

Annaka City

Disaster Preparedness Handbook

for Foreign Residents



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PREPARATION and PLANNING

Emergency Supplies (*Bichikuhin*)

Emergency supplies will help you survive when food, power, and water supplies are cut during a disaster. Stock the necessary items to sustain you for 3 to 7 days. Store your supplies properly and replace food, medicine, and drinks as needed.

| | |
|--------------------------|---|
| Emergency Food | ready-to-eat foods, like canned food, alpha rice, etc. |
| Drinking Water | 1 person: 3L/day |
| Household Water | fill bathtub with water; use this to flush toilets and put out fire |
| Daily Necessities | disposable utensils, gas stove, gas canisters, toiletries, blankets, First Aid Kit, flashlight, spare batteries |



Evacuation Kit (*Hijomochidashi bukuro*)

Use the list below as a guide to assemble an evacuation kit suited for your family's needs. Evacuation kits must be light and compact. Divide items between family members if necessary. Use a backpack to carry these items, to keep your hands free during evacuation. Store your evacuation kit in a safe but accessible area. Regularly check for and replace expired items.

Essential Items

- portable radio
- match/lighter
- candles
- flash light
- spare batteries
- emergency food
- drinking water
- can opener
- mobile phone, charger
- powerbank

Based on Family Composition

- plastic bags
- tissue paper
- toiletries
- towel
- clothes
- underwear
- medicine
- first aid kit
- sanitary pads
- disposable diapers
- powdered milk
- nursing goods for elderly or person with disabilities

Valuables

- passport
- residence card
- health insurance card
- cash, bankbook

Convenient Items

- blanket/sleeping bag
- portable gas stove, gas canisters
- disposable tableware
- disposable heating pads
- mask



During Evacuation

- raincoat
- disaster helmet
- gloves
- whistle

Place the following next to your bed:

1. Evacuation Kit
2. Mobile Phone
3. Flashlight
4. Sturdy Footwear
5. Eyeglasses
6. Passport



Plan and Train

※Participate in Disaster Preparedness Trainings

Every second counts during a disaster. The ability to act quickly and calmly during a disaster is important to your own and your family's survival. Join disaster preparedness trainings and evacuation drills to stay informed and updated. Having a good relationship with your neighbors is also important



※Plan Ahead

Create an emergency plan so you know what to do during a disaster. Discuss the following points with your household members, colleagues, or friends:

- ◇ **Know where to go.** Confirm the location and routes to the nearest evacuation center (*hinanjo*). There is a possibility that main roads will be obstructed, so identify alternate evacuation centers and routes.
- ◇ **Identify dangerous areas.** Familiarize yourself with the location of nearby buildings, rivers, cliffs, manholes, etc.. Make an evacuation route that avoids possible dangerous areas.
- ◇ **Check the hazard map.** Check if your house, workplace, or school is located in a hazard zone. Consider this factor in your disaster-related preparations and decisions. If you are near a river or cliff during a disaster, early evacuation is recommended.
- ◇ **Identify responsibilities.** There are a few things that need to be done before evacuating. Assigning the following tasks to household members in advance will facilitate an efficient evacuation: extinguish fire, turn off the gas and electricity, prepare evacuation goods, and lock house.



Reminder: Depending on the severity and number of disaster victims, **evacuation centers may not have enough supplies or space to accommodate everybody.** There are also situations where it is better to temporarily leave the affected city/prefecture.

