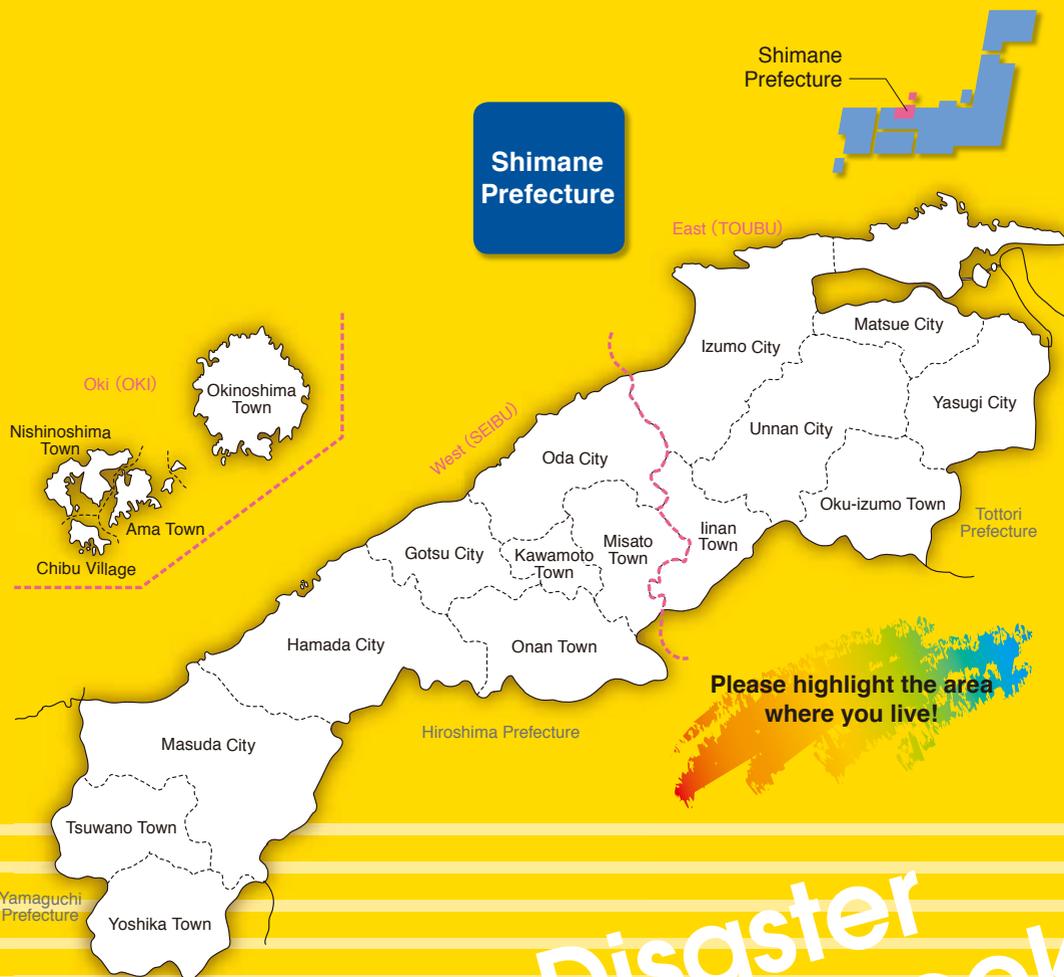


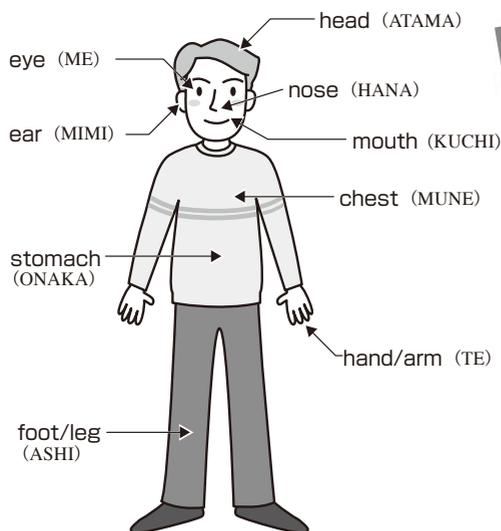
Disaster Handbook for Foreign Residents

Be prepared for a natural disaster!



