

Don't panic, keep this on hand!

Disaster Prevention Guide

What to do in times of an earthquake... are you prepared?

① DROP!	First, Get Low	Lower your posture to prevent from falling over.
② COVER!	Protect Your Head	Protect your head and neck with your hands or arms.
③ HOLD ON!	Don't Move	Stay put until the tremors have settled.

◆After memorizing the fundamental “3 Safety Actions” (DROP→COVER→HOLD ON), check “Emergency Supplies Checklist” as well as "Useful Japanese Phrases and Vocabulary". It is important to be ready for a disaster at any time.

In addition, be sure to examine your surroundings (the building structure and position of furniture, etc.) ensuring you are in a safe location, and refer back to this guide often.

In this Disaster Prevention Guide, you will also find a list of emergency evacuation shelters. Please place this in an easily accessible area of your home and use it as a reference for times of disasters.

“Don't panic, keep this on hand!” Do your part in being prepared.

Useful Japanese Phrases and Vocabulary

Help!	たす 助けて！	<i>tasukete!</i>
sickness	びょうき 病 気	<i>byōki</i>
injury	けが	<i>kega</i>
earthquake	じしん 地 震	<i>jishin</i>
flood	はんらん 氾 濫	<i>hanran</i>
fire	かじ 火 事	<i>kaji</i>
rockslide	くず がけ崩れ	<i>gakekuzure</i>
tsunami	つなみ 津 波	<i>tsunami</i>
city hall	しやくしょ 市 役 所	<i>shiyakusho</i>
hospital	びょういん 病 院	<i>byōin</i>
Evacuation Shelter	ひなんじょ 避 難 所	<i>hinanjō</i>

Make Preparations Before a Disaster Occurs!

If you were to have to evacuate, make sure you have adequate emergency supplies on hand.

As a family, discuss beforehand how to reach each other, where to evacuate, and have these written down in case of an emergency. A disaster could occur at any time, so it's best to always be prepared.

Family Contact Information

Name	Date of Birth	Blood Type	School/Work Phone	Cell Phone

My Family's Evacuation Shelter

Shelter Location	Meeting Place

Emergency Supplies Checklist

✓ Food / Water	✓ Valuables
Canned bread	Bankbook
Canned foods	Personal stamp (inkan)
Ready-to-eat meals	Cash
Drinking water	Insurance card

✓ Necessities	✓ First-Aid Kit	✓ Clothing	✓ Other
Flashlight	Ointment	Underwear	Helmet
Knife	Stomach-medicine	Socks	Disaster hood
Can opener	Cold pack/patch	Gloves	Blanket
Matches	Disinfectant	Sweater	Portable radio
Lighter	Painkillers	Jacket	Extra batteries
Candles	Bandages	Sneakers	Children supplies
Rope	Band-Aids		Glasses • Contacts
Toiletries	Gauze		
Towel	Cotton balls		
Tissues	Scissors		
Plastic bags	Tweezers		

Have approx. 3 days worth of food and water on hand. (Ideally 3 liters of water per day per person)

Household Safety Measures

☆☆Safety Measures for Inside Your Home

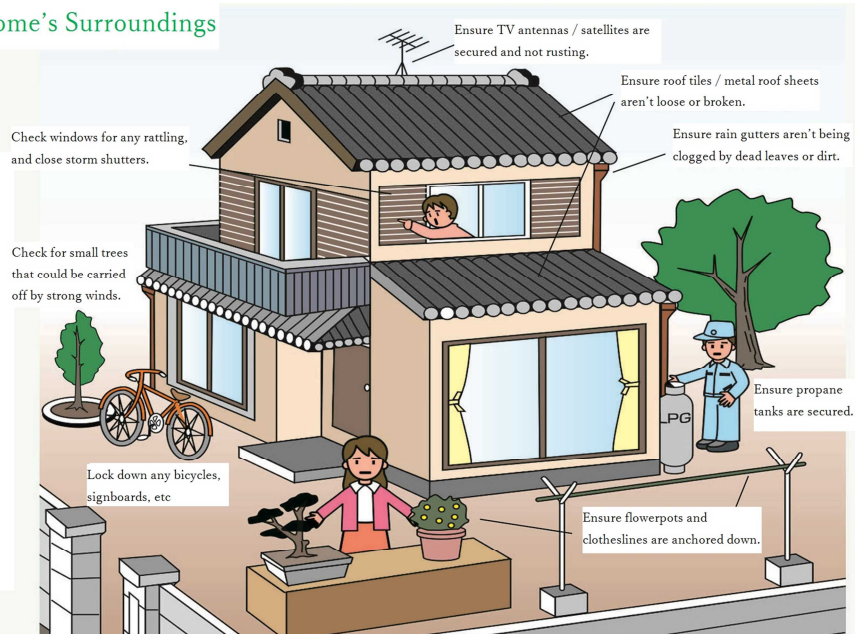
- ① Create a safe retreat area inside your home. ... Configure the space as needed to ensure safety.
- ② Refrain from placing tall furniture near places where children or elderly persons sleep. ... If an earthquake occurs during the night, it may put them in danger.
- ③ Make sure furniture won't fall down in the event of an earthquake. ... Close up any gaps between the furniture and the wall.
- ④ Refrain from placing anything in the hallway or in front of doors that would inhibit a safe evacuation. ... In the case of an emergency, exits may become blocked.

