

Disaster Prevention Handbook For Foreigners

~ Prepare yourself for disasters ~



Fukuoka Prefecture

This handbook outlines what people should do in the case of a disaster.
Disaster includes earthquake, heavy rain, typhoon, landslide, fire, and so on.

- ▲ Gather accurate information.
- ▲ Under disastrous circumstances, supply of water, electricity, and/or gas may stop.
- ▲ Escape to the evacuation area when in danger.
- ▲ There are many unsafe places.
- ▲ When a disaster occurs, traffic on the road and railway may be stopped.
- ▲ Flight to your home country may not be available soon after a disaster.
- ▲ You need to go through a victim registration in order to be eligible for the support system.
- ▲ Report to a post office near you when you move into a new place.
- ▲ Be aware of unscrupulous business and fraud that may take place at the scene of a disaster.



Earthquake

Japan is an earthquake-prone country.

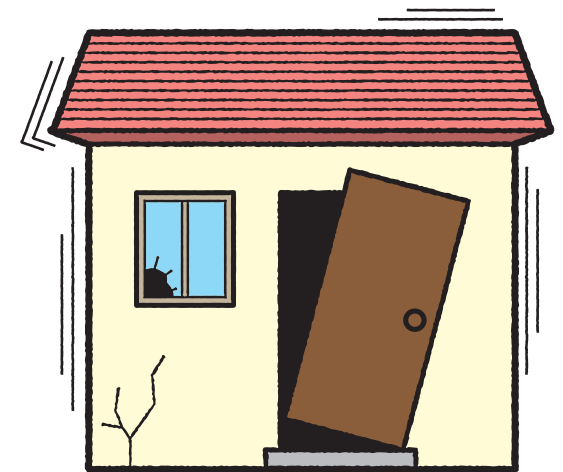
No one knows when or where it may occur.

After an earthquake, there is a large aftershock (comes after the earthquake).

Once it occurs, it may destroy many houses and buildings.

Consequently, the supply of water, electricity, and gas may stop.

Tsunami may come.



In Japan, numbers represent the intensity of shaking.

Intensity of 3	People inside a building will feel the shake.
Intensity of 4	Ceiling lights will swing greatly.
Intensity of 5 -	Dishes in a cupboard and books on a bookshelf may fall.
Intensity of 5 +	Hard to walk without anything to hold on to.
Intensity of 6 -	Tiles on the wall and windowpanes may fall off.
Intensity of 6 +	Loose furniture will fall.
Intensity of 7	People unable to move around at will.

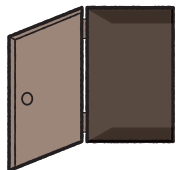
When an Earthquake Occurs

When you are inside the room

1. Hide under a table or desk.
2. Put out any fire after the shaking stops.



3. Open a door to secure a way out.



4. Put on your shoes to prevent foot injury.



5. Prepare portable emergency items.



6. Ensure safety and step outside.

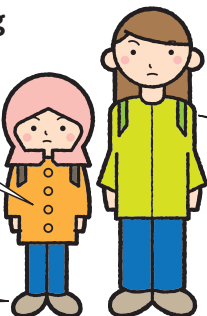


When Evacuating

Long sleeves, Pants,
Working gloves(gloves)

Flashlight

Shoes with
thick shoe sole



Helmet,
protective hood

Knapsack

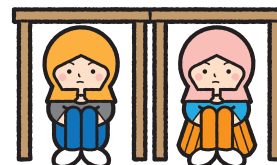
Radio



When you are outside

At School or Office

Stay away from bookshelves and windows, and hide under the table.



At Supermarkets or Department Stores

Follow the instructions of the staff.



While Driving

Pull over to the side of the road, stop the engine and leave the vehicle without pulling the key out of the ignition.



Near the Sea

Run away from the sea to a higher ground to avoid tsunami.



In an Elevator

Press the buttons for all floors and step out of the elevator as soon as the door opens.



On a Bus or Train

Follow the instructions of the staff, and refrain from rushing out of the door.



Near a Building

Stay away from the building or anything that may collapse or fall down.



Near a Mountain

Evacuate to a safe place as a mountain or a cliff may collapse.

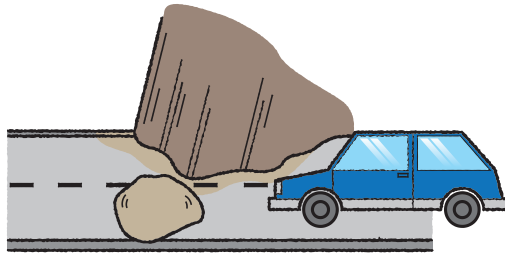


What is a Heavy Rain/Typhoon?

