外国人住民のための防災ハンドブック (英語)

# Disaster Prevention Handbook for Foreign Residents Be prepared for a natural disaster

Shimane

Prefecture



# Introduction

A "natural disaster" [災害] (SAIGAI) is when a person suffers damage because of a natural event, such as heavy rain or an earthquake. Preventative action to stop or reduce such damage is called "disaster prevention" [防災] (BOSAI).

There are many natural disasters in Japan, including in Shimane Prefecture. There are many different types of natural disaster. Depending on the type of disaster, its size, the terrain, etc., the method to protect yourself can be different.

We do not know when a disaster will happen. In order to protect yourself and your family, and to reduce damage, it is important to know about disasters, disaster prevention, living in Japan, information about your town, and what Japanese to use in an emergency.

This handbook contains information about preparing for a disaster, types of disasters, and what to do in a disaster. If a disaster happens, remember to "**protect yourself**" first. Using this handbook as a guide, please think about disaster situations with your family and friends, in order to save lives.

Also, it is important to help each other in a natural disaster. Let's keep in contact with people who live around us. In a natural disaster, let's help each other to protect our lives and livelihood.

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# Japanese for Emergencies & How to Call

# Let's prepare for emergencies by learning Japanese!

- ●火事です (Kaji desu) There is a fire
- 助けてください (Tasukete kudasai) Please help
- 教急車/消防車/警察を呼んでください (*Kyūkyūsha / shōbōsha / keisatsu o yonde kudasai*) please call an ambulance / a fire truck / the police
- 避難所はどこですか? (Hinanjo wa doko desu ka?)
  Where is the evacuation shelter?
- 避難所へ連れていってください (Hinanjo e tsurete itte kudasai)
  Please take me to the evacuation shelter
- 今、何が起きていますか? (Ima, nani ga okite imasu ka?)
  What is happening now?
- ○○が痛いです (○○ ga itai desu) My ○○ hurts
- ●けがをしました (*Kega o shimashita*) I am injured ●ここはどこですか? (*Koko wa doko desu ka*?) Where am I? What is this place?
- 英語が話せる人いますか? (*Eigo ga hanaseru hito imasu ka*?) Does anyone speak English?
- トイレ (*toire*) toilet、 病院 (*byōin*) hospital、コンビニ (*konbini*) convenience store 公衆電話 (*kōshū denwa*) public telephone

#### head 鼻 (hana) eye nose 茁(mimi) 🗋 (kuchi) ear mouth 胸 (mune) chest お腹 (onaka) stomach ) 手 (te hand ᇎ(ashi) lea/foot

·頭 (atama)

# Who to Call in an Emergency (Telephone Numbers)

## Ambulance / Fire truck

Police

When an ambulance, fire truck, or police car is sounding its siren and trying to pass, please move your car to the left side of the road.

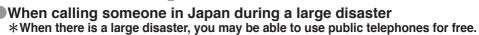
# How to Use a Public Telephone

When calling for an ambulance, fire truck, or the police

Telephones with no emergency call button

1)Lift the telephone 2)Dial 119 or 110 Telephones with an emergency call button

Lift the telephone
 Press the emergency call button
 Dial 119 or 110



Telephones with no emergency call button

Lift the telephone
 Dial the phone number

#### Telephones with an emergency call button

①Lift the telephone ②Insert a coin (¥10 or ¥100) or a telephone card ③Dial the phone number

\*When calls are free, your coin or telephone card will be returned after the call.



3

# **About Japan and Shimane**

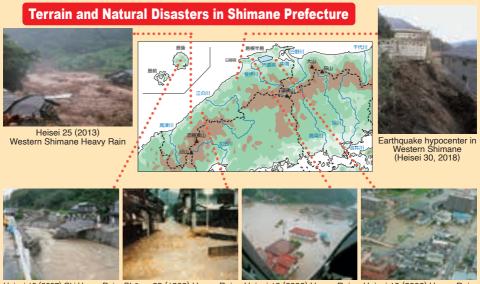
## **About Japan**

Japan is surrounded by the sea. Approximately 70% of the land has mountains and forests. Because there are many mountains and valleys, flooding is common after heavy rainfall. With four distinct seasons, natural disasters such as typhoons and heavy snowfall are also common.

