect crops, electronic devices, and transportation.

Eruption smoke

Common to Volcanic Alert Levels ② – ⑤

Falling debris

Pyroclastic surges / Pyroclastic flows

Common to Volcanic Alert Levels 3 – 5

Although the lava flow is around 950–1200°C, it flows at a speed that allows people to run away even by walking.

- The Japan Meteorological Agency has been issuing ash fall forecasts since April 23, 2015.
 1. Forecasts
 - (1) Volcanic ash fall forecasts issued regularly (every 3 hours) (Scheduled)
 - (2) Volcanic ash fall forecasts issued when a moderately large ash fall is predicted (Preliminary)
 2. Forecast details
 - Ash fall area, small volcanic rock fall area, etc.
 3. Announcements through
 - Japan Meteorological Agency website

Protect Yourself from Tornadoes and Lightning Strikes

Evacuate to a safe place quickly!



In recent years, disasters such as tornadoes and lightning strikes have been on the rise. Make sure you have accurate knowledge, such as the causes of these disasters, so you can evacuate quickly.

This is how tornadoes and lightning strikes occur!
—The Mechanism of a Tornado and a Lightning Strike

Be aware of the signs that “developed cumulonimbus clouds” are approaching.

- Tornadoes and lightning strikes are both associated with “developed cumulonimbus clouds” caused by typhoons, cold fronts, low pressure systems, etc.

Signs that “cumulonimbus clouds” are approaching...

- Pitch-black clouds approach and the surroundings become dark.
- A cold wind starts to blow.
- Heavy rain or hail begins to fall.



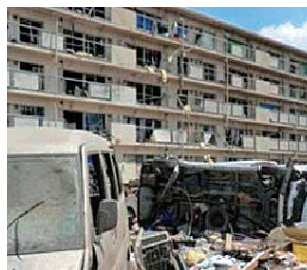
Black clouds
(Photo courtesy of the Japan Meteorological Agency)



Hail (Photo courtesy of the Japan Meteorological Agency)

Examples of disasters such as tornadoes

- In May 2012, tornadoes and other gusts of wind in Tsukuba City, Ibaraki Prefecture, resulted in three deaths (two of which were caused by lightning strikes), 58 injuries, 89 buildings completely destroyed, and 197 buildings partially destroyed. (From a local disaster investigation report by the Tokyo Regional Headquarters, JMA)
- Tornadoes and other disasters can occur anywhere in Japan, regardless of the season.
- Always be aware of the indoor and outdoor evacuation sites and procedures in your area, and if a tornado or lightning strike occurs, evacuate immediately to protect yourself.



May 6, 2012: Hokujo, Tsukuba City
(Photo courtesy of the Tokyo Regional Headquarters, JMA)

If a tornado is approaching...



Evacuate into a sturdy building.

- When evacuating, be careful of flying objects such as roof tiles.



When indoors, stay low under a sturdy desk.

- Move to a room without windows near the center of the house.
- Close windows, shutters, and curtains.
- Do not go near the window glass.

If you cannot evacuate, take cover in a shaded or hollow area.

- Do not, under any circumstances, take shelter in a garage, storage shed, prefabricated building, or under a tree, as this is extremely dangerous.

To protect yourself from lightning strikes...



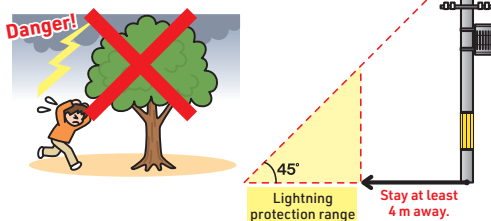
If you hear thunder, evacuate immediately.

- Even if the thunder seems far away, the thunderclouds will quickly approach.
- If you are outdoors, evacuate to a safe place.



Evacuate into a building or car.

- Take shelter in a building or covered vehicle (such as a car).



Stay at least 4 m away from trees and utility poles.

- Stay at least 4 m away from trees and utility poles.
- The risk is relatively low if you are within the area indicated by the triangle on the right, but you should evacuate to a safe place as quickly as possible.
- If there is no place to evacuate nearby, stay low.

DANGER!

It is dangerous to go under a tree to shelter from the rain.

Collect the Latest Disaster Prevention Information

Obtain information,
understand the situation,
and prepare for evacuation!