- ◆ Place furniture in a way so that it won't easily fall over, or simply don't place it at all.
- ◆ Install metal fittings to furniture, appliances, etc. to prevent them from falling. In addition, refrain from placing objects up high.
- ◆ Affix shatterproof film to windows, glass cupboards, etc.
- ◆ Take caution when dealing with fires. In case a fire were to break out, be extra careful not to place flammable objects around your home, and know where a fire extinguisher is at all times.

☆☆Safety Measures for Outside Your Home

Checking Your Home's Surroundings

1. In preparation for storms or typhoons, regular inspections and maintenance is important.
2. In the event of a storm, know which points would be weak to wind and rain.
3. It may be helpful to take a picture of the surroundings of your home when the weather is nice, so that you know how to best protect against a disaster.
4. Consider which parts of your surroundings could be dangerous if affected by flooding or landslides.



Always Remember These Evacuation Points!!

■ A Fundamental Approach to Evacuation

Evacuate Using Your Own Judgment

In the event of a disaster, circumstances will vary from person to person. Using your own judgment, take appropriate actions and evacuate.

- If you are living in area prone to landslides...
- If you are living in an area prone to flooding...
- If there are those living with you requiring special attention, such as children or elderly persons...

Take caution and evacuate swiftly

Taking Appropriate Actions to Protect Yourself

In the middle of a dangerous situation, evacuating as best as you can in a way that guarantees your safety is top priority. In a life-threatening situation, move to the nearest designated evacuation shelter, taking necessary actions to protect yourself. These situations may include but are not limited to:

- Flash flooding in the middle of the night, making evacuation routes difficult to traverse.
- If flooding is above knee level ($\geq 50\text{cm}$)
- If flooding doesn't exceed 20cm but the current is fast
- If flooding doesn't exceed 10cm but it is hard to make out the position of gutters, posing a tripping threat.

Moving outside can be dangerous. Depending on the level of flooding inside and the sturdiness of the building, using your own judgment, it may be safer to take shelter on the second floor (or higher) of your own home or of a neighbor's home. Remember, your life could be at risk.

3 Levels of Evacuation

1. Prepare to Evacuate • Seek Shelter for Elderly and Children

- For situations in which there is a high risk of personal injury
- For those whom it may take longer to evacuate, begin seeking shelter.
- Those who can evacuate by themselves should prepare to do so.

2. Evacuation Advisory

- For situations in which there is clearly a high risk of personal injury
- There is an official announcement for all citizens to move to the nearest evacuation shelter

Depending on your situation, evacuation may be even more dangerous!

In any case, always try to evacuate as early as possible!

3. Order to Evacuation (Urgent)

- For situations in which there is an extremely high risk of personal injury (or there are already reports of injuries)
- All citizens are to evacuate at once
- For those with only limited time to evacuate, take necessary actions to protect yourself

Public Services Information

In case of an emergency, always have this information on hand in an easily accessible area.

Emergency Contact Information			
Fire・Ambulance	(no area code) 119	Urgent Police Report	(no area code) 110
Kasama City Fire Department	(0296) 73-0119	Medical Treatment	
Kasama Fire Station	(0296) 73-0119	Ibaraki Prefectural Central Hospital	(0296) 77-1121
Tomobe Fire Station	(0296) 78-0119	Prefectural Mental Health Care Center	(0296) 77-1151
Iwama Fire Station	(0296) 45-0119	Regional Care Center Kasama	(0296) 77-0034
Kasama Police Station	(0296) 73-0110		
Tokyo Electric Power (Co.) Ibaraki Customer Center		(0120) 995-332	
NTT Landline (if no service)	(no area code) 133	(0120) 444-113	
Wireless-activated Disaster Warning System (free dail)		(0120) 996-131	

※When dialing 119, remain calm, speak clearly, and state whether you are calling about an accident or a medical emergency.

Emergency Contact System

Disaster Emergency Message Dial: 171

If a large disaster occurs, telephone lines may become extremely busy. During this time, phone companies will provide a “Disaster Dial Service” or “Disaster Message Board”. By dialing the **Message Recording** number (171-1) plus your phone number, you are able to leave a message for family and friends to receive and listen to via dialing the **Message Playback** number (171-2).

Message Recording	171-1-(your phone number including area code)
Message Playback	171-2-(phone number of person you are trying to reach including area code)

! During a disaster, it may become difficult to make phone calls. !

Families should have ways to reach each other by means other than telephone.

In addition, **keep these following points in mind**:

Safety Confirmation	◆ During a disaster, refrain from making non-emergency calls.
	◆ Public telephones are generally reliable, so know where the closest one is in your area at all times.
	◆ Rather than calling disaster-affected areas, it is easier to contact more distant areas. An effective strategy is to contact outside relatives and have them put together information about the situation.

Additional Disaster Prevention Related Information	
Provider	Home Page URL
Ministry of Land, Infrastructure, Transport and Tourism	http://www.mlit.go.jp/saigai/bousaijoho
Disaster Prevention Information Center	
Japan Meteorological Agency (typhoon info)	http://www.jma.go.jp/jp/typh
Mito Area Meteorological Agency	http://www.jma-net.go.jp/mito
Kasama City Hall	http://www.city.kasama.lg.jp
Ibaraki Prefecture Disaster Prevention • Crisis Control portal site	http://www.bousai.ibaraki.jp
Ibaraki Prefecture Public Works Division • Rain and River Water Level Information	http://www.kasenn.pref.ibaraki.jp