

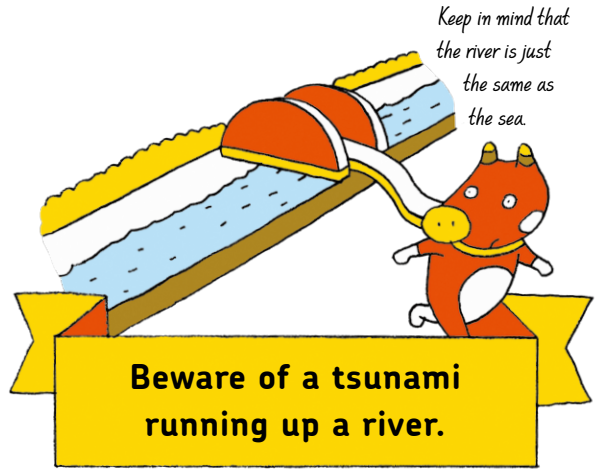


# Cautions about Tsunamis



**Run away even if you didn't feel shaking.**

Even if you didn't feel shaking, when a tsunami warning is issued, quickly run away to a safe place. A big tsunami may come.



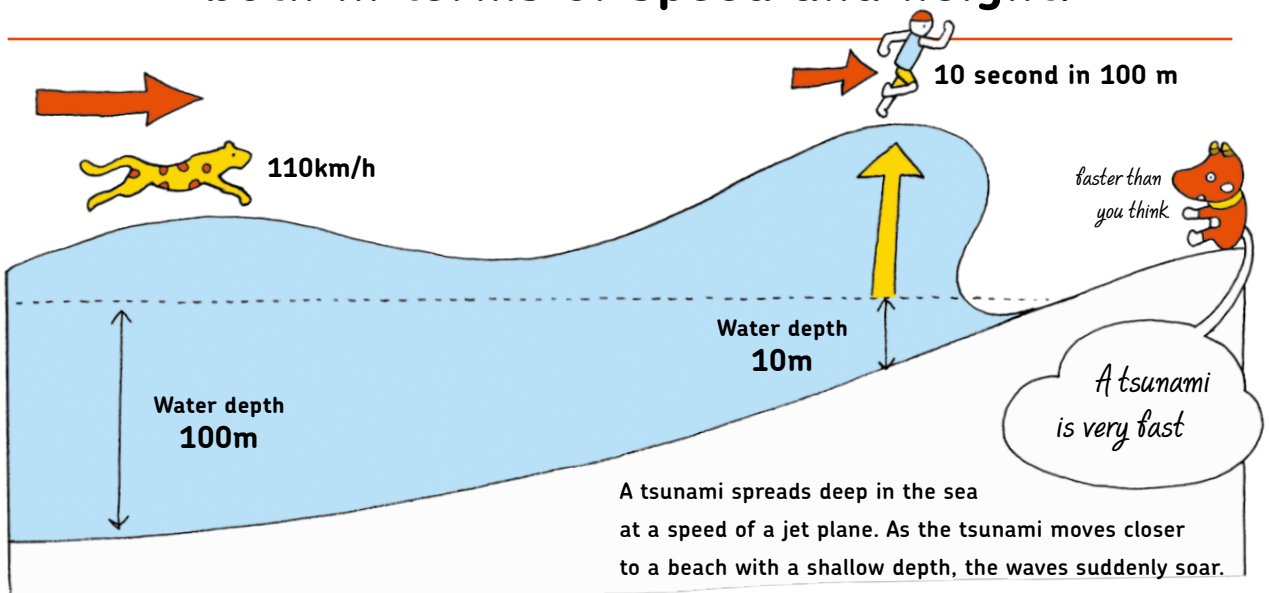
**Beware of a tsunami running up a river.**

A tsunami runs up a river channel or water channel from an estuary, runs over levees and may inundate urban areas or farm land. Swelling river water can run up so fast that it spreads deep in land before the main tsunami comes.



## A tsunami is beyond your imagination

**both in terms of speed and height.**



A tsunami spreads deep in the sea at a speed of a jet plane. As the tsunami moves closer to a beach with a shallow depth, the waves suddenly soar.



# When a Fire Occurs

## What if a fire occurs



Call for help from people in the neighborhood by hollering. Start initial fire-fighting using a fire extinguisher at hand.

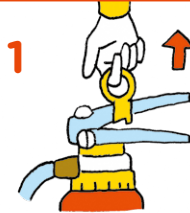


If the fire has already spread to the ceiling, give up (initial) firefighting, secure your safety and run away without delay.



## How to Use Fire Extinguisher (initial fire-fighting procedure)

Understand the proper use of a fire extinguisher and place it in an easy-to-use place for a rainy day. A fire extinguisher has an expiration date. Check it in advance.



