

Disaster Prevention Handbook for Foreigners



Introduction

Japan, as a country, receives some of the most numerous natural disaster in the world. It can receive damaging winds, earthquakes. This handbook will help you to prepare for such disasters.

It is important to understand and take precautions for three main disasters: Tsunamis, Earthquakes and Wind/Flood damage.

Contents

1. Understanding disaster	
(1) What is Flood and Wind damage ?	1
(2) What is an Earthquake ?	3
(3) What is a Tsunami ?	4
(4) What is an Evacuation Shelter ?	4
2. Preparing for Disaster	
(1) Preparing for Flood and Wind damage	6
(2) Preparing for Earthquake	7
(3) Preparing for Tsunami	
(4) Daily Preparation	
3. Taking Action	
(1) Useful information for evacuation during disaster	16
(2) Participation in Local disaster prevention activities	18
(3) Foreign Resident Supporter during Disaster	18
(4) Emergency Contact and Disaster Messaging System	19

1. Understanding Disaster

(1) What is Flood and Wind damage?

Flood and Wind damage is any disaster caused by strong winds and rain. The following are examples.

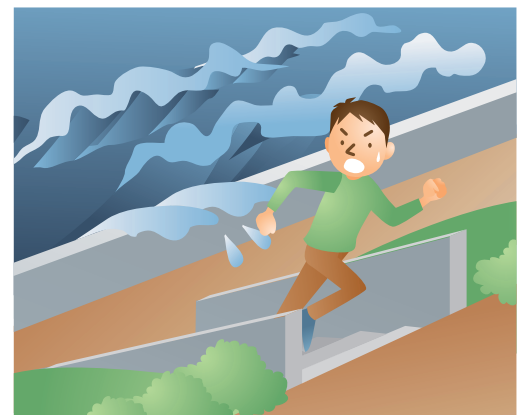
◆ Typhoon

- Very strong Tropical Storm with Wind and Rain.
- They occur in Okinawa from Summer to Fall.
- They can be very dangerous during Super Typhoon, which result in collapsed houses and flooding.
- Be cautious when opening and closing doors.



◆ High waves

- High wave height can cause damage.
- Typhoon and low pressure together cause high wave height.
- It is very dangerous to be close to the ocean when a typhoon is approaching or passing through.



◆ High tides

- When the air pressure decreases, the sea level rises and waves become very high.
- Keep away from the ocean as it is very dangerous if one becomes swept away.



(2) What is an Earthquake?

An Earthquake is when the ground shakes violently.

When a large Earthquake hits, buildings often collapse and aftershock may occur multiple times.

Example of extreme damage occurred during the Fukushima Earthquake on March 11, 2011 and Kumamoto Earthquake on April 16, 2016.

Japan is known for its earthquakes and Okinawa is predicted to have an earthquake as large as the Fukushima earthquake within 30 years. An Earthquake may occur with no warning and it is important to prepare. This includes securing furniture to the wall, checking evacuation locations and to have "Emergency Bag" for you and your family in case of emergency.



Town hit by Tsunami

Photo by: City of Sendai



The town was reduced to rubble

Photo by: City of Sendai

(3) What is a Tsunami?

Tsunami is a very high wave coming after the earthquake, is very dangerous and can reach up to unexpected areas.

It may occur more than once that it is very important to avoid the ocean until it's clear by the official.

Tsunamis are unlike ordinary waves in that they are faster and bigger than you'd imagine. In deeper area of ocean, it can be as fast as Jet plane and it can impact coastal area as fast as sprinter runs. Even in waters as shallow as 50cm, the water could knock you over. Please evacuate immediately to higher elevations.



Black Tsunami flows into the City

Photo: Miyako City

(4) What is a drawback wave?

Drawback wave is a secondary wave that moves back toward ocean after the initial Tsunamis and requires the same care from you as the initial tsunami wave does. When the wave move back toward ocean, it can swallow buildings whole. It normally hit after the Tsunami is completely gone, so it is very important to stay evacuated until it's clear by the official.



Desaki Pier, swallowed by Tsunami Wave one after another

Photo: Miyako City

(4) What is Evacuation Shelter or Evacuation site?

Evacuation Shelters are areas to evacuate in times of disaster.

When the area you live in is threatened, you can use evacuation shelters at no cost and food, blankets and other items will be provided as well as restroom facilities. School gymnasium will be often used. Please confirm and find the nearest Evacuation Shelter.