Information

Weather

| | | |
|-----------------------------------|-------------------------------------|--------------|
| Annaka City | www.city.annaka.lg.jp | 027-382-1111 |
| Gunma Kencho (Prefectural Office) | www.pref.gunma.jp | 027-223-1111 |
| Japan Meteorological Agency | www.jma.go.jp/jma/index.html | 177 |
| NHK World (TV Program) | App Store/Google Play: NHK World TV | |

Transportation

| | | |
|---------------------------------------|------------------|----------------------------------|
| Japan Road Traffic Information Center | | 050-3369-6666; Speed dial: #8011 |
| JR East Customer Support | www.jreast.co.jp | 050-2016-1600 |

Message Board (para sa mga mobile phone na nakakagamit ng internet)

| | |
|------------|--------------------------------------|
| NTT Docomo | dengon.docomo.ne.jp/top.cgi |
| Softbank | dengon.softbank.ne.jp |
| au (KDDI) | dengon.ezweb.ne.jp |
| WILLCOM | dengon.willcom-inc.com/dengon/Top.do |

Useful Words

| | | |
|-----------------|-----------------|---------------------|
| Dosha saigai | 土砂災害 (どしゃさいがい) | landslide |
| Hayame-no-hinan | 早めの避難 (はやめのひなん) | early evacuation |
| Hinan-kankoku | 避難勧告 (ひなんかんこく) | evacuation advisory |
| Hinan-jo | 避難所 (ひなんじょ) | evacuation center |
| Hinan-shiji | 避難指示 (ひなんしじ) | evacuation order |
| Jishin | 地震 (じしん) | earthquake |
| Keiho | 警報 (けいほう) | warning |
| Kozui | 洪水 (こうずい) | flood |
| O-ame | 大雨 (おおあめ) | torrential rain |
| Taifu | 台風 (たいふう) | typhoon |
| Tasukete | 助けて (たすけて) | help |
| Teiden | 停電 (ていでん) | blackout |
| Tokubetsu Keiho | 特別警報 (とくべつけいほう) | emergency warning |



Hinan-jo. Look for this mark to confirm the location of the nearest evacuation center.

Evacuation Tips

- ✧ **Gather information.** Beware of false and inaccurate information: make sure that your information source is reliable. Evacuation orders are announced by the local government or the fire department.
- ✧ **Prevent fire and lock your house.** If a fire starts during a disaster, extinguish it immediately. Turn off all possible sources of fire, such as the gas valve and circuit breaker. Lock your house before evacuating.
- ✧ **Wear comfortable and appropriate clothing** such as raincoat, helmet, and jacket during winter. Put on sturdy shoes like such as sneakers.
- ✧ **Walk.** If you decide to use a car to evacuate, take into account the possibility of getting stuck in traffic.
- ✧ **Cooperate/Help.** If the situation permits, help evacuate the elderly, pregnant women, children, and mobility impaired members of your community. Also, remember to check and help those who have limited Japanese proficiency.
- ✧ **Stay out of danger zones** such as rivers, areas with steep slopes, and landslide-prone areas.
- ✧ Make sure that you have a **safe evacuation route.**
- ✧ **If going to an evacuation center is not possible, take refuge in the safest area inside your house or the nearest building.**



Inside an Evacuation Center

1. Take off your shoes before entering.
2. Follow the rules.
3. Observe proper garbage segregation and disposal.
4. If needed, do not hesitate to ask for help.
5. Help and cooperate with each other.



EARTHQUAKE (*Jishin*)

Earthquake Intensity (*Shindo*) and Its Manifestations

jaku=weak kyu=strong

| Shindo 5 Weak (<i>jaku</i>) | Shindo 5 Strong (<i>kyu</i>) | Shindo 6 Weak (<i>jaku</i>) | Shindo 6 Strong (<i>kyu</i>) | Shindo 7 |
|---|---|--|---|--|
| <ul style="list-style-type: none"> ◇ You will feel like holding onto something for stability. ◇ Small items and books are likely to fall off shelves. | <ul style="list-style-type: none"> ◇ You need to hold onto something to walk. ◇ Furniture may fall down. ◇ Unreinforced concrete walls may collapse. | <ul style="list-style-type: none"> ◇ You will find it difficult to stand. ◇ Wall tiles and glass panels may fall down or show damages. ◇ Doors can get stuck. | <ul style="list-style-type: none"> ◇ You have to crawl to move. ◇ Non earthquake-ready buildings and houses may lean or collapse. ◇ High possibility that a landslide may occur. | <ul style="list-style-type: none"> ◇ More buildings and houses will collapse. |

Earthquake Preparations

A large number of injuries and death during an earthquake are due to being trapped in the rubble of a collapsed building or pinned by furniture that slid or fell down. To increase your chance of survival, prevent these things from happening by making sure that your house is earthquake-ready.