In addition, there are four tectonic plates under Japan, so earthquakes can happen easily. There are many hot springs in Japan which are heated from volcanic activity—evidence that Japan also has many volcanoes.

## **About Shimane**

Shimane Prefecture is the area between the Chūgoku Mountains to the south and the sea to the north, as well as the Oki Islands. In the past, Shimane has experienced damage from natural disasters such as large earthquakes, heavy rainfall, and typhoons. In Shimane, there are more than 20,000 locations with a landslide risk, which is the second highest number in Japan. There are also active faults here, which can cause earthquakes. In 2017, the Coordinating Committee for the Prediction of Volcanic Eruptions reported that there are 111 active volcanoes in Japan. One of these active volcanoes is Mt. Sanbe, located in Shimane.



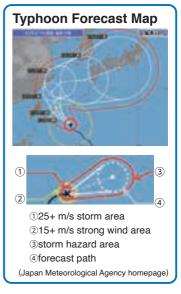
Heisei 19 (2007) Oki Heavy Rain Shōwa 63 (1988) Heavy Rain Heisei 18 (2006) Heavy Rain Heisei 18 (2006) Heavy Rain

There is a nuclear power plant in Shimane Prefecture. In case of an accident, please follow government directions.

# **Natural Disasters**

# 台嵐 (TAIFŪ) Typhoon

Typhoons are large rain clouds that form over the sea south of Japan. Most typhoons come to Japan from the west/southwest, and move towards the northeast. Typhoons often appear from August to October. It rains heavily and there are strong winds. You must also be careful about landslides, high tides (sea levels rise, so normally dry places may be flooded), and high waves. At the center (eye) of the typhoon, there is almost no rain or wind. However, there is rain and wind around the center, so you must be careful until the typhoon completely passes. You can learn about a typhoon's strength and movement through TV or the Internet.





#### **Preparing for a Typhoon**

- If objects near your house will blow away in the wind, bring them inside the house.
- Lock any windows.
- There may be power outages, so prepare a flashlight.

# 大南 (ŌAME) Heavy Rain

Rain can fall for a long time, or it can fall heavily in a short time period. Rivers can flood in heavy rain, and houses may also flood or be swept away. If heavy rain falls in one area for a few hours, it is called "torrential rain" [集中豪雨]



(SHŪCHŪGŌU). If heavy rain falls in one area for a few minutes, it is called "localized heavy rain" [高地的大雨] (KYOKUCHITEKI ŌAME). Heavy rain is common at the end of the rainy season (from June to July) and during typhoons.

In heavy rain, it may be dangerous to go to an evacuation shelter. When it is dangerous to go outside, please evacuate to the highest and safest room possible.

# 土砂災害 (DOSHA SAIGAI) Landslide

Sloped land can collapse when weakened in heavy rain or earthquakes. Landslides can include rockfall from cliffs, debris flow, and landslips. Sometimes

there are warning signs before a landslide, such as cracks in cliffs, small falling rocks, rivers becoming muddy, and cracks in the ground. If there is heavy rain or you see these warning signs, do not go near mountains or cliffs.





Cliffs suddenly collapse

Debris flow



Sediment flows in a large volume of water

Landslip



Earth and sand slowly slips downward

#### About Alert Levels and Evacuation During Landslides or Heavy Rain

Alert Level	What to Do	Evacuation Information (Please see pg. 17)
5	Immediately act to ensure your own safety	Emergency Safety Measures
4	Evacuation of everyone; please escape danger and go to an evacuation location or safe area as quickly as possible	Evacuation Instruction
3	Evacuation of people who need extra time (elderly citizens, people with disabilities, etc.); all other people should prepare for evacuation	Evacuation of the Elderly, Etc.
2	Check your evacuation plan	
1	Listen for new information	

#### \*At Alert Level 4, everyone should evacuate.

If you decide that the route to the evacuation location is dangerous and life threatening, please escape to a safe location/building, or move to the safest room in your current location (a high room far from cliffs).

