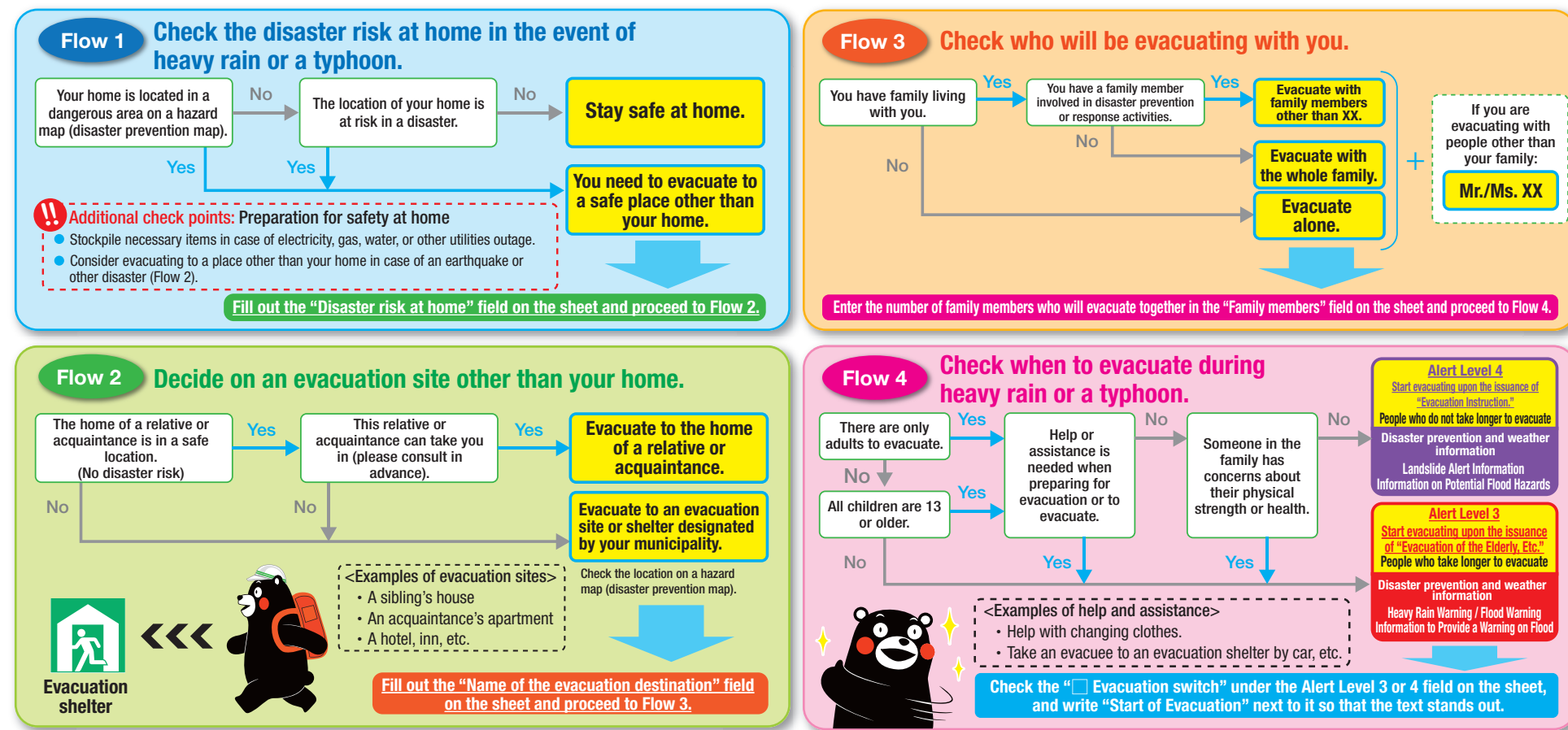


Fill out “My Timeline Sheet” and share it with your whole family!

2 Check Flow Charts 1 to 4 to decide “where,” “with whom,” and “when” you should evacuate.



3 Remember this! Check the five alert levels and what actions you should take!

Evacuation actions to be taken are indicated depending on the alert level. It is important to make decisions with the awareness that it is up to you to protect your own life.