Heavy Rain

Heavy rain is likely to occur during the rainy & typhoon season which is from June to July.

Inundation of houses, flooding of the road, inflow of water into the underground, all of which occur as results of the sudden flash flood at the river.



Typhoon

Typhoon mostly occurs from July to September.

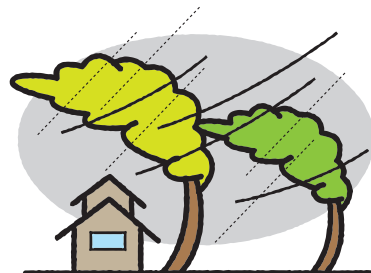
Rivers overflow and the ocean gets rough with heavy rain and strong wind.

Signboards and roofing tiles may get blown away by the strong wind.

Public transportations, such as buses and trains, may become unavailable.

<The Strength of the Wind>

Wind Velocity 20m/s	Signboards may get blown away.
Wind Velocity 30m/s	Difficult to stand still.
Wind Velocity 40m/s	Roofing tiles and sliding shutters may get blown away.

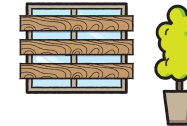


When a Heavy Rain or Typhoon occurs

Prepare yourself for heavy rain / typhoon

1. Take care of the surroundings.

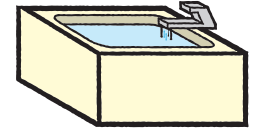
Ensure the sliding shutters and windows are locked and fasten everything that can be blown away.



2. Secure daily life water.

Secure water for daily needs in case of water outage.

Fill up the bath tub with clean water.



3. Stay away from dangerous places.

Dangerous places may include rivers, seashores and mountain slopes.



What to do when heavy rain/typhoon approaches

1. Check the latest news on the disaster.



2. Check emergency items.



3. Do not go outside.



4. Follow evacuation instructions.

Evacuate as soon as the evacuation advisory from the government has been announced.



The Danger of Landslide Disasters

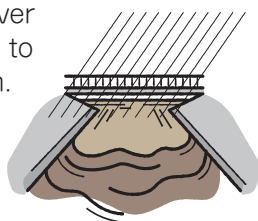
Typhoon and heavy rain may cause disastrous conditions at the mountain slope, mountain base and cliff.
Evacuate as soon as possible.

1. Debris Flow

Sands and stones on the mountain slope and the river base slide down to the downstream.

2. Rock Fall

Cliffs collapse and fall off.



3. Landslide

Masses of land slide in a wide range of areas.



⚠ Sediment Disaster Warning Information

The announcement will be made when the danger level increases.

< Advisories and Warnings >

Heavy rain warning / advisory	Sediment disaster and flood caused by heavy rain.
Flood warning / advisory	Rivers overflow as a result of heavy rain.
Storm warning / advisory	Disasters caused by strong wind.
High wave warning / advisory	High waves caused by strong wind
High sea warning / advisory	Flood caused by the rise of sea level due to typhoon, etc.

Pay attention to the warnings and advisories.



When a Fire Occurs



1. Shout "Fire!" and alert people near you.
2. Make an emergency call to 1 1 9 (Fire Department)

How to make an emergency call to 1 1 9

- ① Tell the operator whether it is a fire or first-aid emergency.
- ② Inform the operator of your full address.
"My address is ____, name of the apartment is ____.
It's right beside ____"
- ③ Tell the operator what is happening.
"____ is on fire!"
- ④ Tell the operator your name and contact number.

3. Put out the fire with a fire extinguisher and water.

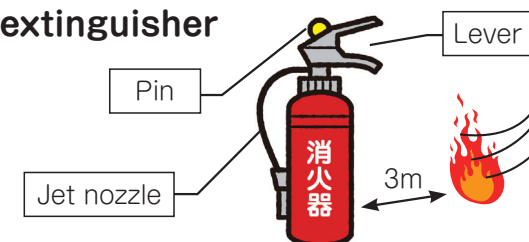
If a fire extinguisher is not available, try to put out the fire with a cushion or by covering it with a wet towel or sheet.

⚠ Do not aim water at a hot pot with oil, oil heater or other electric appliances!