1 Hook your finger in the safety pin and pull it out.



2 Remove the hose and point the nozzle to the base of the fire.



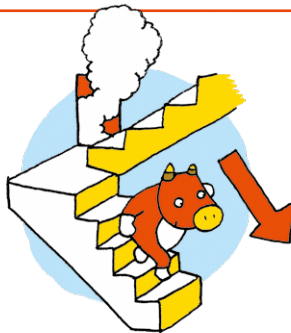
3 Firmly hold the hose and release the extinguishing agent.



## Cautions about Evacuation from Fire



Run away from the fire when the smoke is white.



Run away downstairs, not upstairs.



When the smoke is around you, move away by crawling.

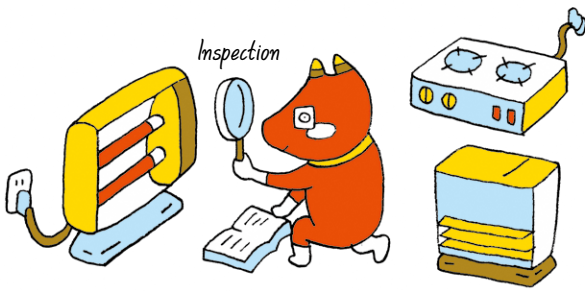


Cover your nose and mouth with a handkerchief, towel or plastic bag and evacuate.



# Daily Cautions

## Preventing fires caused by earthquakes



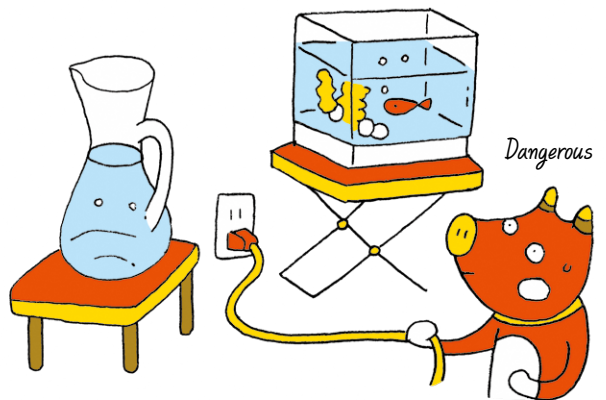
Major fire breakout sources include electric appliances, gas appliances, and kerosene stoves. Check operation from time to time to ensure the equipment can be safely used. Do not place things or materials that catch fire easily around such equipment and use nonflammable curtains and carpets.

## How to use a power point



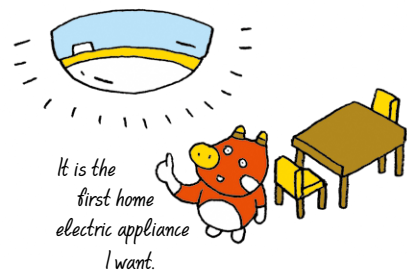
A power point may ignite if a slot fills with dust or dirt. Constantly clean the area around a power point. Be careful not to piggyback many appliances on a single power point. In addition, when a power point has been used for many years, it may get hot during use.

## Do not place water near home electric appliances.



Avoid placing water-filled containers such as a vase or water container near an electric appliance. If water covers the power point, it may ignite a fire.

## Home-use fire alarms

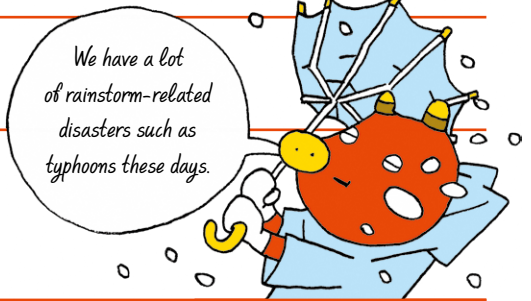


When you install a fire alarm on the ceiling of your bedroom or kitchen, it detects smoke or heat generated from a fire and notifies there is a fire by giving off a warning sound or voice.

Check the battery or expiration date of the alarm and regularly examine its operation so that it works at the moment it should work.



# Storm and Flood Damage and Sediment-related Disasters



## Three Keys to Protection of Yourself from Storm, Flood, and Sediment Disasters

**1**

**Advance check**

Check the hazard map of your municipality.

**2**

**Get information**

Pay attention to disaster-related information such as heavy rainfall warnings, flood warnings, and sediment disaster warnings.

*Think on your own.*

**3**

**Early evacuation**

Whenever you feel danger, start evacuation sooner.



### Check Evacuation Information Issued in Three Stages.

**Preparation for evacuation**  
Elderly people need to start evacuation.

*Get ready!*

[People who need time to evacuate]

**Start evacuation**

[Others]

**Get ready so that you can evacuate any time soon.**

**Evacuation advisory**

*Start!*

**Swiftly evacuate to an evacuation site.**

When heavy rain suddenly starts to fall, the condition will greatly change in a short time. Therefore, start evacuation early.