Alert Level	Situation	Action residents should take	Information that encourages residents to take action	Disaster prevention and weather information (equivalent to Alert Level)
5	Disaster has occurred or is imminent	Life-threatening danger. Ensure safety immediately!	Emergency Safety Measures (issued by the municipality)	Heavy Rain Emergency Warning / Information on Flooding (Storm Emergency Warning*)
- 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)	Landslide Alert Information Information on Potential Flood Hazards Storm Surge Warning / Storm Surge Emergency Warning
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, infants, etc.) and their caregivers should evacuate.	Evacuation of the Elderly, Etc. (issued by the municipality)	Heavy Rain Warning Flood Warning Information to Provide a Warning on Flooding Storm Surge Advisory (possibility of warning) (Storm Warning*)
2	Worsening weather conditions	Check your evacuation actions.	Heavy Rain Advisory Flood Advisory Storm Surge Advisory (announced by the weather bureau)	Information to Call Attention to Flooding (Gale Advisory*)
1	Weather conditions likely to worsen in the future	Improve disaster preparedness.	Early Warning Information (possibility of warning level) (announced by the weather bureau)	

*1 Alert Level 5 is not always issued because municipalities cannot fully grasp the extent of the disaster.
*2 “Storm Emergency Warning,” “Storm Warning,” and “Gale Advisory” are listed for reference (created by Kumamoto Prefecture based on the Bill for Partial Amendment of the Basic Act on Disaster Management submitted to the Diet in March 2021).

Relationship between the alert levels and evacuation actions

If Alert Level 4 “Evacuation Instruction” is issued by your municipality, evacuate immediately!

* People who take longer to evacuate should start evacuating when Level 3 “Evacuation of the Elderly, Etc.” is issued.

Pay special attention to disaster prevention and weather information equivalent to Alert Level 4!

Even if “Evacuation Instruction” has not been issued, the announcement of weather information equivalent to Alert Level 4 is important timing for deciding on your own to evacuate.

* People who take longer to evacuate should make a decision based on the announcement of weather information equivalent to Alert Level 3 and future weather forecasts.



4 Let's think about evacuation actions!

1. Decide on the evacuation destinations and routes in advance.

- Decide on at least two evacuation destinations* since some evacuation destinations may not be available depending on the type of disaster.
- * It is necessary to check on a hazard map (disaster prevention map) as to which emergency evacuation sites or evacuation shelters designated by your municipality are available depending on the type of disaster.
- Decide on evacuation places where you can ensure safety in an emergency in advance in case it becomes difficult to evacuate due to a sudden rise in river levels, strong winds, heavy rain, or other reasons.
- Check the route and travel time to the evacuation destination (Evacuation on foot is the basic approach).

2. Consider doing preparations and evacuation actions.

- Actively participate in local and municipal disaster prevention drills in normal times and decide in advance how to collect disaster prevention information.
- Consider the necessary evacuation actions according to the five alert levels.

<Examples of preparations>

- Participate in the flood evacuation drill conducted by XX City on (mm/dd).
- Add the Kumamoto Disaster Prevention Portal to your smartphone's home screen.
- Register for the Kumamoto Prefecture Disaster Prevention Information Email service.*

* Weather information, evacuation information, river water level information, and other information will be distributed.
* Details are provided on page 4.

<Examples of evacuation actions>

- Check weather information (TV, newspapers, websites, disaster prevention emails, etc.)
- Check evacuation destinations and evacuation routes on a hazard map (disaster prevention map).
- Check your family's location (safety).
- Change into clothes that are easy to evacuate in.
- Start evacuating (If Alert Level 4 is expected to be issued late at night, start evacuating by 8 p.m.).



Kumamoto My Timeline Sheet

Family members	people (Evacuating together: people)	Disaster risk at home*
* Check a hazard map. If there are no other risks besides earthquakes and tsunamis, go to the back page.		
	Name of the evacuation destination (facility, etc.)	Type of disaster (Mark with a circle.)
Evacuation Destination 1		minutes
Evacuation Destination 2		minutes
Emergency Evacuation Destination 1		minutes
Emergency Evacuation Destination 2		minutes

Evacuation Actions for Myself and My Family

Preparation in normal times

[Evacuation drill] Participate in _____ on _____

[Disaster prevention information] _____

[Preparation for evacuation] Prepare clothing, items to bring, and the emergency supplies listed on the back page.