Evacuation Shelters can be identified as shown in Figure 1 or Figure 2. Please confirm the location nearest to your home.

Evacuation Shelters are open to everyone regardless of nationality and status of residence.

The difference between "Evacuation Shelters" and "Evacuation Sites" is that Site is a temporarily areas made during and after the disasters. Those who have evacuated may be forced to move.



Figure 1 Evacuation Shelter

(5) What is a Tsunami Evacuation Building?

It is a building where local residents can temporarily evacuate when a tsunami hits. It is normally located on coast area where there is no hills and it is designated as tsunami evacuation buildings. When tsunami warning is announced, those who lives by the coast can escape to the roof of tsunami evacuation building which can be identified as shown in Figure 3.



Figure 2 Evacuation Site



Naha City Tsunami Evacuation Building
(Naha Matsuyama 2-22-1)



Figure 3 Tsunami Evacuation Building

(6) Precautions for Evacuations

- Evacuation Shelter in place when the Warnings has issued and will be notified by Local Emergency Email or our Facebook site.
- Although Evacuation Shelter will be in place, they can only have minimum set up and will take a few days before they can provide food. Meanwhile, individual need to be prepare for themselves until then.
- Do not drive to Evacuation Shelter.
- There will be less privacy at Evacuation Shelter and will face inconveniency as all other evacuees are there. It is important to help each other and follow the rules.
- Write important information at Evacuation Shelter to inform your family for your whereabouts and getting supplies.
- In case of disaster, the lifeline of electricity, water, gas etc. may be stopped.

(7) Rules for Evacuation Shelter

- Keep the rules on the amount and frequency of food.
- Keep restroom Clean and follow the rules on Trash.
- Smoke at designated area only.
- Refrain from talking loud to protect privacy for other evacuees.
- Help each others as you will be living with them for a while.
- Keep the line in order.



Evacuation Shelter (Kumamoto Mashiki-town)

2. Preparing for Disaster

It is important to protect yourself and prepare for evacuation when a disaster occurs. It is also important to discuss with neighbors, co-workers and other people for support.

(1) Preparing for Typhoon

Pay attention to weather information on TV or radio when the weather is worsen. Stay away from ocean for possibility of High wave and mountain or hill from land slide. Keep attention to evacuation announcement and if you feel there are any danger to yourself, evacuate immediately.

- Pay attention to TV, Radio and Local City Hall announcement.
- Stay indoor during heavy rain and wind unless you are required to evacuate.
- Keep window and curtains closed and stay away from them during high wind.
- Be cautious when opening and closing door.
- Evacuate to highest elevation before it get flooded.
- Depth of water one can walk is 70cm or less for adult man and 40 cm or less for adult women. It will be hard to walk when the water is still flowing.
- Avoid driving the area like underground where water flows. Drive slowly and move to higher elevation.



(2) Preparing for Earthquake

Precautions will be different depends on the disasters. Prepare to evacuate wherever you are. Pay attention to TV, Radio and Disaster Email to Mobile phone to protect yourself.

◆ Emergency Earthquake Announcement

Immediately after the earthquake, information (predict seismic intensity)will be provided in Japanese thru TV or mobile phone.

◆ J alert

Emergency information such as Large Earthquake, Missile attack will be notify thru Mobile phone by Japanese. Stay calm and evacuate when necessary.

◆ When you are indoor

① Protecting your body

Stay under the table to protect yourself from falling furniture or objects.



② Be cautious on Fire

Stay away from Fire. Gas will automatically stop when there is seismic intensity 5. Do not try to put away the fire. Close the main gas valve after you confirm the stability.



③ Securing the exit

Open the door or window to secure the exit for escape as it may deforms due to the earthquake.



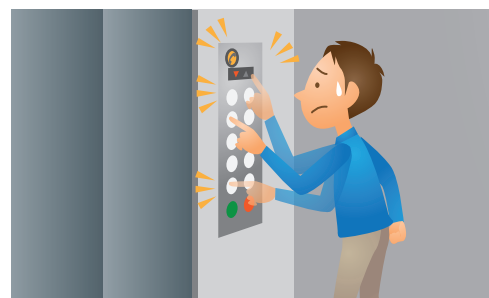
④ Do not rush

Stay indoor if necessary. However, evacuate immediately when the tsunami warning is issued. When evacuate, check outside and keep your shoes on to avoid any rubble of glasses.