Collecting information is the first step in following disaster prevention measures. It is important to obtain the latest disaster prevention information, understand the current situation, and make future predictions in order to detect danger and not miss the timing to evacuate.

TV / Radio

- You can find out about warnings and advisories on TV and radio. Recently, information can also be obtained through data broadcasting by each television station.



Kumamoto Prefecture Disaster Prevention Information Email Service

- This service provides immediate email delivery of information after it is issued, including weather warnings and advisories, earthquake and tsunami information, volcanic eruption information (Mt. Aso and the Kuju Mountains) for the prefecture, and river water level data from observation points across the prefecture.
- To register for the service, please visit the following website. You can also register on your computer.



Kumamoto Prefecture Disaster Prevention Information Email

Search

* If you have set up spam protection on your smartphone, please configure the settings so that you can receive emails from "bousaimail@anshin.pref.kumamoto.jp" before registering.

Website “Kumamoto Disaster Prevention Portal”

- Hazard information such as areas expected to be inundated by floods and areas at risk of landslides, as well as weather information and the issuance status of evacuation instructions, can be collected and used to make decisions about evacuation actions.
- 《Main information provided》
 - Evacuation information issued by municipalities, etc.
 - Information on the opening of evacuation shelters
 - Weather warnings and advisories (heavy rain, landslides, floods, storm surges, etc.)
 - “Kikikuru” (Real-time Risk Map for heavy rain and flood warnings)
 - Observation information such as precipitation and river water levels

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Website URL: <https://portal.bousai.pref.kumamoto.jp/>

Kumamoto Disaster Prevention Portal

Search



Kumamoto Prefecture Integrated Disaster Prevention Information System

- You can check meteorological information within the prefecture (advisories, warnings, weather radar, precipitation forecasts, etc.), rainfall information, landslide risk information, river water level information, river camera information, and other information in real time.



<QR code>



Website URL: <http://www.bousai.pref.kumamoto.jp/>

Kumamoto Prefecture Integrated Disaster Prevention

Search

You can also check it on your smartphone.

Website URL: <http://www.mobile.bousai.pref.kumamoto.jp/>



Collect the Latest Disaster Prevention Information

Pay attention to the weather information released by the Japan Meteorological Agency! * Created based on information from the Japan Meteorological Agency website

Disaster Prevention Weather Information (Equivalent to Alert Levels)

The Japan Meteorological Agency issues disaster prevention weather information, including "Warnings," when the risk of disasters such as heavy rain increases. When the risk of flooding, heavy rain, landslides, and storm surges rises, information for Alert Levels 1 to 5 is issued step by step.

	Flood	Heavy rain	Landslide	Storm surge
Equivalent to Alert Level 5	Level 5 Emergency Warning (Flood)	Level 5 Emergency Warning (Heavy rain)	Level 5 Emergency Warning (Landslide)	Level 5 Emergency Warning (Storm surge)
Equivalent to Alert Level 4	Level 4 Urgent Warning (Flood)	Level 4 Urgent Warning (Heavy rain)	Level 4 Urgent Warning (Landslide)	Level 4 Urgent Warning (Storm surge)
Equivalent to Alert Level 3	Level 3 Warning (Flood)	Level 3 Warning (Heavy rain)	Level 3 Warning (Landslide)	Level 3 Warning (Storm surge)
Alert Level 2	Level 2 Advisory (Flood)	Level 2 Advisory (Heavy rain)	Level 2 Advisory (Landslide)	Level 2 Advisory (Storm surge)
Alert Level 1	Early Warning Information			

Weather and Disaster Prevention Alert

When the risk of disaster occurrence is increasing, this information is issued to heighten the sense of alert and encourage prompt disaster-prevention responses and decision-making.

- Weather and Disaster Prevention Alert (Linear Precipitation Band Occurrence)

This alert explains situations in which the risk of disasters caused by heavy rain is rapidly increasing, using the term "linear precipitation band" to describe conditions where extremely heavy rain continues to fall over the same area due to a band-shaped rainfall system.

- Weather and Disaster Prevention Alert (Record-Breaking Short-Duration Heavy Rain)

This alert is issued when an extremely heavy rainfall over a short period, an event that occurs only about once every few years, is observed or analyzed.