[Other] _____

Alert Level 1 (Two to three days before) Early Warning Information (possibility of warning level)

Alert Level 2 (Worsening weather conditions) Heavy Rain Advisory / Flood Advisory / Information to Call Attention to Flooding

Alert Level 3 (Risk of disaster) Evacuation of the Elderly, Etc.

Announced at around _____

Heavy Rain Warning / Flood Warning / Information to Provide a Warning on Flooding

Evacuation switch ☐

Alert Level 4 (High risk of disaster) Evacuation Instruction

Expected around _____

Landslide Alert Information / Information on Potential Flood Hazards

Evacuation switch ☐

[Point] Take note of the time when Alert Level 3 (or equivalent) was announced, and if Alert Level 4 (or equivalent) is expected to be issued at night, start evacuating earlier.

Alert Level 5 (Disaster has occurred or is imminent) Emergency Safety Measures

Heavy Rain Emergency Warning / Information on Flooding

(After the disaster) ★ If you are unable to evacuate, move to a place where you can ensure safety in an emergency, or to the second floor or higher of a building.

★ If you don't know how to fill out the sheet, please see the entry example on page 4.

[Family contact information and actions] * Please write this down on the assumption that you will not be together when evacuating.

Name	Cell phone number	Regular locations other than home (workplace, school, etc.)	Phone number	Meeting place and contact method in case of emergency

[Preparation for evacuation] * Be prepared for all types of disasters on a daily basis.

(1) Clothing for evacuation

Pack safe and comfortable clothing together (During cold seasons, take adequate measures to protect against the cold).
Choose a bag that is easy to carry, such as a backpack, so you can keep both hands free.
Choose sneakers in case roads and sidewalks are inundated after heavy rain. (Rain boots are difficult to walk in when water gets inside).

(2) Items to bring when evacuating * Check the basic items and add or remove any items as you wish.

Cash	Bankbook / Seal	Health insurance card	Driver's license
Flashlight / Lantern	Dry cell / Battery	Cell phone charger	(Wet) tissue
Drinking water	Food (preserved food, etc.)	Underwear / Clothes	Shoes
Cold weather gear	Blanket / Sleeping bag	Towel	Glasses / Contact lens storage solution
Drugs / Prescription record	Toothbrush	Sanitary items	Face mask

(3) Emergency supplies list * Check the basic items and add any items as you wish.

Preserved food	Instant food	Drinking water	Water supply poly tank
Paper plate and cup	Plastic wrap	Chopsticks / Cutlery	Plastic bag
(Wet) tissue	Towel	Portable toilet	

[Evacuation actions during earthquakes and tsunamis] * Please refer to the evacuation actions (in case of a flood) on the front page, focusing on the actions from “Start of Evacuation” onward.

Preparation in normal times

[Evacuation drill] Participate in _____ on _____

[Disaster prevention information] Fill in the evacuation destinations in case of earthquakes and tsunamis in the blanks under “Start of Evacuation” in the table below.

[Preparation for evacuation] Prepare clothing, items to bring, and the emergency supplies listed above.

Occurrence of an Earthquake (strong shaking)

★ Three safety actions (stay low, protect your head, and stay still)
• Check the safety of people you are with.

(People living in areas expected to be inundated by tsunamis)
Announcement of “Tsunami Warning/Major Tsunami Warning”

◎ Start of Evacuation (To a safe place)

* If there is time before the tsunami arrives:
Evacuation Destination: _____ (minutes)

* If there is no time before the tsunami arrives:
Emergency Evacuation Destination: _____ (minutes)

After the earthquake Prepare for tsunamis and earthquake activity.

<If your house has been damaged (or is at risk of being damaged)>
◎ Start of Evacuation
Evacuation Destination: _____ (minutes)

★ Please read the “Earthquake” and “Tsunami” sections on page 4 before filling out the sheet.

5 Let's think about preparing for evacuation!

(1) Make a list of your family's contacts and actions.

- Fill out the table, taking into account that in the event of a disaster, family members may not all be together, or may not act together due to work or duties in the community such as the neighborhood association.
- Write down contact information, contact methods, meeting places, and other information in case of an emergency, on the assumption that cell phones will not work (i.e., cannot be charged due to a power outage).

(2) Be prepared for evacuation.

- Decide what clothes to wear when evacuating and keep them ready so that you can change into them quickly.