# 地震 (JISHIN) Earthquake

The ground will shake. In a large earthquake, you will not be able to stand. Depending on where you are (in a house, in an elevator, outside, etc.) methods to protect yourself and evacuate are different. After a large earthquake, there may be aftershocks. Sometimes, the aftershocks are larger than the original earthquake.

## What to Do in an Earthquake

#### [In your house]

#### **During shaking**

#### **1**Protect yourself

Hide under a strong table or desk and protect your head.



#### **②Do not go outside in a hurry**

It may be dangerous to go outside immediately. Objects may fall on you.



#### When shaking has stopped

**3 Turn off the gas** Extinguish any flames.



# ④Open doors and windows to make an escape route

Be careful—in an earthquake, it can become difficult to open doors.



<sup>5</sup>When evacuating, turn off the circuit breaker before leaving your house.



#### [In an elevator]

OPress the buttons of all floors. Get out when the elevator stops. If the door does not open, press the emergency button.



#### [In a crowded building]

ORushing to an exit can cause a dangerous panic. Follow the instructions of people in charge.



#### [When outside]

# ○Do not go near narrow roads, walls, cliffs, or rivers.

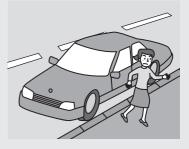
Walls, glass windows, signs, etc. may fall down. Protect your head, and escape to a safe building or open area. Quickly move away from cliffs that may fall down. There may be a tsunami (please see pg. 10); if you are near the sea, escape to a high area.



### [When driving]

# Ostop your car on the left side of the road.

Do not stop in the middle of the road. Do not lock your car; leave the keys inside the unlocked car.



# **Earthquake Intensity and Shaking**

[震度] (SHINDO) Earthquake intensity is the size of ground shaking in a specific area.

SHINDO O	You do not feel shaking.	SHINDO 5 JAKU (lower)	Unstable furniture falls over. Objects such as cutlery, books, etc. fall down. Walls may collapse.
SHINDO 1	When indoors, some people feel minor shaking.	SHINDO 5 KYŌ (upper)	Heavy furniture may fall over. Driving a car is difficult.
SHINDO 2	When indoors, many people feel shaking. Hanging objects shake slightly.	SHINDO 6 JAKU (lower)	You cannot stand. Building walls and windows break. Most unsecured furniture moves around.
SHINDO 3	When indoors, almost everyone feels shaking. Cutlery may make a noise.	SHINDO 6 KYŌ (upper)	You cannot move without crawling. Some houses fall down.
SHINDO 4	Unstable objects may fall over. Hanging objects shake intensely.	SHINDO 7	You cannot move. Many houses fall down. Roads break.

\*When intense shaking is predicted, an Earthquake Early Warning [緊急地震速報] (KINKYŪ JISHIN SOKUHŌ) will appear on TV and radio. People in the area will receive an automatic emergency alert notification on their cell phones. A few seconds after these warnings, an earthquake may occur. If these warnings appear, protect yourself immediately.

# Understanding Earthquake Information

- (Earthquake Vocabulary)
- ●マグニチュード (MAGUNICHŪDO) Magnitude
- 震度 (SHINDO) Earthquake intensity

In the same earthquake, intensity is different depending on location.

● 震源 (SHINGEN)

# Location of hypocenter (underground)

Location of epicenter (ground level)

#### Earthquake information (Map of earthquake intensity & epicenter)

× is the epicenter; the numbers are the intensities in those areas.