Weather Commentary Information

This information conveys current weather conditions and future outlooks to encourage preparedness for disasters and support consideration and decision-making regarding future actions.

- Weather Commentary (Typhoon No. X)

This information is issued when a typhoon forms or when a typhoon is likely to affect Japan or is already affecting the country. It includes "Position Information," which shows the current status and forecast of the typhoon, and "Comprehensive Information," which provides disaster-prevention-related details such as forecast rainfall amounts and important safety precautions.

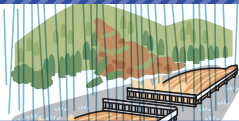
- Weather Commentary (Half-Day Advance Forecast of Linear Precipitation Bands)

This information is issued approximately half a day in advance when there is a relatively high likelihood of heavy rainfall caused by linear precipitation bands, using the term "linear precipitation band" to explain the situation.

Earthquake Early Warning

- An earthquake early warning is issued when seismic waves are observed at two or more earthquake observation points and **the maximum seismic intensity is predicted to be 5 lower or higher**. The announcement will include the time of the earthquake, the estimated location of the earthquake (hypocenter), the name of the epicenter of the earthquake, and **the names of areas where a seismic intensity of 4 or higher is predicted**.

Rainfall intensity scale



*Created based on information from the Japan Meteorological Agency website

1-hour rainfall (mm)	Forecast terminology	The image people have	Outdoor view	When riding in a car
10 to under 20	Moderate rain	Pouring rain	There are puddles all over the ground.	It is difficult to see even if the wiper is on high.
20 to under 30	Moderate to heavy rain	Downpour		
30 to under 50	Heavy rain	Rain like a bucket being overturned	Roads become flooded.	When driving at high speeds, a film of water forms between the wheels and the road surface, making the brakes ineffective. (Hydroplaning)
50 to under 80	Rainstorm	Rain in torrents (It continues to rain loudly.)	Water splashes worsen visibility.	Driving a car is dangerous.
80 and above	Heavy rainstorm	Oppressive, suffocating, and frightening		

Wind force scale



*Created based on information from the Japan Meteorological Agency website

Average wind speed (m/s)	Wind force (Forecast terminology)	Effects on people	Outdoors and trees	Impact on buildings	Approximate wind gust speed (m/s)
10 to under 15	Moderate gale	It is difficult to walk against the wind.	Trees begin to sway.	Gutters begin to shake.	20
15 to under 20	Gale	It's difficult to walk against the wind. It's easy to fall down.	Signs and sheets of galvanized iron begin to come off.	Some roof tiles and roofing materials come off.	
20 to under 25	Storm	It's difficult to stand without holding onto something.	Thin trees break and trees without roots begin to fall over.	Some roof tiles and roofing materials fly off.	30
25 to under 30				Insufficiently fixed metal roofing materials turn over.	
30 to under 35	Violent storm	Being outside is extremely dangerous.	Many trees fall.	Exterior materials are scattered over a wide area, exposing the underlying materials.	40
35 to under 40				Some houses collapse.	50
40 and above					60

Be Prepared and Feel Safe with Emergency Supplies and Stockpiles

Prepare in advance and keep emergency supplies in a convenient location!



When you need to evacuate quickly, it is difficult to decide on the spot what to take and how much to take with you. It is important to have emergency supplies ready at all times.

What should you prepare?

Stock up supplies at home.

- The Kumamoto Earthquake also caused damage to essential lifelines such as electricity, gas, and water, and disruption to the supply of goods. It is important to stockpile essential items for daily life at home on a daily basis so that if your home survives a collapse, you can continue to live there for the time being even after a disaster.



Daily stockpiles that do not go to waste

- Traditionally, disaster preparedness has been thought of as something special—preparing items you do not normally use, like hardtack or flashlights. However, by purchasing a little extra of the food and daily necessities you use every day, you can easily build a stockpile that won't go to waste.



Emergency supplies

- These are items you should take with you when you need to evacuate. These are the bare minimum you should prepare.
- Prepare an emergency bag (such as a backpack) that allows you to use both hands for a safe and quick escape. Consider the composition of your family and pack only necessary items and quantities. Store the bag in a convenient location, such as the entryway, for easy access in case of an evacuation.