- Choose comfortable and durable clothing. (Also consider breathability and cold protection properties.)
- Keep both hands free when evacuating in case of an emergency. (Use a backpack, a raincoat, etc.)
- Choose shoes that are safe and easy to walk in even in heavy rain or when water is pooling. (Rain boots are difficult to walk in when water gets inside.)



- Decide in advance what you will take with you when evacuating.*

* Please narrow down what you need as much as possible.



- Stockpile necessary items* in case of electricity, gas, water, or other utilities outage when you return from your evacuation destination.

* Regularly check stockpiled items and their expiration dates to update or replenish them.

* To avoid wasting food and water due to expiration, use the “rolling stock” method, by which you buy a little more than you would normally use to secure stockpiles.



Kumamoto My Timeline Sheet

Family members 4 people (Evacuating together: 3 people) **Disaster risk at home*** Flood (3 m), landslide (debris flow), storm surge, earthquake

* Check a hazard map. If there are no other risks besides earthquakes and tsunamis, go to the back page.

Name of the evacuation destination (facility, etc.)	Travel time	Type of disaster (Mark with a circle)							
		Flood	Landslide	Storm surge	Earthquake	Tsunami	Heavy rain	Volcanic eruption	Other
Evacuation Destination 1 ○○ Elementary School Gymnasium	15 minutes on foot	○	○	○	○	○	○	○	○
Evacuation Destination 2 ○○ Cultural Center	7 minutes by car / 20 minutes on foot	○	○	○	○	○	○	○	○
Emergency Evacuation Destination 1 Cousin's house	2 minutes on foot	○	○	○	○	○	○	○	○
Emergency Evacuation Destination 2 Friend's apartment (4th floor)	One minute on foot	○	○	○	○	○	○	○	○

Evacuation Actions for Myself and My Family

[Evacuation drill] Participate in the XXXX evacuation drill in case of a flood, conducted in XX City on June 3.

[Disaster prevention information] Add the Kumamoto Disaster Prevention Portal to your smartphone's home screen.

[Preparation for evacuation] Prepare clothing, items to bring, and the emergency supplies listed on the back page.

[Other] Sleep in a room on the opposite side of the slope behind the house.

Alert Level 1

(Two to three days before) Early Warning Information (possibility of warning level)

- Check weather information on TV or in the newspaper.
- Clear away anything that may be blown away by the wind (typhoon).
- Check and replenish emergency supplies.

Alert Level 2

(Worsening weather conditions) Heavy Rain Advisory / Flood Advisory / Information to Call Attention to Flooding

- Check expected inundation areas and evacuation routes on a hazard map.
- Check disaster prevention and weather information on the Kumamoto Disaster Prevention Portal.
- Warn my family. Put duct tape on windows (typhoon).

* These at risk of storm surges and volcanic eruptions and those who evacuate voluntarily due to typhoon storms.

Alert Level 3

(Risk of disaster) Evacuation of the Elderly, Etc.

Evacuation switch

- Check my family's location (if not at home).
- Check upcoming weather conditions.
- Check the water level of the XX River near my home on the Kumamoto Disaster Prevention Portal.
- If the water level corresponds to Alert Level 3 and is rising rapidly, start evacuating earlier.
- Change into evacuation clothes.

(Enter information equivalent to Alert Level 3)

Alert Level 4

(High risk of disaster) Evacuation Instruction

Evacuation switch

- Start of Evacuation (To "Evacuation Destination 1")
- If Alert Level 4 is expected to be issued late at night, start evacuating by 8 p.m.
- Inform Mr./Ms. XX and XX in the neighborhood that I am evacuating.
- Call my mother to tell her that I have successfully evacuated.

(Enter information equivalent to Alert Level 4)

Alert Level 5

Heavy Rain Emergency Warning / Information on Flooding

(Disaster has occurred or is imminent) Emergency Safety Measures

(After the disaster) If you are unable to evacuate, move to a place where you can ensure safety in an emergency, or to the second floor or higher of a building.

Preparation in normal times

[Family contact information and actions] * Please write this down on the assumption that you will not be together when evacuating.