How to use a fire extinguisher

- ① Pull out the pin.
- ② Hold the jet nozzle.
- ③ Keep distance.
- ④ Clench the lever.



Residential Fire Alarm

It is an alarm device that reacts to smoke and heat.
It is an obligation to install residential fire alarms under the Fire Service Act.



4. Evacuate.

If the fire reaches the ceiling evacuate to a safer place.



Smoke can be very harmful as it contains toxic gases, such as carbon monoxide.

Cover your mouth and nose with a wet handkerchief or a towel and keep your posture low when evacuating.

5. In a high building, such as an apartment building or department store, escape using the stairs.

Take the stairs to go down as flame and smoke go up very quickly.

Do not use an elevator.

6. Once you are out of the building, do not go back in!

To Prevent Fire

Tidy up the surroundings

Do not put anything burnable around your house.



Cigarette

Do not leave a cigarette lit.



Oil stove

Do not put anything burnable near the oil stove.



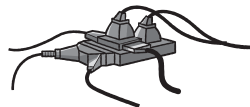
Kitchen stove

Turn it off before you leave.



Plug

It is dangerous to plug several electric appliances into one outlet.



Playing with fire

Do not put matches and lighters within the reach of small children.



Always be Prepared

1. Hold a family meeting.

Set an evacuation area and a method of communication.

2. Check portable emergency items.



3. Inside the house.

① Stabilize indoor furniture with tools, such as extension bar, fall prevention sheet and metal fittings.

Attach shatter prevention film onto windows and cupboards.

② Avoid putting things in the hallway and the entrance to secure a way out.

③ Check emergency items.

Flash light, portable radio, first-aid kits, emergency food, portable gas stove, and so on.



4. Safety check for the house

Carry out earthquake-proof check and anti-seismic reinforcement.

Reinforce the roofing tiles and the antenna.

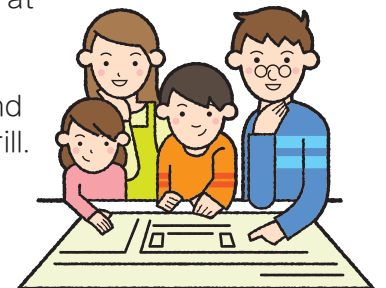
Repair and reinforce any deteriorating concrete block wall.



5. Cooperation with neighbors

Community collaboration is essential at the site of rescue and evacuation.

It is very important to communicate with neighbors on a regular basis, and participate in the local emergency drill.



List of Emergency Equipment

Portable Emergency Items

Your emergency pack should contain the following necessities.

Place your knapsack near the doorway for easy access.



Foods etc.	drinking water emergency foods (biscuit, canned food, retort foods, etc.) powdered milk, baby bottle knife, can opener	Clothing	underwears towels raincoat warm clothing
	Medical Supplies		flash light radio batteries gloves disposable heating pads pens plastic bags cigarette lighter, matches helmet, protective hood
	Valuables		
	cash, bankbook seal medical card ID card		

Always have ready

You will need the following items to keep you alive for a few days.
Prepare enough for at least 3 days.



Foods etc.	drinking water(3L/day/person) retort foods, canned foods biscuit, cracker, pregelatinized rice chocolate, candy, powdered milk portable gas stove, fuel pot, dishes, chopsticks, paper cups, etc.	Daily goods	flashlight, radio, candles, lantern wet tissue, toilet paper blankets, sleeping bags, disposable heating pads newspaper tools

Memo

Fire Department **119**
In case of fire, injury and sickness



Police Department **110**



About yourself

Name	Passport No.
Home country	Alien registration / Resident card No.
Address in Japan	
Tel	Cell