⑤ Do not use Elevator

When earthquake occurs while you are in elevator, get off at the nearest floor . If the door does not open, use the Help button and wait for the rescue.



◆ When you are outdoor

① Outside of the building

Avoid falling objects or broken glasses from the building. Use your hands or belongings to protect your head. Stay away from vending machine and escape to Open Space.



② While driving

Do not make sudden stop, rather slow down and stop at the left side of the road. Turn off the engine, but keep the key in the ignition and escape with your valuable such as your Car Title.



③ While in Public Transportation

Hold on to the straps or the handrails. Do not leave without permission. Follow instructions with staff.



④ When you are in underground

Escape accordance with Evacuation Exit Lights or staff and walk along the wall.



⑤ When there are lots of people in the facility

Do not rush to the exit. Follow the instructions.



(3) Preparing for Tsunami

Okinawa consists of 160 islands and all are surrounded by the ocean. As there are Hotel, houses by coastal area which are low in sea level, it is important to prepare for Tsunami regularly. Back in 1771, 30 meter tsunami hit the island of Ishigaki and in 1960, tsunami from Chile earthquake hit Okinawa.

When the tsunami warning is issued, evacuate immediately to safe and high elevation. If there is no time to evacuate, use the tsunami evacuation building. The sign will be on the building.

Confirm the Sea level height of your area often. You can find it on the Power Poll or entrance to the building.



Important

Prepare when tsunami hit when you are in the area

My house's sea level _____ meter When tsunami hit evacuate to _____

My office's sea level _____ meter When tsunami hit, evacuate to _____

_____ 's sea level _____ meter When tsunami hit, evacuate to _____

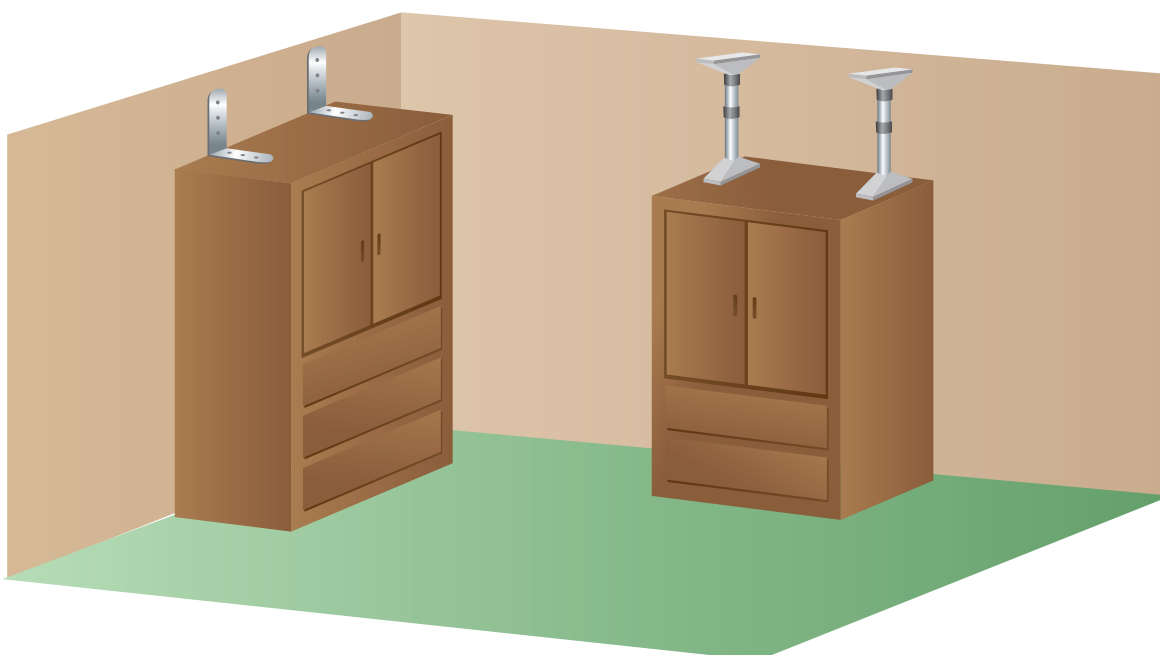
_____ 's sea level _____ meter When tsunami hit, evacuate to _____

(4) Prepare regularly

No one knows when the disaster occur. Prepare Emergency Bag, confirm the site of Evacuation Shelter, evacuation route and how to get hold of family members. When earthquake occurs, confirm which part is the unsafe place in the house to prepare for the disaster.