Name	Cell phone number	Regular locations other than home (workplace, school, etc.)	Phone number	Meeting place and contact method in case of emergency
Father ○○○	000-0000-0000	○○ Construction Firm	000-000-0000	Meet at the ○○ Cultural Center
Mother ○○○	000-0000-0000	Resident Division, ○○ Municipal Government	000-000-0000	Operating an evacuation shelter at ○○ City Gymnasium
Me ☆☆☆	000-0000-0000	○○ Junior High School (3rd year)	000-000-0000	Meet at the ○○ Cultural Center
Sister ○○○	000-0000-0000	○○ Junior High School (1st year)	000-000-0000	Meet at the ○○ Cultural Center

Preparation for evacuation

(1) Clothing for evacuation * Be prepared for all types of disasters on a daily basis.

- Pack safe and comfortable clothing together (During cold seasons, take adequate measures to protect against the cold).
- Choose a bag that is easy to carry, such as a backpack, so you can keep both hands free.
- Choose sneakers in case roads and sidewalks are inundated after heavy rain (Rain boots are difficult to walk in when water gets inside).

(2) Items to bring when evacuating * Check the basic items and add or remove any items as you wish.

✓ Cash	✓ Bankbook / Seal	✓ Health insurance card	✓ Driver's license
✓ Flashlight / Lantern	✓ Dry cell / Battery	✓ Cell phone charger	✓ (Wet) tissue
✓ Drinking water (1L bottles x 6)	✓ Food (preserved food, etc.)	✓ Underwear / Clothes	✓ Shoes
✓ Cold weather gear	✓ Blanket / Sleeping bag (3 pcs each)	✓ Towel (6 pcs)	✓ Glasses / Contact lens storage solution
✓ Drugs / Prescription record	✓ Toothbrush	✓ Sanitary items	✓ Face mask
✓ Plastic bag	✓ Antiseptic solution	✓ Slippers	

(3) Emergency supplies list * Check the basic items and add any items as you wish.

✓ Preserved food	✓ Instant food	✓ Drinking water (2L bottles x 24)	✓ Water supply poly tank
✓ Paper plate and cup	✓ Plastic wrap	✓ Chopsticks / Cutlery	✓ Plastic bag
✓ (Wet) tissue	✓ Towel	✓ Portable toilet	✓ Disaster lighting
✓ Battery			

Evacuation actions during earthquakes and tsunamis

[Evacuation drill] Participate in the Kumamoto ShakeOut Drill on November 5.

[Disaster prevention information] Fill in the evacuation destinations in case of earthquakes and tsunamis in the blanks under "Start of Evacuation" in the table below.

[Preparation for evacuation] Prepare clothing, items to bring, and the emergency supplies listed above.

Occurrence of an Earthquake (strong shaking)

★ Three safety actions (stay low, protect your head, and stay still)

- Check the safety of people you are with.
- Change into evacuation clothes.
- Make a final check of the items you are bringing.

(People living in areas expected to be inundated by tsunamis)

Announcement of "Tsunami Warning/Major Tsunami Warning"

Start of Evacuation (To a safe place)

- If there is time before the tsunami arrives: Evacuation Destination: XX Cultural Center (20 minutes on foot)
- If there is no time before the tsunami arrives: Emergency Evacuation Destination: Friend's apartment (4th floor) (1 minute on foot)

Call my mother to tell her that I have successfully evacuated.

It is impossible to tell when an earthquake will occur.

After the earthquake, prepare for tsunamis and earthquake activity.

Call your house has been damaged (or is at risk of being damaged).

This is a notice from Kumamoto Prefecture. Please prepare for disasters before the rainy season begins!



I'll evacuate early while it's still light outside!



Preventive evacuation

If heavy rain or a typhoon is expected at night, start evacuating early while it is still light outside and before the rain gets heavy, or as soon as you return home.