※Inside Your House

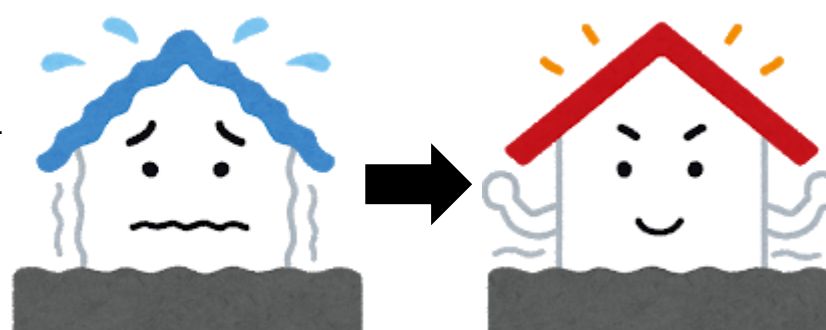


- Place large and heavy objects on lower shelves.
- Fasten furniture to the walls.
- Install safety latches on cupboards, drawers, and cabinets.
- Hang heavy items (e.g. framed pictures, mirrors) away from bed and couches.
- Use chains or wires to minimize swaying of overhead lighting fixtures.
- Locate and learn how to shut off the circuit breaker, water valve, and gas valve.
- Arrange furniture and appliances in such a way that it won't block your escape route.



※House Structure

- Conduct seismic retrofitting.
- Lightweight roofing is recommended. If not possible, regularly inspect roofing materials.
- Make sure antenna and roof are securely installed.
- Apply shatter-resistant film on window panes and glass doors.
- Secure hanging pots and laundry poles.



During an Earthquake

※Indoors

Drop to ground; take cover under a sturdy piece of furniture (ex. table), and hold on until the shaking stops.



※Outdoors

Move away from buildings, streetlights, electric posts, and other potential dangers. Stay in an open space until the shaking stops.

※Moving Vehicle

Public transportation. Stay calm and follow the instructions of the bus driver or train personnel.

Driving. Calmly pull over to the left side of the road and put your vehicle in park, wait for the shaking to stop.



※Public Places

Do not panic. Follow to the instructions of trained personnel.

※Elevator

Elevators will automatically stop in case of an earthquake. Alternatively, press the buttons for all floors and get out on the first stop. If trapped, use the emergency button to call for help.

After an Earthquake

- Check for fire, extinguish immediately.
- Verify safety of family and neighbors.
- Be prepared for aftershocks.
- Gather relevant information from reliable sources.
- Check the overall condition of your house. Pay close attention to doors and windows.
- Evacuate if necessary.



Trapped or Injured?

Make your presence known. If trapped under a collapsed building, tap on pipes or walls, or use a whistle to call for attention. Avoid shouting or disturbing the dust, cover your mouth and nose with a cloth to prevent inhalation of toxic dust particles. Do not light a match or lighter.



TYPHOON (*Taifu*) · TORRENTIAL RAIN (*O-ame*)

Torrential rain and typhoon may cause flooding, landslides, and damage to infrastructure. Japan uses a 5-level warning system to make sure that people have enough time to evacuate. Warning level and evacuation information are issued by Annaka City, while weather information are issued by the national government.