◆ Home safety measures

- Secure tall and large furniture. (Chest, Fridge and Bookshelf)
- Place the TV low.
- Do not place anything on the furniture.
- Avoid placing furniture at the entrance way.
- Do not place any large furniture by bedside.
- Use Anti-scattering film on the window.
- Confirm the safest place in the house.



◆ Evacuation Site

Confirm the Evacuation Shelter nearest to your house. You can search it from your local city hall web site. Discuss the place within the family in advance.

◆ Emergency Bag

You need to be able to survive with your own supplies until rescue comes. Prepare for minimum necessity within the family in advance. **Keep the bag with easy access. Check the expiration, missing items often and replace old with new ones.**

● Basic Items

【Food item】

- ☐ Emergency Food
(Canned, Dried Bread, Alpha rice etc.)
- ☐ Drinking water (500ml x 5)/Day



【First aid items】

- ☐ First aid bag (Tweezers, disinfectant, absorbent cotton, gauze, bandage, dressing, sling, mask etc.)
- ☐ Medicine



【Others】

- ☐ Money (including coins)
- ☐ Bank Book, Cash Card
- ☐ Passport
- ☐ Residence Card
- ☐ Writing pen, Marker Pen
- ☐ Other necessary items



【Daily Supplies】

- | | | |
|---|--|---|
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Lighter | <input type="checkbox"/> Portable Radio |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Gloves | <input type="checkbox"/> Ropes |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Towel | <input type="checkbox"/> Plastic Bag |
| <input type="checkbox"/> Wet Tissue | <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Blue Sheet |
| <input type="checkbox"/> Blanket | <input type="checkbox"/> Disposable Toilet | <input type="checkbox"/> Infant product (milk etc.) |
| <input type="checkbox"/> Others (Contact lenses, denture, disposable heating pad) | | |

● Stock for up to 7 days as possible (10 days or more is better)

【Food items】

- ☐Drinking Water ☐ Water tank ☐ Soup ☐Salt
- ☐boil in the bag food, canned (instant noodle etc.)
- ☐Alpha rice, rice cake, dried bread, bread can
- ☐Sweets (Biscuits, candies, chocolates etc.)

【Daily Supplies】

- | | |
|---|---|
| <input type="checkbox"/> Blanket | <input type="checkbox"/> Bath towel, towel |
| <input type="checkbox"/> Plastic wrap, Aluminum foil | <input type="checkbox"/> Paper Plate, Paper Cup |
| <input type="checkbox"/> News paper | <input type="checkbox"/> Disposable heating pad |
| <input type="checkbox"/> Safety pin | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Portable gas stove, gas cylinder, fuel | <input type="checkbox"/> Cell phone charger |
| <input type="checkbox"/> Chopsticks, spoon, forks | <input type="checkbox"/> Soap, Dry shampoo |
| <input type="checkbox"/> Pot, kettle | <input type="checkbox"/> Rain gear |
| <input type="checkbox"/> Tooth brush, tooth paste | <input type="checkbox"/> Sanitary supplies |
| <input type="checkbox"/> Other necessity items | |



◆ Evacuation Card

Prepare Evacuation Card for family members and keep it within Emergency bag or purse in case of a disaster.

● Write about yourself

Name		Phone	Home
Sex	male female		Cell Phone
Address			
Date of Birth		Blood Type	RH(+ –) A B O AB
Country of origin, Language speak	.	Allergy	
Passport #		Residence Card #	

● Keep for all your family members

Name		Phone	Home
Sex	male female		Cell Phone
Address			
Date of Birth		Blood Type	RH(+ –) A B O AB
Country of origin, Language speak	.	Allergy	
Passport #		Residence Card #	

Name		Phone	Home
Sex	male female		Cell Phone
Address			
Date of Birth		Blood Type	RH(+ –) A B O AB
Country of origin, Language speak	.	Allergy	
Passport #		Residence Card #	

◆ List of multilingual expressions used in the case of a disaster

There are 166 expressions in 13 languages you can use during disaster including in Japanese. Check the link below in advance.