Emergency supplies checklist

Valuables

- ☐ Small change
- ☐ Bankbook
- ☐ Seal
- ☐ Health insurance card, driver's license, etc. (copy)

Evacuation equipment

- ☐ Flashlight
- ☐ Portable radio
- ☐ Spare battery
- ☐ Helmet and disaster prevention hood

Daily necessities

- ☐ Thick gloves
- ☐ Blanket
- ☐ Lighter and matches
- ☐ Knife
- ☐ Portable toilet
- ☐ Towel
- ☐ Wet wipes
- ☐ Mask
- ☐ Disinfectant
- ☐ Thermometer
- ☐ Contact lens solution
- ☐ Glasses

First aid equipment

- ☐ Medication notebook
- ☐ Regular medications
- ☐ Sanitary products

Emergency food

- ☐ Long-term storage food (hardtack, canned food, etc.)
- ☐ Nutritional supplements
- ☐ Candy and chocolate
- ☐ Drinking water

Clothing

- ☐ Underwear and socks
- ☐ Long sleeves and long pants
- ☐ Warm jacket and rain gear

Other

- ☐ Portable hand warmer

Stockpiles

- These supplies should be prepared so that you can survive for several days (at least three days) until rescue arrives. To make them easy to access and transport after a disaster, it is convenient to store them in small compartments in cases in a storeroom, a storage shed, the kitchen, closets, etc.

Stockpile checklist

Groceries

- ☐ Ready-to-eat food (rice, porridge, etc.) / Alpha rice
- ☐ Instant ramen / Instant miso soup
- ☐ Drinking water



Daily necessities

- ☐ Portable water tank
- ☐ Cassette stove
- ☐ Tissue paper / Wet wipes
- ☐ Plastic wrap film
- ☐ Paper plates / Paper cups / Disposable chopsticks
- ☐ Portable toilet
- ☐ Waterless shampoo
- ☐ Plastic bags
- ☐ Rope
- ☐ Tool set
- ☐ Broom / Dustpan
- ☐ Rubber boots

Community-wide Disaster Prevention Activities

Discuss it thoroughly within your community and decide on the roles to play in the event of a disaster.



Disasters strike suddenly. Mutual assistance among neighbors is crucial to reducing casualties. Form a voluntary disaster prevention organization in your community and prepare for disasters.

Voluntary disaster prevention organizations: The key to mutual assistance

- The table on the right shows who rescued people who were buried alive or trapped during the Great Hanshin-Awaji Earthquake. Approximately 90% of people survived through self-help or the help of their families or through mutual assistance from neighbors and others.
- In large-scale disasters, rescue efforts by public agencies such as fire departments, the police, and the Self-Defense Forces (public assistance) are limited. For this reason, "self-help" and "mutual assistance" are extremely important in order to protect lives.
- A voluntary disaster prevention organization is a mutual assistance organization formed with the aim of "protecting our own community ourselves." It should be formed in each community to reduce disaster casualties as much as possible.

[Rescue when buried alive or trapped]

Rescuer	Percentage
Self-help	34.9%
Family	31.9%
Friends and neighbors	28.1%
Other	0.9%
Rescue team	1.7%
Other	0.9%

Self-help : Mutual assistance :
Public assistance = 7 : 2 : 1

Investigation Report on Fires Caused by the Southern Hyogo Prefecture Earthquake (Japan Association for Fire Science and Engineering)



Main activities of voluntary disaster prevention organizations

Normal times

- Creating and reviewing local disaster prevention plans
- Disaster prevention drills and disaster prevention awareness raising
- Identifying disaster-prone areas in the community, etc.

In the event of a disaster

- Checking the safety of local residents
- Evacuation guidance and shelter management
- First aid
- Providing meals and water, etc.



Activities of voluntary disaster prevention organizations

- Local residents, primarily through voluntary disaster prevention organizations, discuss disaster prevention activities during normal times and evacuation procedures during disasters, and independently create local disaster prevention plans.
- During the July 2020 heavy rains, many lives were saved because local residents cooperated as a voluntary disaster prevention organization and evacuated. Such community-wide efforts to protect lives are important.