Earthquake in western Shimane Prefecture (2018) (Yahoo! JAPAN Weather & Natural Disasters homepage)

# 津波 (TSUNAMI) Tidal Wave

After an earthquake, there may be a tsunami (tidal wave). Sometimes a tsunami occurs immediately after the earthquake. Even in a 20-30 cm tsunami, people cannot stand. Some tsunamis are very fast. When you are near a coast or river, evacuate to high ground immediately. A tsunami comes in many waves; the first wave of the tsunami may not be the biggest. Until any "major tsunami warning," "tsunami warning," or "tsunami advisory" is stopped, do not go near coasts or rivers. Even if

an earthquake occurs outside Shimane, the tsunami may reach Shimane.





2011 Tōhoku earthquake (Great East Japan Earthquake), Ishinomaki City, Miyagi Prefecture

Near the sea, signs show the height above sea level. Please check the height around you.

Masuda City

# **Preparing for a Disaster**

# **1. Checking a Hazard Map**

A hazard map shows areas where cliffs may collapse in heavy rain, areas near rivers that may flood, areas where a tsunami may occur in an earthquake, evacuation locations, and more. Cities, towns, and villages make hazard maps; you can receive a hazard map at your town hall. You can also see hazard maps on your town's website.

## [How to Use a Hazard Map]

Looking at a hazard map, first see where you live and work; check nearby dangerous areas and evacuation locations. Plan a safe route to the evacuation location, checking which roads to use, and confirming that there are no dangerous places (rivers, cliffs, etc.) on the route. When there is no disaster, try walking along the route. With your family, please plan evacuation procedures, meeting places, and contact methods. Also, confirm the location of nearby hospitals, convenience stores, and public telephones.

⇒"Make your own map!" template (https://www.sic-info.org/en/support/preparedisaster/handbook/)

# 2. 避難場所 (HINANBASHO) Evacuation Locations and **游難所**(HINANJO) Evacuation Shelters

An evacuation location is a place to go promptly if there will be a disaster, or if a disaster has occurred. If you feel danger, or if the government announces evacuation information (pg. 6 & 17), please go to an evacuation location. An evacuation shelter is a place where you can temporarily stay if you cannot live in your house (for example, schools or community centers). The municipal government designates evacuation shelters. You can find evacuation shelters on a "hazard map."

Evacuation locations and shelters are different depending on the type of disaster. For example, evacuation locations and shelters might be different for earthquakes compared to heavy rain.

#### Evacuation shelter symbols used on hazard maps, etc.







**Example evacuation shelter sign** 



You can go to these places to escape from danger

# 3. What Is an Evacuation Shelter Like?

#### Use them without worry

- Anyone can go to a shelter (Japanese, foreigners, tourists, etc.)
- You can receive food and drink. Depending on the shelter and conditions, food and drink may not be immediately available; therefore, please bring a small amount of food and drink when you evacuate.
- There are places to sleep with blankets (some shelters may not have blankets). Sometimes the area to sleep is a hard floor.



Inside an evacuation shelter

- You can use evacuation shelters for free (no cost).
- You can receive information about the disaster and living conditions.

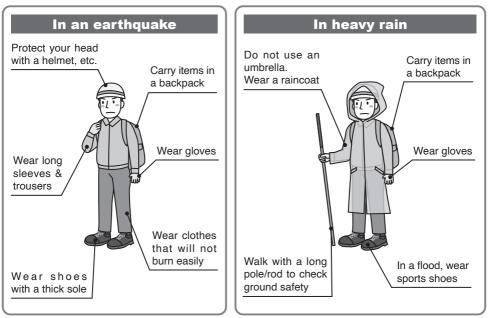
### **Evacuation Shelter Manners & Rules**

- There is a reception area; please write your name at the reception. Before changing shelters or going home, please notify the reception.
- Many people use the shelter-cooperation is important.
- Please use toilets with care, and separate garbage correctly.
- The time to receive food and the amount of food is fixed. Please wait in line to receive food.
- There may not be appropriate food for allergies or religious restrictions.
- Items that you can receive and use are limited; please bring items that you need.
- There may be places where you must remove shoes.
- Do not speak in a loud voice.
- You must not use fire inside the building.
- There are areas to use your cell phone to talk. Inside other areas, turn your phone to silent mode.
- There are specific locations for evacuating with a pet. The owner must care for the pet.
- Please be kind to the elderly, disabled, small children, etc.
- Before a natural disaster occurs, please proactively research if you have questions or concerns.
- If you require special assistance (e.g. elderly, disabled, etc.), please notify the evacuation shelter.