<http://www.clair.or.jp/j/multiculture/tagengo/sheet-4add.html>

Expressions from the list are below

① 避難場所は住所・性別・国籍・在留資格などに関係なくどなたでもサービスを受けられます。

●Easy Japanese :

避難場所（ひなんばしょ）ではだれでもサービスがうけられます。じゅうしょ・くに・在留資格（ざいりゅうしかく）・おとこかおんなかはかんけいありません。

●English :

At the evacuation shelter anyone can receive services regardless of place of residence, sex, nationality or status of residence.

●Simplified Chinese :

无论住址・性別・国籍・签证种类等，所有人都可接受避难所的服务。

●Traditional Chinese

無論住址・性別・國籍・簽證種類，所有人都可接受避難的服務。

●Korean

대피 장소에서는 주소·성별·국적·체류자격 등에 관계없이 누구든지 도움을 받을 수 있습니다

② 食べるものは、 時 分に配ります。

●Easy Japanese :

たべるものは〇じ〇ふんにくばります

●English :

Food will be distributed at 00:00

●Simplified Chinese :

食物于 00:00 分发

●Traditional Chinese

食物於 00:00 分發

●Korean

음식은 00:00 에 나누어 드립니다

③ 高齢者・子ども・けが人が優先です。

●Easy Japanese :

おとしより・子ども・けがをしたひとがさきです

●English :

Priority is given to: The elderly, children and the injured.

●Simplified Chinese :

老年人・儿童・受伤的人优先

●繁体字中国語

老年人・兒童・受傷的人優先

●Korean

고령자·어린이·부상자가 우선입니다

④ 以下の地区に避難指示が出ています。自宅に帰るのは、危険です。

●Easy Japanese :

以下の地区（ちく）のひとは にげてください。いえにかえるのは あぶないです。

●English :

Evacuation order has been issued on following area. Do not return to your house. It is dangerous.

●Simplified Chinese :

以下的地区发布了避难指示，回家是危险的

●Traditional Chinese

以下的地區發布了避難指示，回家是危險的。

●Korean

아래 지구에 피난지시가 내려져 있습니다. 집에 돌아가는 것은 위험합니다.



3. Taking Action

(1) Useful Disaster information for evacuation

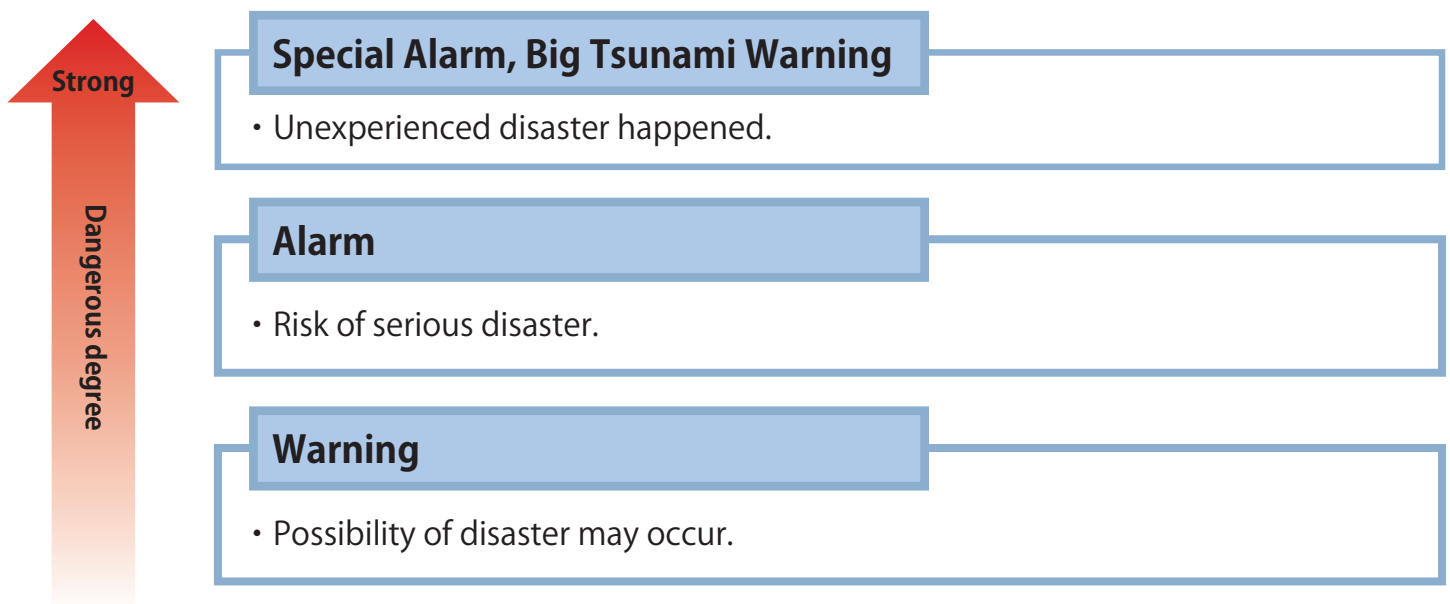
When a natural disaster which likely to be in danger occurs, evacuation announcement will be issued from local city hall, fire station or police department. Stay connected with TV and radio for accurate information. In case of emergency which may result in collapsing building, evacuate immediately.