Introducing active organizations

Initiatives of Sagara Village's "Toshima Ward Voluntary Disaster Prevention Organization"

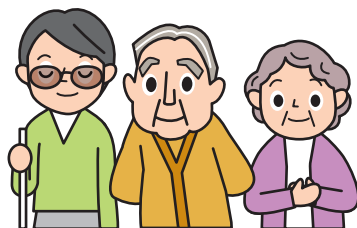
- During the July 2020 heavy rains, members noticed something was wrong by continuing to record the water level near the flooded Kuma River, and visited every household to urge them to evacuate. As a result, even though the area was flooded with water more than 2 meters above floor level, not a single person was killed.

Initiatives of the "Kurokami School District No. 4 Neighborhood Voluntary Disaster Prevention Club"

- Members use a disaster assistance map for people in need of assistance to confirm routes for residents to gather at evacuation sites and conduct evacuation guidance drills. They have also created a monitoring chart for people living alone to provide support not only during disasters but also in daily life.

Protecting people requiring assistance during evacuation

- When a disaster occurs, the elderly and people with disabilities may be unable to evacuate and may become victims. Those who have difficulty evacuating independently and require some kind of assistance during a disaster are called "**people requiring assistance during evacuation**." They include the elderly, people with disabilities, and people with intractable illnesses.



- To protect these people, it is important to **regularly identify those in your community who require assistance during evacuation**. In the event of a disaster, local residents should cooperate and provide support.

Support during normal times

- Create a comfortable living environment for the elderly and people requiring assistance, such as wheelchair accessibility.
- Identify people in the community who require assistance through daily communication.
- Confirm specific support methods, such as information transmission and support systems in the event of a disaster.
- Participate in disaster prevention drills and seminars to learn how to respond in the event of a disaster.

Support during disasters

- Provide appropriate information on the current state of the disaster and future outlook.
- Provide careful evacuation guidance from the perspective of people requiring assistance during evacuation.
- Treat people requiring assistance during evacuation with kindness and consideration, making sure they do not feel isolated.



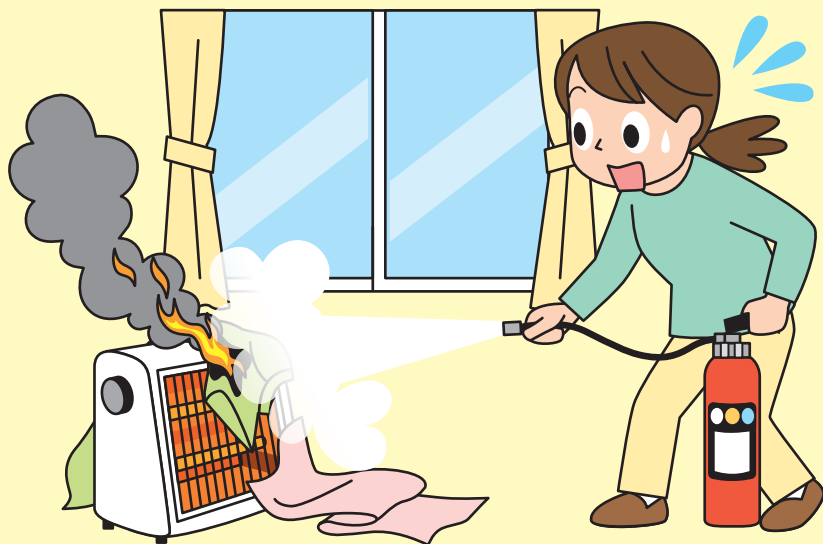
In Case of Emergency

Do everything you
can to protect yourself
from disasters.
Start today.



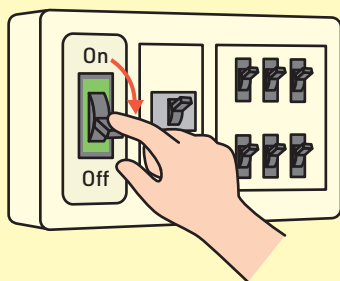
What if a major earthquake were to occur right now? What if you were at home? What if it were in the middle of the night? What if you were alone? Get the right information now. Every little bit of preparation will become a shield that protects you.

Important points to note when evacuating



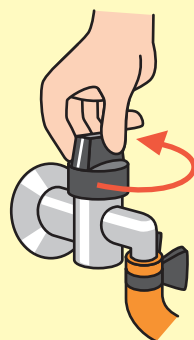
Avoid creating the cause of a fire

- Early firefighting is extremely important, as approximately 10% of deaths in the Great Hanshin-Awaji Earthquake were caused by fire. If you discover a fire, put it out while it is still small using a fire extinguisher or a bucket of water. Your own safety is your top priority when fighting a fire, so if the flames reach the ceiling or you feel in danger, stop fighting the fire and evacuate.