Learn Japanese. It will be useful in an emergency!

- Fire! (KAJI DESU.)
- Please help me. (TASUKETE KUDASAI.)
- Please call an ambulance/fire truck.
(KYUUKYUUSHA / SHOUBOUSHA O YONDE KUDASAI.)
- Where is the emergency shelter? (HINANJO WA DOKO DESU KA?)
- Please take me to the emergency shelter.
(HINANJO E TSURETE ITTE KUDASAI.)
- I have a sore ○○. (○○ GA ITAI DESU.)
- I am injured. (KEGA O SHIMASHITA.)
- Now, I am in ○○ (place). (IMA, ○○ NI IMASU.)
- Where am I? (Where is this place?) (KOKO WA DOKO DESU KA?)
- Toilet (TOIRE), Hospital (BYOUIN), Convenience Store (KONBINI)
Public Telephone (KOSHUUDENWA)
- Is there anyone who can understand ○○○ (language)?
(○○○ GO GA WAKARU HITO IMASU KA?)



Memo

Introduction

Major natural disasters have happened in the past in Japan, even in Shimane Prefecture. In any disaster, there is no exact solution, so the phrase “If you do this, you will be fine!” does not apply.

However, it is extremely important that you are prepared for a disaster ahead of time to minimize damage if a disaster happens.

If you are not used to life in Japan, or you find Japanese difficult, then you might find it quite hard to receive up-to-date information on what to do in an emergency. Differences in culture and lifestyle may result in misunderstandings with the people in your neighborhood during an emergency evacuation or at an emergency shelter.

It is essential that you learn relevant emergency-related Japanese words, make connections with the people in your area and come to understand day-to-day lifestyles rules in Japan. In the past, during times of emergency, many people have been helped by their neighbors.

This book does not explain all countermeasures relating to natural disasters. If there is something you do not understand, or something you would like to know more about then please do further research into this. Please come to understand about daily life in Japan and your town, so that you will not be so unsure during an emergency.

It is also a good idea to discuss disasters with your family and friends on a regular basis. In the blank spaces in this book, please include information that you yourself have researched.

Please take the time to increase your own knowledge and awareness of emergencies and disasters, so that if something does happen, you will know what to do.

The most important point to remember is **“keep yourself safe!”**



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Be prepared for a disaster

① Emergency Shelter Confirmation

An emergency shelter is a place where you can take refuge during a disaster. Places such as schools and community centers are stipulated as emergency shelters, and this information is provided by the local municipal office. If you feel in danger, or you have been told by your local municipal office to prepare to evacuate, or if an evacuation order has been issued, please move to an emergency shelter. Each emergency shelter is a place where **people can sleep, get food supplies and receive up-to-date disaster-related and lifestyle-related information**. These places are not just for local residents, but they are also for tourists and people who happen to be visiting the area – a place **anyone can use in times of disaster, regardless of nationality**. It would be advisable for you to confirm the location of your nearest emergency shelter, how to get there, and when it is necessary to evacuate. Please also be aware of your nearest hospital, convenience store and public telephone.

Each city, town and village has its own “Hazard Map.” This map contains information on which areas are predicted to suffer the greatest damage as a result of a natural disaster, and where emergency shelters are located. Please check this map at your local municipal office.

Please make a map of your own area

Please include the nearest emergency shelter, hospital, public telephone and so on.

At an Emergency Shelter

Many people must live together. Rules are put in place to avoid major problems.

These rules include...

- Taking off your shoes before entering the building.
- Eating meals at a set time, consuming a set amount of food.
- Using the toilet correctly, disposing of rubbish correctly.
- Not causing any trouble with the people around you.