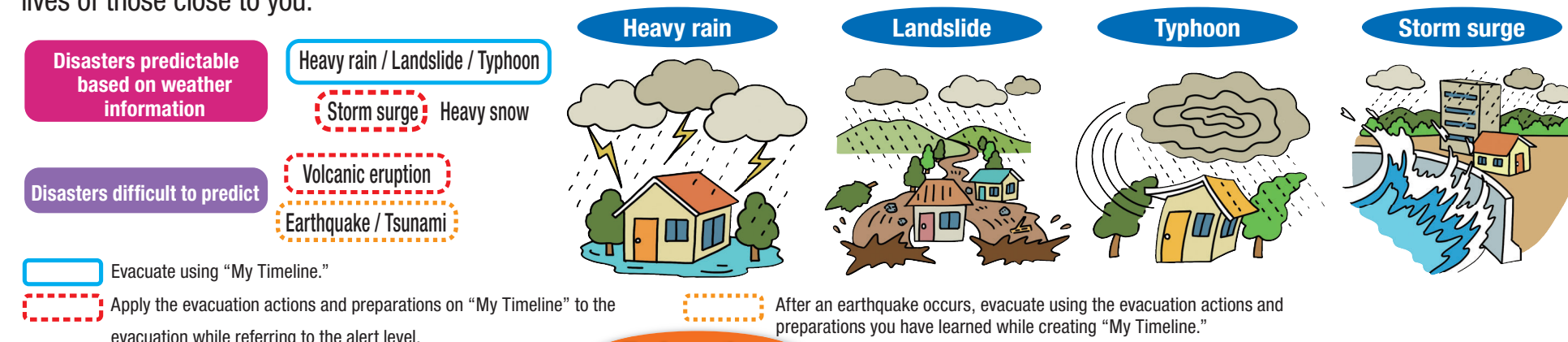
Kumamoto My Timeline



Let's create "My Timeline" and evacuate early!

My Timeline is a disaster prevention action plan that outlines in advance the evacuation actions each of us should take to protect ourselves from natural disasters such as heavy rain and typhoons.

By checking the five alert levels and creating "My Timeline" to clearly recognize the "evacuation switch," which indicates the situation and timing for starting the evacuation, you will be able to evacuate in an emergency without panicking, which will help protect your life and the lives of those close to you.



Let's utilize "evacuation actions" in any kind of disaster!

Check a hazard map (disaster prevention map) to see where you can evacuate to depending on the type of disaster!

Disaster type	Evacuation timing reference / Reasoning behind evacuation
Typhoon * Areas with no risk of flooding	[Target] People living in areas throughout the prefecture that are not at risk of flooding - If the typhoon information indicates that your home is likely to be in a storm warning area (an area at risk of being affected by storms), and if your house is at risk of collapsing or being damaged, you should decide on your own to start evacuating to a place other than your home while referring to storm warning announcements. - Decide on an evacuation site other than your home in advance.
Storm surge	[Target] People living in areas expected to be inundated by storm surges - As a general rule, you should start evacuating when Alert Level 4 "Evacuation Instruction" is issued (when Alert Level 3 "Evacuation of the Elderly, Etc." is issued for people who take longer to evacuate). - Even if no alert is issued, you should decide on your own to start evacuating when "Storm Surge Warning/Storm Surge Emergency Warning," equivalent to Alert Level 4, is issued (when "Storm Surge Advisory (possibility of warning)," equivalent to Alert Level 3, is issued for people who take longer to evacuate). - Decide on an evacuation site in case of a storm surge.
Volcanic eruption	[Target] People living in areas affected by the eruption of Mt. Aso (Aso City, Takamori Town, Minamiaso Village) - As a general rule, you should start evacuating to a place other than your home when "Evacuation Instruction" is issued in conjunction with the announcement of Volcanic Alert Level 5 (when "Evacuation of the Elderly, Etc." is issued in conjunction with the announcement of Volcanic Alert Level 4 for people who take longer to evacuate). - Even if the Volcanic Alert Level is 3 or below, you should start evacuating to a place other than your home when "Evacuation Instruction" is issued before or immediately after the eruption, taking into consideration the impact on infrastructure. - Municipalities should designate evacuation shelters within or outside their boundaries depending on the extent of the eruption. (You may evacuate to the home of a relative or acquaintance in a safe location.)
Earthquake	[Target] People living throughout the prefecture - If your house collapses or is damaged after a major earthquake, you should immediately start evacuating to a place other than your home. - Even if your house has not been damaged, you should decide on your own to start evacuating if there is a risk that your house may collapse or be damaged in the event of future earthquake activity. - Decide on an evacuation site other than your home in advance.
Tsunami	[Target] People living in areas expected to be inundated by tsunamis - As a general rule, you should start evacuating to a place other than your home when "Evacuation Instruction" is issued (when "Evacuation of the Elderly, Etc." is issued for people who take longer to evacuate). Even if no evacuation instruction is issued, you should start evacuating immediately when "Tsunami Warning/Major Tsunami Warning" is issued. - Decide on an evacuation site* in case of a tsunami in advance. * If there is no time to reach your evacuation destination, you should evacuate to a place where you can ensure safety immediately, such as a small hill.
Heavy snow	[Target] People living throughout the prefecture (especially in mountainous areas) - In principle, you should stay safe at home. If there is a risk that your home may become isolated,* you should stockpile sufficient supplies. * People who need to see a doctor regularly should decide on their own whether or not to evacuate while referring to the announcement of "Heavy Snow Warning."