Turn off the electrical breaker.

- If any electrical appliances are still turned on among the fallen furniture, there is a risk of a fire when power is restored.



Turn off the gas main valve.

- If gas pipes or appliances are damaged, there is a risk of gas leaks and explosions when gas is restored.



Leave a note with safety information.

- When evacuating, leave a note with information about your safety and that of your family, lock the door, and then move out.



Communicate via disaster message boards and social media.

- Prepare multiple means of communication in case phone service is interrupted. Social media was also effective during the Kumamoto Earthquake.



Evacuation shelter



What is an evacuation shelter?

- Evacuation shelters are designated by municipalities and are used to temporarily house disaster victims who are no longer able to live in their homes. Check the evacuation shelters in your area.
- Relief supplies will also be delivered to designated evacuation shelters.

* Difference from evacuation sites

Evacuation sites are temporary locations to which the entire community can evacuate. These locations are designated by municipalities and include large parks, green spaces, and high ground.

Example of opening an evacuation shelter

- The process below is an example of what to do until a shelter is opened. Typically, the facility manager unlocks the facility and begins preparation for opening. However, in the event of a disaster, the manager may be affected by the disaster and unable to arrive at the evacuation shelter or may be delayed in arriving. In such cases, evacuees themselves may be involved in the opening preparations.

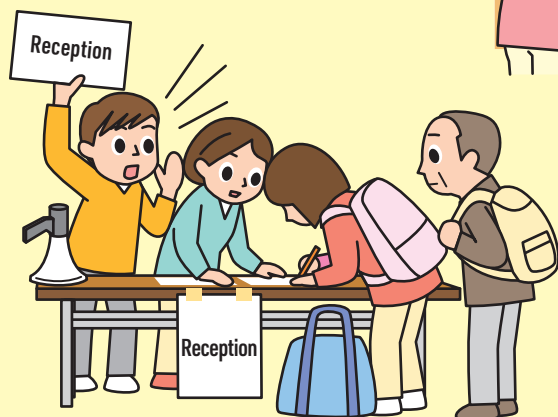
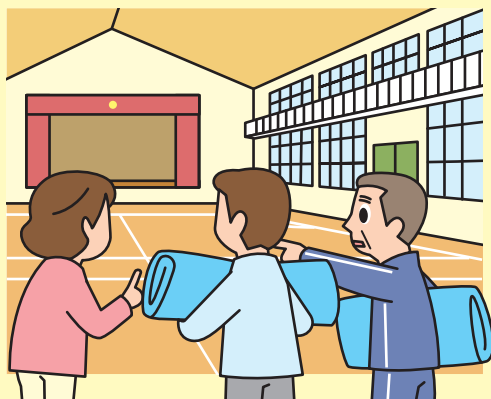


① Preparation to accept evacuees

- Unlock the door and begin preparations to accept evacuees. Check the safety of the facility and surrounding area, including checking firefighting equipment and ensuring communication methods are available.

② Consideration of the layout

- Consider where to place what and how to arrange the living space. Create a comfortable living environment.



③ Setting up of a reception desk

- Once preparations are complete, open the reception. Create a list and monitor the status of local disaster victims, including evacuees and people requiring special care.



In Case of Emergency

Tips for living in an evacuation shelter

Etiquette and rules in evacuation shelters

- When living in an evacuation shelter, it is bad manners to enter or peek into other people's living spaces, shout loudly, or smoke outside of designated areas. Please follow the rules and help each other out by dividing up responsibilities as much as possible among evacuees. Also, consideration for people who need assistance is essential in evacuation shelters.



Evacuation with pets

- It is important to house train your pets, keep them healthy (vaccinations, etc.), and make sure they have a collar and tag. Also, check in advance which evacuation shelters accept pets.
- If the evacuation shelter allows you to evacuate with your pet, be sure to bring a carrier, cage, and emergency kit for your pet.
- In evacuation shelters, there may be people who don't like animals or are allergic to animals, so you need to be more considerate of your surroundings than usual regarding such things as noises and smells. Owners should follow the rules set by the evacuation shelter and take responsibility for caring for their pets. Also, stress can make animals more susceptible to illness and ill health. Pay attention to their health and try to alleviate their anxiety.