Family

Name	Tel

Relatives and Friends

Name	Tel

Contact	Tel	Contact	Tel
Gas		Embassy/Consulate	
Electricity		Hospital	

Evacuation area

Meeting place after evacuation

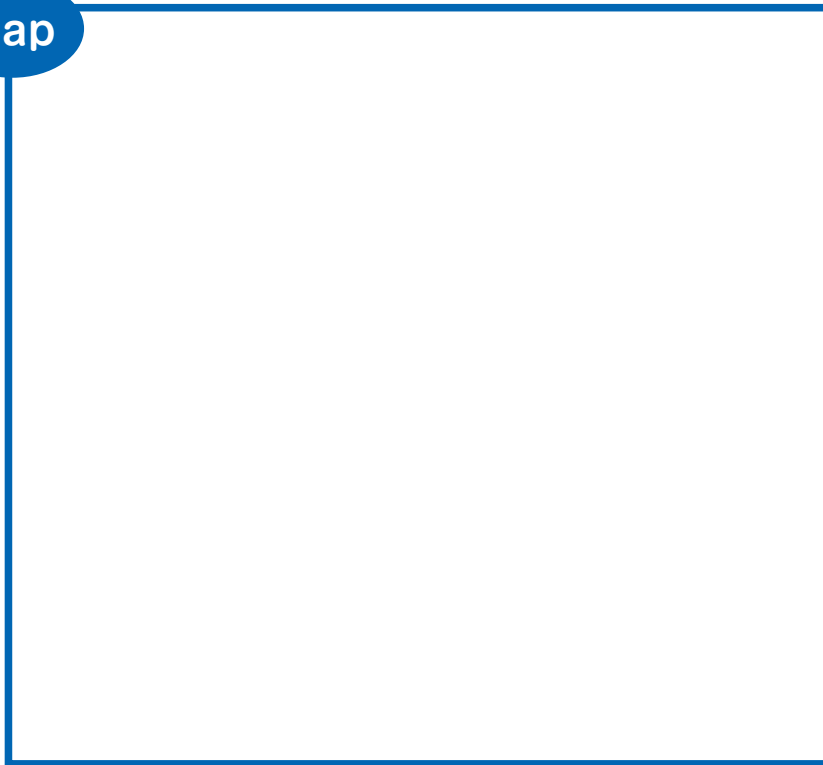
Evacuation

Check the local evacuation area near your house and make an access map.

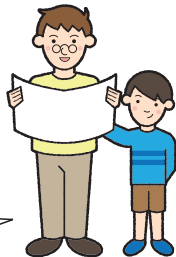
Evacuation areas may include schools, public halls, community centers, etc.

Evacuation areas provide food and places to sleep.

Map



Locate a safe route to your nearest evacuation area.



Disaster Information/List of Evacuation Areas

Disaster Information Counters are available in Fukuoka Prefecture and Cities.

You can also obtain information regarding evacuation areas on the website.



Fukuoka Prefecture

FukuokaKen BousaiKikikanriKyoku ShoubouBousaiShidouKa
TEL 092-643-3113 Japanese Only



Evacuation Support Map

<http://www.bousai.pref.fukuoka.jp/shienmap/index.html>

FukuokaKen KokusaikouryuuSenta (Kokusai Hiroba)
Gaikokujin Soudanmadoguchi (consultation for foreigners)
TEL 092-725-9200 Japanese, English, Chinese, Korean are available

Nakama City

NakamaShi AnzenAnshinMachizukuriKa
TEL 093-246-2017 Japanese Only



Nakama City Evacuation Area List

<http://www.city.nakama.lg.jp/kurashi/bosai/bosai/hinanbasho.html>

Nakama City Onga River Flood Evacuation Map (Flood Hazard Map)

<http://www.city.nakama.lg.jp/kurashi/bosai/bosai/documents/120216.pdf>

Information on Disasters/Contacts

FM Radio Station “LOVE FM”

Provide information about earthquake, typhoon, heavy rain and other disasters in various languages.

Fukuoka 76.1MHz

Western Fukuoka 82.5MHz

Kitakyushu 82.7MHz

Disaster prevention Info-mail service

- The disaster prevention mail service Mamoru-kun is done in Fukuoka Prefecture
- Provide up-to-date information on earthquake, tsunami, typhoon, heavy rain and others in real time.
- Inform your family and friends that you are safe when a disaster occurs.

“Mamoru-kun” is available in both English and Japanese.

You can register for “Mamoru kun” service from the following URL. (Free Registration)

English URL <http://www.bousaimobile.pref.fukuoka.lg.jp/en/>

Japanese URL <http://www.bousaimobile.pref.fukuoka.lg.jp/>

< English >



< Japanese >



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Disaster Emergency Message Dial

Disaster Emergency Message Dial is a service which allows you to leave and listen to messages in the case of a disaster.

You can call from public phones as well as cell phones.

※ Phone calls cannot be made from overseas.

Disaster Emergency Message Dial 171

◆ Leave Your Messages

1 7 1 - 1 - □□□-□□□-□□□□ → Follow the voice guide and leave your message.
Your phone number

◆ Listen to Other People's Messages

1 7 1 - 2 - □□□-□□□-□□□□ → Follow the guide and listen to the message.
The other person's phone number

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