There may be certain times when the emergency shelter rules clash with your own lifestyle or religious beliefs. Please talk with the people around you, and please inform someone if there is anything you are not able to do.

② Cooperating with your neighbors

You will need to cooperate with your neighbors in times of emergency. If there are children, elderly people or disabled people near you, please do your best to help them. The best thing to do would be to get to know your neighbors in advance. These people will do their best to keep you safe and calm.

③ Emergency Food Supplies

In a disaster, the electricity, gas and water supply may be cut, so it is necessary for you to have an emergency supply kit ready. This kit contains emergency supplies and emergency rations.

① Emergency Supplies

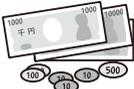
Please prepare these in advance, and put them in a backpack, ready for you to access easily in an emergency.

▼Food Items

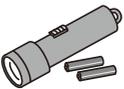
 <input type="checkbox"/> Water	 <input type="checkbox"/> Emergency Food Supplies	 <input type="checkbox"/> Towel, Tissues	 <input type="checkbox"/> Clothing
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▼Daily Essentials

▼Essential Items

 <input type="checkbox"/> Bankbook	 <input type="checkbox"/> Personal Stamp (INKAN)	 <input type="checkbox"/> Passport and Alien Registration Card (Residency Card from July 2012)	 <input type="checkbox"/> Health Insurance Card (Copy)	 10yen coins, so you can use a public telephone. <input type="checkbox"/> Money
--	--	---	--	---

▼Other Items

 <input type="checkbox"/> Mobile Phone, Phone Charger	 <input type="checkbox"/> Flashlight (Spare Batteries)	 <input type="checkbox"/> Portable Radio (Spare Batteries)	 <input type="checkbox"/> Knife, Lighter	 <input type="checkbox"/> First Aid Supplies
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▼Other Items (Write down any other items you think you may need)

<input type="checkbox"/>				
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2 Emergency Rations (Water and Food for three days)

▼Food Items


Water
(three liters per person per day)

▼Other Items


Emergency Food Supplies


Portable Gas Cooker, Spare Gas Canister


Spade, Crowbar

▼Other Items (Write down any other items you think you may need)

<input type="checkbox"/>				
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3 Other Items

Please prepare other essential items for yourself and your family.
For example: Baby – milk powder (formula), feeding bottle, nappies, baby food etc.
Pregnant Woman – cotton wool, gauze, bleach (disinfectant) etc.
Person in need of care – nappies, essential medicine etc.

<input type="checkbox"/>				
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Write down any other items you think you may need.

④ Japanese and Receiving Emergency-Related Information

The majority of disaster news and information is given in Japanese. During a disaster, it is very easy for information to be relayed incorrectly and rumors spread. It is most likely that information at emergency shelters will not be given in your own mother tongue, and there will be a limit to the amount of information available in languages other than Japanese. That is why it is useful to be able to understand simple spoken and written Japanese. (Please refer to pages 2 and 13)

There are municipalities and foreign resident support groups throughout Japan that provide disaster-related information in various languages, so use the internet and municipal offices to receive further information in your own language.

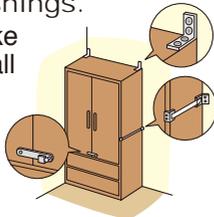
Emergency information is often broadcast through caption messages at the top of the television screen and area mails on cell phones. This is always in Japanese. Please look out for this information on a regular basis.

⑤ Safety Precautions – At home and around your home

Please take the appropriate safety measures inside and around your home.

① Secure furnishings.

In an earthquake furniture may fall on you. This is dangerous.

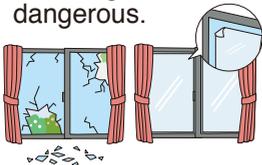


② Do not leave belongings in hallways or entranceways. This will block the escape route.



③ Place shatterproof plastic film over window glass panes.

Broken glass is dangerous.



④ Check to ensure there are no broken roof tiles or house bricks. Falling roof tiles, broken walls and fences are dangerous.