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*"Are You and Your Pets Safe in a Disaster?" (Ministry of the Environment website)
https://www.env.go.jp/nature/dobutsu/aigo/2_data/pamph/h3009a.html

Countermeasures against infectious diseases and food poisoning in evacuation shelters

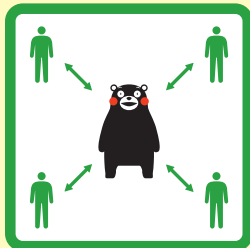
- To prevent the outbreak and spread of infectious diseases at evacuation shelters, disaster victims, volunteers, and related parties should thoroughly practice general infection prevention measures such as cough etiquette, wearing masks, and washing their hands. Also, if you cannot wash your hands with running water, use an alcohol-based hand sanitizer.



- Given the possibility that living in an evacuation shelter may be prolonged, it is important to pay attention to the following:
 - Maintain thorough hygiene in the shelter, including cleaning toilets and floors.
 - Avoid raw food and eat cooked food only.
 - Eat cooked food as soon as possible.
 - Store food in the refrigerator or a cool, dark place where it will not get too hot.



Avoid the three Cs (closed spaces, crowded places, and close-contact settings), wash your hands, and ventilate the room.



Keep your Distance
#KeepDistance



Wash your Hands
#WashHands



Open Windows
#OpenWindow



In Case of Emergency

Example of what to do after arriving at an evacuation shelter

- The following is an example of what evacuees should do after arriving at an evacuation shelter. However, please note that the order and rules vary depending on the evacuation shelter. It is important to follow the rules when operating and living in an evacuation shelter. Mutual assistance and cooperation among evacuees is essential.



① Declaration of contact details and other information

- Upon arriving at an evacuation shelter, notify your address, name, and contact information. Try to stay together with neighbors or members of your neighborhood association as much as possible. Anyone who is unable to return home should also notify about this fact.



② Division of roles

- Diligently carry out your assigned duties, such as manning the reception or cooking. There are many times when you will need to cooperate with others to operate the evacuation shelter.



③ Health and hygiene management

- Take care to avoid illness due to sudden changes in the environment. Maintain hygiene by deciding who will clean the toilets and take out the trash.

Consideration for people requiring special care

- People requiring special care include pregnant women, children, the elderly, foreigners, and people with disabilities. Be considerate and supportive of people requiring special care, such as those wearing a "Help Mark" or other mark that lets others know that they need assistance or consideration.



Women and pregnant women

- Women have concerns about changing clothes, and pregnant women have concerns about breastfeeding. Pregnant women and new mothers also need to be mindful of their health and privacy.



Elderly people

- The elderly may be reluctant to speak up even when they are experiencing inconveniences. Be considerate and speak to them frequently in a cheerful voice to avoid making them feel isolated or anxious.



Children

- Children release stress by playing. Provide them with space and time to express their feelings and find a way to change their mood.



Foreigners

- Differences in lifestyle and culture, as well as language, can be disconcerting. Convey information by using short, simple sentences and speaking as slowly as possible.

Official Contact Information

Contact	TEL	Contact	TEL
Fire department (firefighting/ambulance)		Electric power company	
Police station		Gas company	
Local government		Water bureau	
		Hospital	

Disaster Message Dial (for touch-tone phones)

This is a message dial that can be used when phone connections are slow due to an earthquake of magnitude 6-lower or higher. Remain calm and follow the voice guidance.

Recording a message

- (1) Dial "171".
- (2) Press "1".
- (3) Dial your home phone number, including the area code.
- (4) Press "1" "#".
- (5) Record (within 30 seconds).
- (6) Press "9" "#".

Playing a message

- (1) Dial "171".
- (2) Press "2".
- (3) Dial the recipient's phone number, including the area code.
- (4) Press "1" "#".
- (5) Play.

Disaster Message Board (for smartphones)

There is also a message board that can be used from a smartphone when phone connections are slow due to an earthquake of magnitude 6-lower or higher.

Other Contact Methods

Public telephone

Public telephones are designated as "disaster priority telephones," meaning they are given priority over regular telephone lines during emergencies. Be sure to confirm their locations.

Internet

Internet-based communication methods such as social media are considered relatively effective.