# 4. Evacuation Clothes and Warnings

- Please evacuate in safe clothes (e.g. with a helmet and gloves) that are not restrictive, and wear comfortable shoes. In a flood, long boots are dangerous.
- Do not use dangerous roads. Use a safe route as much as possible.
- If you use a car to escape a tsunami, roads will become congested, and your evacuation may be slowed.
- If you try to drive in heavy rain, your car can become stuck in water, blocking emergency vehicles. Please do not use a car if possible. If you must use a car, slowly drive to high ground, avoiding flooded areas.
- Be careful of your surroundings when evacuating. In an earthquake, glass or other dangerous objects may fall. In heavy rain, there may be holes or ditches in the ground. At night, or in heavy rain, please walk with a long pole/rod to check ground safety.
- Evacuate early. If possible, evacuate when there is light outside; in the dark, it is difficult to see around you.

#### **Clothes for evacuation**



# **5. Knowing and Helping People in Your Community**

In a disaster, mutual help and cooperation is important. Please help people who need it (the elderly, disabled, or people asking for help). Keep regular contact with neighbors, and help each other if there is a problem.

- Let's greet neighbors and talk to people in the community.
- Let's participate in community events.
- Let's participate in community disaster prevention practice.

## **6. Emergency Supplies**

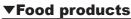
There are two types of emergency supplies: ① portable emergency supplies (to take when evacuating), and ② emergency reserve supplies (to live for a few days if there is no electricity, gas, or running water).

- Please occasionally check emergency supplies; food and drinks have an expiration date. To avoid expired food, please occasionally eat emergency food and replace it with new food.
- Some outdoor equipment, such as sleeping bags, emergency blankets, lanterns, etc. are also useful emergency supplies.

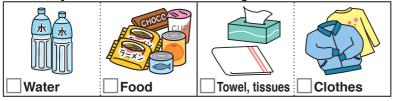
## **1** Portable Emergency Supplies

Please pack these supplies in a backpack, etc. to be carried quickly when evacuating.

Pack only essential items, and try walking with the bag to check the weight.



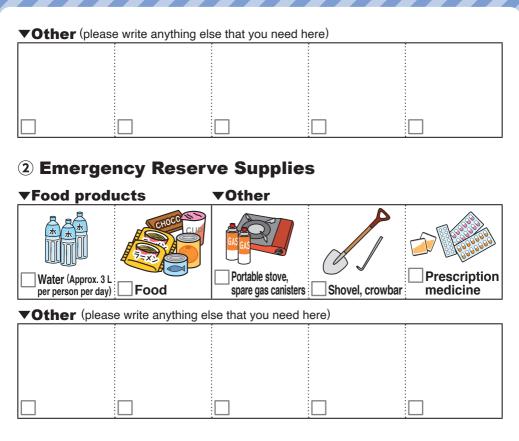
#### ▼Daily essentials



#### ▼Valuables







# **3 Other**

Necessary emergency supplies are different for each person. Prepare necessary supplies for yourself and family.

E.g. : Babies: milk powder, baby bottle, diapers, baby food Pregnant women: items for childbirth, skincare products, etc. People who need nursing care: diapers, etc.