⑥ Other Information

This sign indicates an emergency exit. Use this exit to escape during an emergency.

Emergency Exit Sign



Natural Disasters

Disasters which can be predicted to a certain extent

Typhoons (TAIFU)

Most typhoons tend to come from the west and south-west of Japan, and travel in a north-east direction. Every year typhoons reach land in Japan. Sometimes typhoons sweep through Shimane Prefecture. During a typhoon, heavy rain, strong winds, landslides, high tides and high waves are expected. The center of the typhoon is known as the “eye of the storm” with no rain or wind. However, heavy rain clouds and strong winds are all around the eye of the storm, so until the typhoon completely passes, you must stay alert.

Typhoon Map



Heavy Rain (OOAME)

During typhoons and times of heavy rain, rivers may burst their banks and flood peoples homes. Depending on where you live, you may need to evacuate to higher ground(高台 : takadai) to avoid the flooding.



Landslides (DOSHA SAIGAI)

Sometimes soil on sloping surfaces comes loose as a result of heavy rain or earthquakes. There is a danger of falling rocks, slope failure or landslides, so avoid going close to the bottom of mountains and cliffs.



Tsunami (Seismic Wave)

A tsunami can occur after an earthquake. If you are at a coastal area or at a coastal waterway evacuate quickly to high ground(高台 : takadai). Do not go near these areas until there is no further risk of a tsunami.

Disasters which are difficult to predict

Earthquakes

(JISHIN)

There are different ways to protect yourself during an earthquake, depending on where you are at the time (on a train, in an elevator, outdoors). It is a good idea to be aware of how you can protect yourself and evacuate from that place in case of emergency.

Things to remember in an earthquake

① Protect yourself and your family.

Get under the nearest strong table or desk and cover your head.



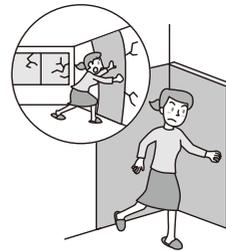
② Put out any fires that may have started.

Even a small flame can result in major damage. Get into the habit of turning off any gas and/or extinguishing flames even in a minor earthquake.



③ Open doors and windows to secure an exit point.

After an earthquake, it may be difficult to open doors and windows in a building. It is extremely important that you check emergency exits, especially in medium and high-rise buildings. If possible, secure two or more places from which you can evacuate.



④ Do not rush outside!

It is very dangerous to rush outside in a disaster. Check the area around you first, calm down and then evacuate.



- ⑤ Stay away from narrow streets, walled streets, cliffs and river banks.

Block walls may collapse; glass window panes and signboards may fall on you. Cover your head and evacuate safely to a safe building or open courtyard.



- ⑥ Follow the instructions

Disasters often lead to panic when large groups of people are in the same place. Please calmly and carefully follow the instructions of the shop owner. Do not make rash decisions by yourself.



- ⑦ Be aware of landslides and tsunamis.

Get away from coastal areas and regions where slope failure may occur.

Tsunami may occur in the sea near land, so once the earthquake tremor has died down, evacuate quickly and safely to a high point.



- ⑧ Evacuate on foot with a minimal amount of personal belongings.

Evacuating by vehicle may lead to traffic jams, preventing fire engines, ambulances and aid workers from reaching the injured people.



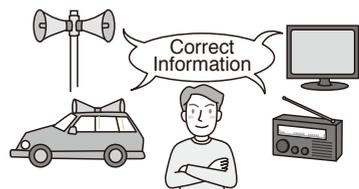
- ⑨ Vehicles must pull over to the left and stop.

If an earthquake occurs when you are driving, pull over on the left-hand side of the road and turn off the engine.



- ⑩ Do not panic, do not be alarmed – act in a calm way.

During times of disaster, false rumors are spread easily. Listen carefully to information from news agencies, municipal offices, fire department and emergency care services.