◆ Warning and Alarm

When there is a risk of disaster, a warning and an alarm will be announced by the Meteorological Agency. As the situation varies, tune on for updated information.

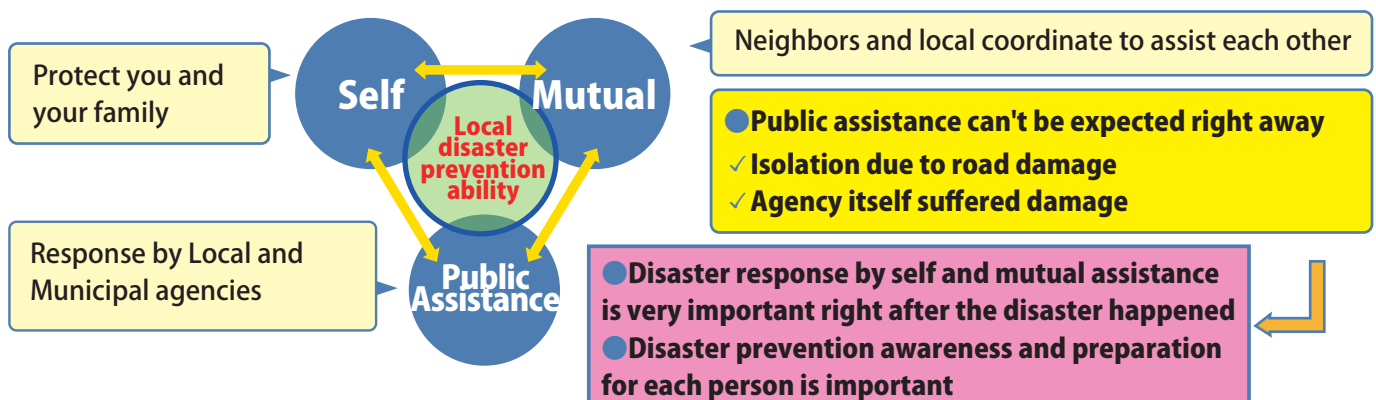
Examples of warnings & Alarms: Heavy Rain, Flooding, Storms, Tsunami, Waves and High Tides

Heavy Rain warning < Heavy Rain Alarm < Heavy Rain Special Warning



◆ Self Assistance, Mutual Assistance, Public Assistance

Local disaster prevention ability = Self x Mutual x Public Assistance



◆ Self, Mutual and Public Assistance with multi languages information

① Okinawa disaster prevention information portal "Hai Sai Disaster Preparedness" (www.bousai.okinawa.jp)

Web Sites list emergency information in case of a disaster by Okinawa Prefecture and it list in Japanese, English, Chinese and Korean. If you register email address, information will be sent by email.

② Information by OIEHF's Facebook site (www.facebook.com/oihf60)

In the case of a disaster, information received to our center will be posted on Facebook in Japanese, English, Chinese and Easy Japanese.

③ Multilingual living support information application by CLAIR

Information sent by CLAIR, has important information in case of a disaster and daily life in multiple languages and can be browsed from mobile phone.