Please write anything else that you need here

# 7. Disaster Information and Where to Find It

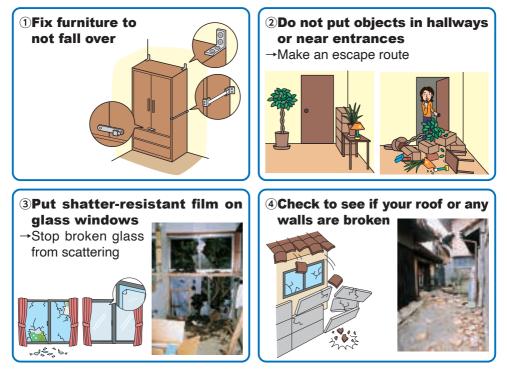
Almost all disaster information is in Japanese. Let's learn Japanese vocabulary used in disasters. (please see pg. 17)

In a disaster, false rumors mix with official information. Please check TV, radio, and the Internet for new correct information. Some regions have outdoor "government emergency broadcast" speakers; these speakers may play emergency information.

Before a natural disaster occurs, please research and read disaster information, and multilingual living/community information (please see pg. 18)

## 8. Keeping Your Home Safe

Please prepare for a disaster by checking the safety of your home, inside and outside.



# 9. Other

In a building, this sign shows emergency exits. In an emergency, please escape using doors with this sign.



**Emergency exit sign** 

# Japanese for Disasters & Disaster Prevention

# Please remember these important words.

Disaster Information (from the Japan Meteorological Agency)			
そくつけいほう 特別警報 (TOKUBETSU KEIHO) Emergency Warning	A very large disaster will probably occur. Please be alert. A severe disaster like this may occur once every few decades. B.g. [大時特別警報] (ÕAME TOKUBETSU KEIHÕ) "Heavy Rain Emergency Warning," 动助きをくべつけいほう [大雪特別警報] (ÕYUKI TOKUBETSU KEIHÕ) "Heavy Snow Emergency Warning."		
がいほう	A large disaster may occur. Please be alert.		
警報 (KEIHŌ)	E.g. [大雨警報] (ŌAME KEIHŌ) "Heavy Rain Warning" (there will be torrential rain;		
Warning	a large disaster may occur), [洪水警報] (KŌZUI KEIHŌ) "Flood Warning.		
きゅういほう	A disaster may occur. Please be careful.		
注意報 (CHŪIHŌ)	E.g. [大雨注意報] (ŌAME CHŪIHŌ) "Heavy Rain Advisory" (there may be heavy		
Advisory	rain; please be careful), [洪水注意報] (KŌZUI CHŪIHŌ) "Flood advisory."		

<b>Evacuation Informat</b>	ion (issued by the local mayor)
繁急安全確保 (кікмүй амдем какино) Emergency Safety Measures	A disaster is occurring or is about to occur. Please immediately take action to ensure your safety.
遊難指示 (нимам shuu) Evacuation Instruction	There is a very high possibility of disaster. Everyone should escape from dangerous areas as soon as possible. Go to an evacuation location. If you decide that the route to the evacuation location is dangerous and life threatening, go to a safe location/building nearby; stay in a high room away from cliffs. (please see pg. 6)
こうれいしゃとうひなん 高齢者等避難 (KOREISHA TO HINAN)	A disaster may occur. Please evacuate now if you require extra time (elderly citizens, people with disabilities, etc.)

About Wind, Rain, an	nd Earthquakes
<sup>あうそく</sup> 風速 (FŪSOKU) <b>Wind speed</b>	The strength of the wind, measured in m/s
もいだいしゃんかんゆうきく 最大瞬間風速 (SAIDAI SHUNKAN FÜSOKU) Maximum Instantaneous Wind Speed	The highest wind speed in a set time period
きょうかういき 強風域 (KYŌFŪIKI) <b>Strong wind area</b>	Areas where wind strength is (or is predicted to be) 15 m/s
डうあういき 暴風域 (BŌFŪIKI) Storm area	Areas where wind strength is (or is predicted to be) 25 m/s
<sup>ぼうふうう</sup> 暴風雨 (BŌFŪ'U) <b>Storm</b>	When it is raining with strong winds
雪雨 (RAIU) <b>Thunderstorm</b>	When it is raining with thunder
こうずい 洪水 (KŌZUI) <b>Flood</b>	A disaster when rain or melted snow causes water levels to increase greatly.
しんすい 浸水 (SHINSUI) Inundation	When a building is flooded with water. E.g. [床上浸水] (YUKA UE SHINSUI) "Inundation above floor level" (when water rises above floor level)
<sup>はんかい</sup> 半壊 (HANKAI) Partial destruction	When approximately half of a building is destroyed.
ぜんかい 全壊 (ZENKAI) Complete destruction	When a building is almost completely destroyed