Earthquake Intensity Scale

- **MAGUNICHUUDO** ... The size of the earthquake.
- **SHINDO** The intensity of the earth tremors (Japanese scale).
- **SHINGEN** The epicenter of the earthquake.
- **KINKYUU JISHIN SOKUHO** (Emergency Earthquake News Update)
 Predicts an earthquake before large tremors occur to inform people as soon as possible. This prediction may appear on TV, heard over the radio, or messages on your cell. (The earthquake may begin as quickly as ten seconds afterwards)

<p>SHINDO 0</p>	<p>People will not feel this tremor.</p>		<p>SHINDO 5 JAKU (Lower)</p>	<p>Unsecured furniture can fall over. Fences break, books and crockery may fall from the shelves.</p>	
<p>SHINDO 1</p>	<p>Some people indoors will feel the tremor.</p>		<p>SHINDO 5 KYOU (Upper)</p>	<p>Large furniture items such as chest-of-drawers can fall over. Driving a vehicle is difficult.</p>	
<p>SHINDO 2</p>	<p>Most people indoors will feel the tremor. Hanging objects will move slightly.</p>		<p>SHINDO 6 JAKU (Lower)</p>	<p>Standing up straight is difficult. Building walls and window panes break. Gas and water mains suffer damage.</p>	
<p>SHINDO 3</p>	<p>Almost all people indoors will feel the tremor. Crockery in the shelves may rattle.</p>		<p>SHINDO 6 KYOU (Upper)</p>	<p>You cannot move unless you crawl.</p>	
<p>SHINDO 4</p>	<p>Ornaments come loose and may fall off the shelves.</p>		<p>SHINDO 7</p>	<p>You cannot control your own actions.</p>	

Useful Japanese

Alert (CHUIHOU)	This is issued when there is a chance of damage. Words such as OOAME-CHUIHOU (Heavy Rain Alert) and KOUZUI-CHUIHOU (Flood Alert) are used.
Warning (KEIHOU)	This is issued when there is a high chance of serious damage. Words such as OOAME-KEIHOU (Heavy Rain Warning) and KOUZUI-KEIHOU (Flood Warning) are used.
Extremely Strong Wind and Heavy Rain (BOUFUUU)	Extremely strong wind and heavy rain.
Gale Force Wind Region (BOUFUUIKI)	During a typhoon low-pressure creates a region where the wind is more than 25m/s, or where there is the likelihood of gale force wind.
Strong Wind Region (KYOUFUUIKI)	An area with strong wind between 15m/s and 25m/s.
Wind Speed (FUUSOKU)	This is the speed at which the wind blows. Usually displayed using meters/second(m/s).
Maximum Wind Velocity (SAIDAI SHUNKAN FUUSOKU)	This is the highest recorded wind speed in a given area over a given time.
Typhoon (TAIFUU)	Many words are used to describe typhoons such as OOGATA (large-size), CHOU-OOGATA (super), TSUYOI (strong), HIJOU NI TSUYOI (extremely strong), and MOURETSU (violent).
Typhoon Number X (TAIFUU X GOU)	Typhoons are given a number, starting with Number One each year.
Thunderstorm (RAIU)	Lightning and rain * Thunder (KAMINARI).
① Temporarily (ICHIJI) ② Sometimes (TOKIDOKI) ③ Later (NOCHI)	① When the predicted weather lasts for less than a quarter of a day, then changes. ② When the predicted weather lasts for less than half a day, then changes. ③ When the predicted weather changes completely during the day (two different types of weather in one day).
Aftershock (YOSHIN)	These are earthquakes continuously felt after an earthquake, with the number and intensity of aftershocks differing with each earthquake. Sometime aftershocks can continue for several days.
Evacuation (HINAN)	This is when a person/people move from one place to another to avoid danger.
Emergency Shelter (HINANJO) Evacuation Center (HINANBASHO)	A place where people evacuate to.
Evacuation Warning (HINAN KANKOKU)	This is issued when evacuation is recommended. It is up to the individual to decide, but please evacuate safely to an emergency shelter.
Evacuation Directive (HINAN SHUJI)	This is issued when a dangerous situation or damage to lives/property is imminent. It is not compulsory, but highly recommended that you evacuate to the nearest emergency shelter.
Evacuation Preparation Information (HINAN JUNBI JOUHOU)	This is issued when an evacuation warning or an evacuation directive is most likely to be enforced, and encourages everyone to prepare to evacuate. Please listen carefully to up-to-date information and make evacuation preparations.
Flood, Flood Waters (KOUZUI)	This disaster is caused by swollen rivers and burst rivers as a result of heavy rain or melting snow.
Flooding (SHINSUI)	This is when flood waters enter the house. For example: Water above floor level (YUKAUESHINSUI).
Landslide (Cliff Collapse) (GAKE KUZURE)	This is when earth and soil collapse as a result of heavy rain or an earthquake.
Caution (KEIKAI)	Be prepared, take necessary precautions, be on guard.
Partially-destroyed (HANKAI)	When a building is 20% - 50% damaged.
Tsunami	A tall wave (Can become taller than 10m. Homes and people can be swept away.)