④ Application for Foreign Traveler called "Safety tips"

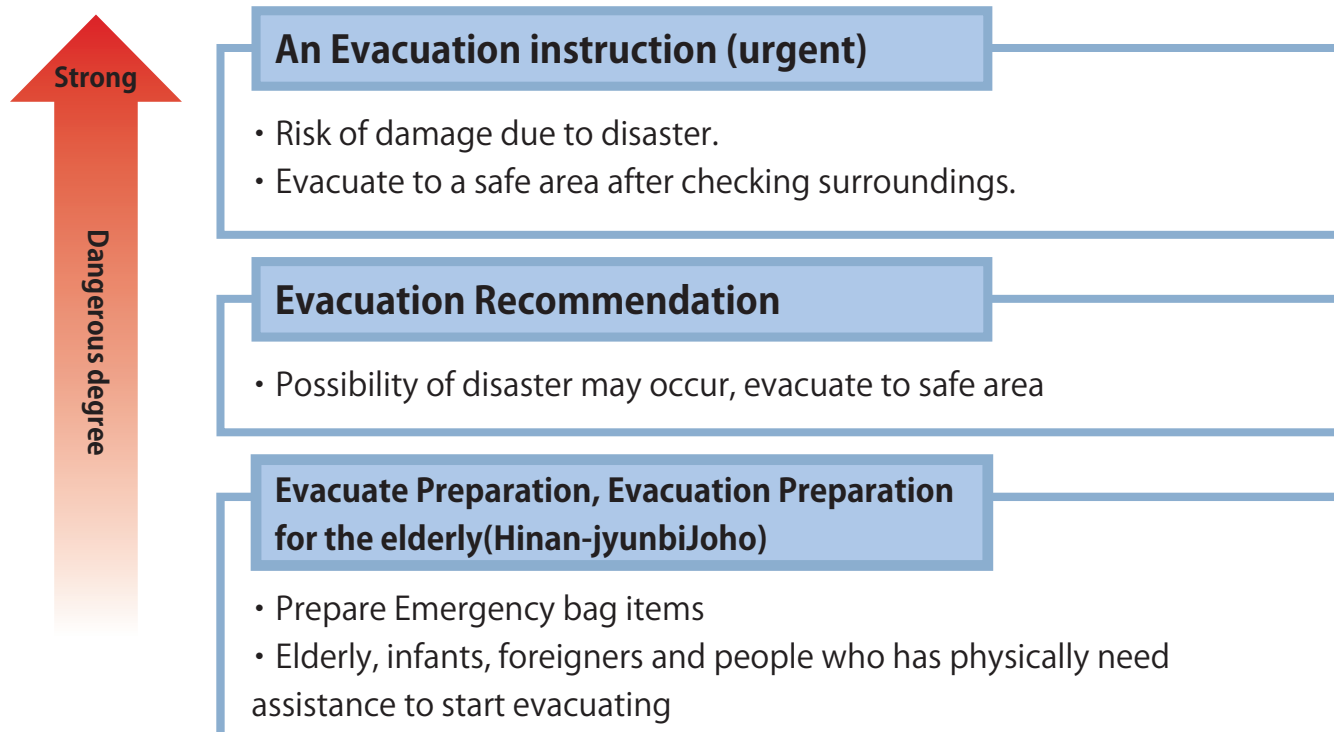
Application for Foreign Traveler, "Safety tips" is sent by Tourism Agency has information about natural disaster (Earthquake, Tsunami, Flooding and Eruption) information in 4 languages (Japanese, English, Chinese and Korean)



◆ An Evacuation information

In the case of a disaster and if the evacuation is necessary, evacuation information will be issued accordance to the degree of risk. Information will be released Locally, mobile phone email, internet, TV and Radio to act as accordingly.

As local information released by Speaker may be difficulty hearing depends on the area, check other disaster information for update.



(2) Preparing for a disaster

When a major disaster occurs, various kind of damages, fire, road damages may occur in a wide range. To reduce the damage, it is necessary for local people to assist in extinguishing small fire, rescue, aid and guide for evacuation to assist each other.

Participate in local activities, disaster prevention drills and volunteer in your area. Communicate with neighbors regularly to assist each other in the event of disaster.

Fist of all, participate in local activities and discuss with neighbor about the disaster prevention.



Evacuation Shelter Management Drill



Emergency Rescue Drill

●Foreigner support supporter training course in case of disaster

We have established "Foreigner support supporters Program in case of disaster" with Okinawa Prefecture on March 18, 2016 and we've been offering courses. At this moment 53 supporters has been certified and they will be able to assist foreigners at the evacuation shelter with multiple languages.