# **Useful Websites and Apps**

## Web Sites

**Shimane Disaster Prevention Information** (Japanese, Tagalog, Portuguese, English, Korean, Chinese (simplified)) **[Shimane Prefecture]** 

**Disaster/Weather information for Shimane Prefecture** 

https://www.bousai-shimane.jp/



## Apps

#### Safety tips (14 languages) [Japan Tourism Agency]

A disaster information app for foreign tourists

Android https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android iPhone https://apps.apple.com/app/id858357174





#### VoiceTra (31 languages)

[National Institute of Information and Communications Technology (NICT)]

#### Multilingual translation app with sound

Android https://play.google.com/store/apps/details?id=jp.go.nict.voicetra iPhone https://apps.apple.com/app/id581137577





Information about other useful websites and apps is available on the Shimane International Center website.

Shimane International Center Prepare for Disaster

English: https://www.sic-info.org/en/support/prepare-disaster/



# **Disaster Prevention Memo**

Name	
Nationality	
Blood type	
Allerg	lies
Prescription	medicine
Passport Number/Resider	nce card number, etc.
Address ir	n Japan
Telephone	number
Names of people living with you	
Workplace/	Name
training/school	Address
contact information	Telephone number
Contact information	Name
of friend, etc. in	Address
Japan	number
Overseas contact	Name
information	Telephone number
Immigration Services Branch	
Embassy/Consulate	

City/Town hall	
Gas	
Electricity	
Water services	
Other contact information	

Please decide a method to contact your family members

# **Safety Confirmation Methods**

In a disaster, it may be difficult to make a telephone call. In order to confirm safety of family and friends, it is good to have many communication methods. (e.g. social media, etc.)

#### **Disaster Voice Mail Service**

You can record voice mail, and hear other people's recordings. You can record voice mail using a landline phone, cell phone, or public phone.

How to	To record	171→1→	Your telephone number $\rightarrow 1 \rightarrow \text{Record}$ a message Telephone number of the other person $\rightarrow 1 \rightarrow \text{Replay}$ (listen)
Use	To listen	$171 \rightarrow 2 \rightarrow 1$	Telephone number of the other person $\rightarrow$ 1 $\rightarrow$ Replay (listen)

#### **Disaster Message Board web171**

A service where you can post a message online, and other people can read your message. You can register and post a message from a computer, smartphone, etc.

How to Use https://www.web171.jp  $\rightarrow$  Your telephone number (or telephone number of the other person)

#### **Disaster Message Board Services**

You can post a message using your cell phone, and other people can read your message.

How to Use Post a message and check other people's messages using your telephone company's online "Disaster Message Board."

Services are different depending on your telephone company.

On the 1st and 15th day of each month, and during "disaster prevention weeks" etc., you can try the "Disaster Voice Mail Service," "Disaster Message Board web171," and "Disaster Message Board services." Please try them.

#### **Person Finder**

A service to confirm and post safety status information. Has multilingual support. https://www.google.org/personfinder/japan/

#### \* J-anpi (searchable safety status information)

(Japanese, English, Chinese [simplified, traditional], Korean, Thai, Spanish, Portuguese)

You can search messages from "Disaster Voice Mail Service," "Disaster Message Board web171," "Disaster Message Board services," and "Person Finder."

How to Use https://anpi.jp  $\rightarrow$  Enter the name or telephone number of the person you are searching for.

#### Disaster Prevention Handbook for Foreign Residents ~Shimane Prefecture~

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\* The information in this booklet is available on the Shimane International Center website. (Download available)