Useful Websites

Shimane Prefecture Disaster Portal (Japanese, English, Chinese)	http://www.bousai-shimane.jp/	
Shimane Prefecture Landslide Disaster Information (Japanese)	http://www.pref.shimane.lg.jp/sabo/	
Shimane International Center	http://www.sic-info.org/	
National Meteorological Agency	(Japanese)	http://www.jma.go.jp/jma/
	(English)	http://www.jma.go.jp/en/warn/index.html
Fire and Disaster Management Agency (Disaster Manual Available)	(Japanese)	http://www.fdma.go.jp/
	(English)	http://www.fdma.go.jp/en/
Disaster Prevention and Crisis Management E-College	http://www.e-college.fdma.go.jp/top.html	
Council of Local Authorities for International Relations (CLAIR)		
Multi-Lingual Lifestyle Information (Japanese, English, Chinese,	http://www.clair.or.jp/tagengo/index.html	Portuguese, Korean, Tagalog etc.)
Disaster Information Support for Foreign Residents (Multi-lingual support available)	http://www.clair.or.jp/tabunka/shinsai/index.html	

Shimane International Center – Multilingual Mobile Phone Email Magazine

Lifestyle Information and Event Information delivered to your inbox!

Registration Method: Send a blank email to the email address listed below.
(Then simply follow the instructions in the reply email sent to you).

English eng@ifms.jp **Chinese** chn@ifms.jp

Portuguese por@ifms.jp **Tagalog** tag@ifms.jp

*** In the event of a major disaster, information detailed on the NHK Matsue homepage will be sent to your mobile phone.**
(Please register for this service. You never know when you may need this information).

Emergency Contact Numbers

Ambulance,
Fire Engine

119



Police

110



Please give way to ambulances and fire engines when they pass by with the siren going.

Disaster Message Exchange Dial

(This can be accessed using your home phone, mobile phone or a public telephone).

People affected by the disaster can record messages, and other concerned people can listen to this message. This is a voice-mail system.

Example

Record Dial 171, then 1, then your home phone number ▶ Record

Play Dial 171, then 2, then home telephone numbers of people you want to contact ▶ Play

Mobile Phone and Internet Disaster Message Board Service

People affected by a disaster can use their mobile phone or computer to leave a text message for other people to read.

Example

Register and confirm your cell phone on various emergency messaging service sites.

* On the 1st day of every month and in “Disaster Awareness Week” an opportunity to try the Disaster Message Exchange Dial and Disaster Message Board Service is available. Try it out!

Disaster Handbook for Foreign Residents - Shimane Prefecture

Published: March 2012, 2nd Edition

Publisher: Culture and International Affairs Division, Shimane Prefecture
1 Tono-machi, Matsue City TEL 0852-22-5586 FAX 0852-22-6412

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Languages: Japanese, English, Chinese, Portuguese, Korean, Tagalog

All photographs are from actual disasters that have happened in Shimane Prefecture. This book is also available on the Shimane International Center Homepage (Download).

March 2012