●Evacuation Shelter Management Drill

When the large disaster occurs, agency will suffer from ability to assist and traffic and communications will be disrupted that response will be delayed. In such case, we will need to assist each others within Evacuation Shelter.

Evacuation Shelter Management Drill is to assist and train each others regardless of sex, age, nationality, religion to manage evacuation shelter.

What kind of problems may encounter when a major disaster occurs and how you are forced to live in a Evacuation Shelter. Languages, Customs, Pet and Hygiene's, distributing relief supplies, small children, elderly people, people with medical condition who may have priority. With examples of such, discuss on how to handle the situation for disaster prevention and disaster reduction.



(3) Emergency Contact

Police Department	110 (Only Japanese)
Fire Department	119 (Only Japanese)
Japan Coast Guard	118 (Only Japanese)

(4) Confirmation of Someone's Safety

① Message system on disaster "117"

In case of a disaster, you can record safety information (message) to regular phone or mobile phone, PHS etc.. By voice and play the sound from all over the world.

【How to use】

1. Dial 1-7-1
2. Follow the guidance, dial 1 for recording and 2 for playback
(You can also record and play with a pin number)
3. Follow the guidance, dial the number of person you want to call
(For number starts such as 03, dial from the area code)
4. You can record and play back messages

② Disaster Message Board

Using Mobile Phone and PHS Internet connection function, people in Disaster affected Area can register Message Board System and can verify the whereabouts about them by using their phone number (See each vendor for Smart Phone use)

【How to use】

1. Access the Disaster message board from mobile phone or PHS
(In Case of a disaster, the guidance of the disaster message board will be displayed on the top screen of each company's official website. For try out, access from Menu list)
2. Select "Register" in Disaster Message Board
(Registration can only be accessed from mobile phones or PHS in the affected area)
3. Choose from the options such as "I'm fine" about the current state and optionally enter comments of up to 100 characters (Multiple selection of status and use of only comments are also possible)
4. Finally click "Register" and registration is complete.

【Confirmation method】

1. Access the Disaster message board (Can be done from PC)
 - NTT Docomo <http://dengon.docomo.ne.jp/top.cgi>
 - KDDI (au) <http://dengon.ezweb.ne.jp/>
 - Softbank <http://dengon.softbank.ne.jp/>
 - Ymobile <http://dengon.ymobile.jp/info/>
2. Select "Confirm" in Disaster Message Board (Can access from over the country for confirmation)
3. Enter the mobile phone or PHS number and press "Search"
4. The message list will be displayed, so select the message you want to check in detail

③Disaster Message Board 171 Web

You can get Safety Confirmation Message by entering phone and smartphone, mobile phone or PHS number from personal computer, smartphone etc.

【How to use】

1. Access to : <https://www.web171.jp/>
2. Enter the phone or mobile number you want to contact
3. You can register and confirm the message
(You can also limit visitors by setting up in advance) and add up to 100 characters per message)

④ Safety information Search "J-anpi"

Enter Phone number or name on the site and search from Disaster Message Board, Press, Companies and Organizations which can provide information. Only Japanese and English are available.

URL:<http://anpi.jp/top>

(5) Apps that are useful as disaster**①Disaster information by NHK**

NHK world TV is compatible with smartphone and tablets equipped with iOS and Android OS. You can obtain information by live broadcast in English even while moving or if you do not have TV or radio as long as there is a compatible Terminal.

②Yurekuru, Yahoo disaster report, NHK news disaster

Obtain safety and security when earthquake occurs.



Breaking news on earthquake, rain radar, alarm and evacuation recommendation.



Obtain latest news and disaster information.



Disaster Handbook for Foreign Residents

Heisei 29th year

Edit,
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Okinawa International Exchange & Human Resources Development Foundation
4-2-16 Isa, Ginowan-shi, Okinawa, 901-2221, JAPAN
Phone: 098-942-9215 (DIAL-IN) FAX : 098-942-9220
E-mail : kokusai@oihf.or.jp
HP : <http://kokusai.oihf.or.jp/>
Facebook : www.facebook.com/oihf60

Documents
from
Others

Japan Metrological Agency, Okinawa
Okinawa Prefectural Office
This Leaflet is based on Osaka, Sakai International Section with their approval