You can check a hazard map (disaster prevention map) on the Kumamoto Disaster Prevention Portal, which provides a variety of disaster prevention information for Kumamoto Prefecture.

Kumamoto Disaster Prevention Portal <https://portal.bousai.pref.kumamoto.jp/?p=top>



It is also useful to register for the disaster prevention information email service.

Kumamoto Prefecture Disaster Prevention Information Email <https://www.pref.kumamoto.jp/soshiki/4/56061.html>

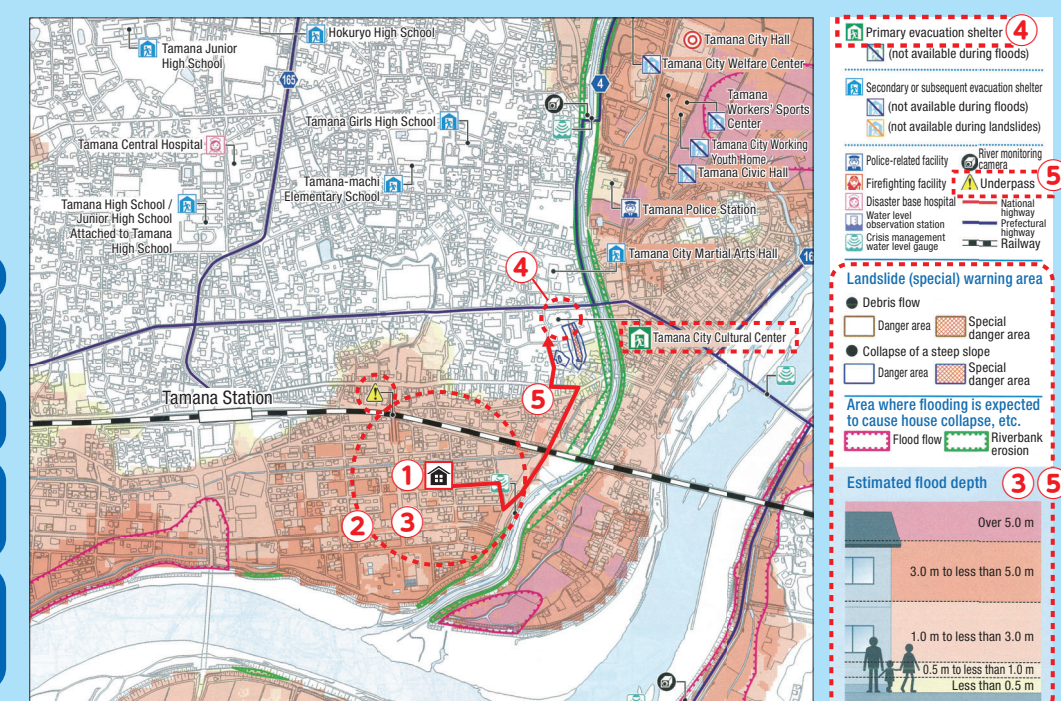


1 How to use a hazard map (disaster prevention map)!

In addition to checking disaster risks such as floods and landslides, be sure to check evacuation destinations, such as evacuation shelters designated by your municipality, and evacuation routes.

- Check your home location.
- Check to see if there are any colors or lines around your home.
→ There are two different orange colors.
- If there are colors or lines around your home, check the disaster risks.
→ Inundation due to flooding (1 to 3 m / 3 to 5 m)
- Check evacuation destinations according to the disaster risk.
→ Select the primary evacuation shelter "Tamana City Cultural Center," which is not at risk of inundation (not colored).
- Check the route to the evacuation destination (so as to travel there while avoiding disaster risks).
→ Avoid railway underpasses, which are prone to inundation, and choose a route that is as light a color as possible.

Make a note of the points you have checked in Items 1 to 5 on the map.



* This map is for illustrative purposes only and has been modified from the Tamana City Comprehensive Disaster Prevention Map.