Preparations for Typhoon/Torrential Rain

| Warning Level (Keigai Level) | Evacuation Information | Weather Information (Kisho joho) | What to Do |
|---------------------------------|---|-------------------------------------|--|
| 1 | | Early advisory | <ul style="list-style-type: none"> Actively gather weather updates. |
| 2 | | Heavy rain/flooding advisory | <ul style="list-style-type: none"> Check hazard map and verify evacuation routes. Prepare for possible evacuation. |
| 3 | Prepare for Evacuation (<i>Hinan Junbi</i>) Evacuate Elderly, Pregnant Women, and People with Disability (<i>Koreishato Hinankaishi</i>) | Heavy rain/flooding warning | <ul style="list-style-type: none"> Be ready to evacuate anytime. Evacuate elderly, pregnant women, children, and mobility impaired individuals. |
| 4 | Evacuation Advisory (<i>Hinan Kankoku</i>) Evacuation Advisory (<i>Hinan Shiji</i>) | Landslide warning | <ul style="list-style-type: none"> Full evacuation. If going to evacuation centers is not possible, take refuge inside your house or a nearby building that is away from the river or cliff. |
| 5 | Flood/Landslide Occurrence (<i>Saigai Hasei Joho</i>) | Heavy rain emergency warning | <ul style="list-style-type: none"> Do your best to protect your life. |

- Have a flashlight and battery-operated radio ready. Make sure your mobile phone and backup powerbanks are charged.
- Gather weather information (news, Annaka City homepage).
- Close window shutters.
- Keep or secure items that can be blown away by strong winds (pots, clothes line poles).
- Stay indoors as much as possible.
- Prepare evacuation kit and other items for immediate evacuation.



Flood (*Kozui*)

Residents living near riverbanks and low-lying areas must stay alert and prepare for the possibility of flooding when a typhoon or torrential rain advisory is issued. Houses, bridges, and other structures can also be damaged. Floodwater may also carry rocks, mud, and debris. Lastly, several days of non-stop raining, however weak, can cause floods and landslides.

Evacuation Tips

Secure an escape route.



10 cm of floodwater can exert enough pressure to prevent you from opening a door.

Look out for open manholes and canals.

Murky floodwater makes it difficult to see open manholes and canals.



Avoid low-lying areas

(Example: underpass).



Evacuate on foot.

Except for special circumstances, evacuating by car is not recommended because you may get stuck in heavy traffic.



Don't walk through flowing water.



Currents can be deceptive. Even shallow water can knock you off your feet if the current is strong.

If going to evacuation center is not possible, take shelter inside your house or inside a building.

Look for a room away from any river or cliff; houses/buildings with two or more floors are recommended.



Reminder: If you feel you are in danger or currently in a flood hazard zone, evacuate to a safe location.

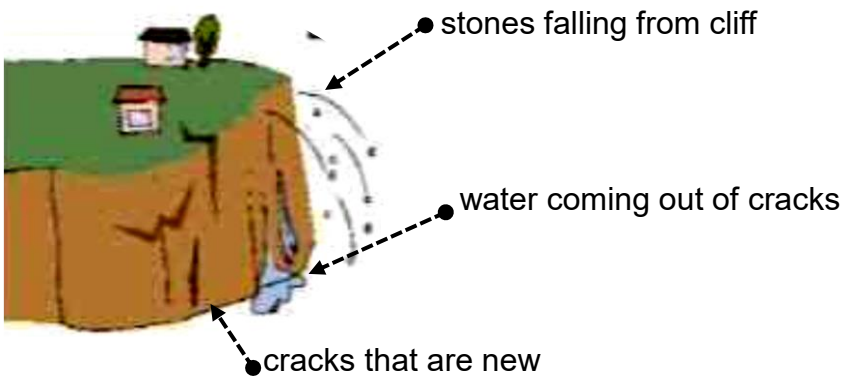
LANDSLIDE (*Dosha saigai*)



Landslide is the mass movement of rocks, soil, and debris down a slope or cliff. It is usually triggered by volcanic eruptions, earthquakes, heavy rainfall, or several days of non-stop rain. Often, landslide warnings and advisories are not issued because landslides happen abruptly and are extremely hard to predict. Fortunately, there are recognizable warning signs of an impending landslide:

Signs of an Impending Landslide

* Cliff

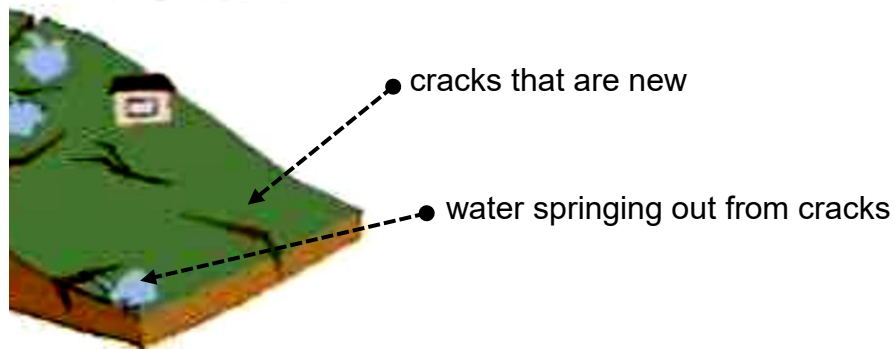


* River

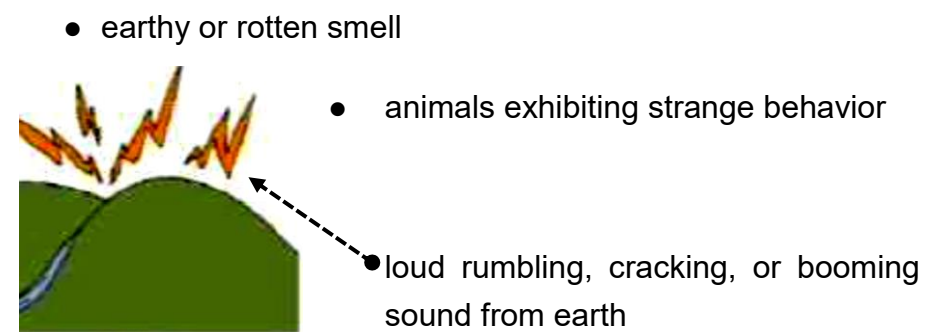


- normally clear water in river suddenly turns murky ; higher than usual amount of floating debris
- low water-level in rivers despite heavy rain

* Roads/Yards



* Others



What to Do

- ◇ **Prepare to evacuate** when a typhoon or torrential rain advisory is released.
- ◇ **Proactively gather weather and evacuation advisories.**
- ◇ **Avoid high-risk areas** such as cliffs and slopes.
- ◇ **Be on the look-out for floods and landslides** when there is a typhoon or torrential rain.
- ◇ **Stay away from areas where past landslides occurred.**
- ◇ **Help others.** Check for injured or trapped people. Direct rescuers to their location.
- ◇ If going to evacuation center is not possible, **take shelter inside your house or a nearby building.** Choose a space located on the second floor or higher that is away from cliff and slopes.



Reminder: If you feel you are in danger or currently in a landslide hazard zone, evacuate to a safe location.

Annaka City: Important Numbers

Annaka City Office: 027-382-1111

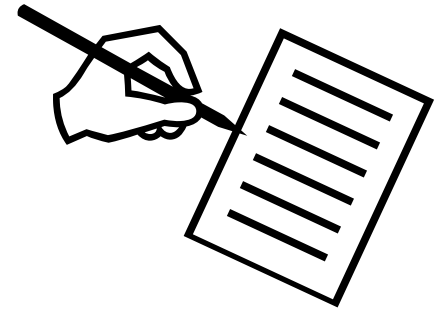
Annaka City Fire Station: 027-382-1818 (Emergency: 119)

Annaka City Police Station: 027-381-0110 (Emergency: 110)

Water Supply: 027-382-1111

Gas Company: -----

Electric Company: -----



Evacuation Center 1: _____

Evacuation Center 2: _____

Evacuation Center 3: _____

Map