**Evacuation order (emergency)**

*Hurry up!*

**Start evacuation right now.**

If it is dangerous to go out (p.23), stay in a safe place in your home for shelter.





# Cautions about Evacuation



## Wear sports shoes.

You may find it difficult to walk in long boots as water tends to get inside the boots. Wear sports shoes that you can fasten with shoelaces.



## Minimize the number of things to carry.

Minimize the number of things to carry, put them in a backpack, and carry the backpack on your back so that you can use both hands.



## Never get close to a river.

Do not attempt to check rivers, irrigation canals, or paddy fields. Avoid going close to bridges where possible, as well.



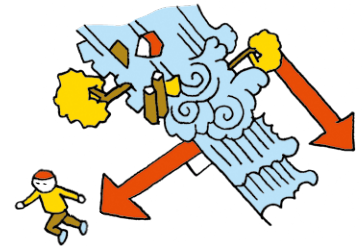
## Don't use cars.

When a traffic jam occurs, you cannot move your car. Avoid using cars as they may disturb evacuation or movement of other evacuees or emergency vehicles.



## Walk with a long stick as a cane.

Use a long stick as a cane and check the road to see if there is, for example, a gutter while walking.



## Run away from a debris flow in a direction at right angles to the flow of the debris.

Run away from a debris flow in a direction at right angles to the flow and go up a higher place.



# Avoid going outside in those cases.

## Danger due to water depth

### 10cm

You can't see where a side gutter or any other hole in the ground is and you may fall into it.

### 20cm

You may tumble as the water flow is very fast.

### 50cm or higher

You cannot easily walk and are very likely to drown.

When the water is above your knees, you cannot move.



The water depth where the water is above your knees is roughly 20 cm for children, 50 cm for adult women, and 70 cm for adult men.

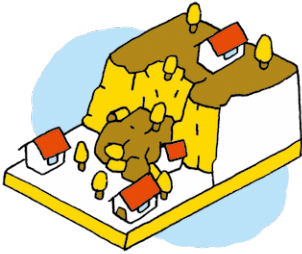


It is also dangerous when you go out at night time or when you cannot easily see dangerous locations on the evacuation route under heavy rainfall.



# Premonitory Phenomena of Sediment-related Disaster

## Slope failure



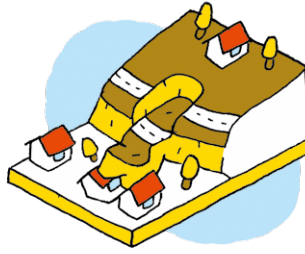
The subsurface of a slope becomes loose due to rainwater permeation or an earthquake and suddenly fails. The time until the slope fails is very short.

### Premonition



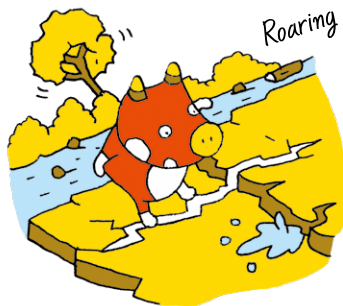
- 1 The earth rumbles.
- 2 Water springs up from the slope surface.
- 3 Spring water stops or becomes turbid.
- 4 Cracks appear on the slope surface.
- 5 Pebbles are sprinkling down.

## Landslide



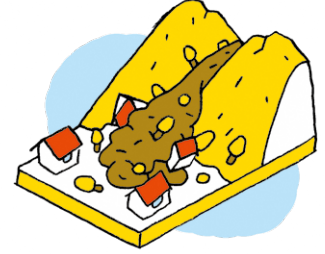
Part or all of the slope gradually moves downward because of the influence of groundwater and by gravity (movement of earth mass is very big).

### Premonition



- 1 The earth or mountain rumbles.
- 2 Well water or mountain stream water becomes turbid.
- 3 The ground cracks or caves in.
- 4 Cracking or level differences occur.
- 5 Trees slant.
- 6 Water gushes out from a cliff or slope.

## Debris flow



Stones or sediment on a mountain slope or the bottom of a river are suddenly pushed downstream in one go because of a long spell of rain or concentrated rainfall.

### Premonition



- 1 The mountain rumbles.
- 2 The sound of standing trees snapping or stones hitting each other is heard.
- 3 The river water suddenly gets muddy, and woody debris starts to be seen.
- 4 A rotten soil smell occurs.
- 5 The water level decreases despite continuing rainfall.



# When a Heavy Rainfall Warning is Issued

(or is Likely to be Issued)

## Actions to Take Indoors



*Safety first*

**Avoid going out unless absolutely necessary.**



*Choose what is necessary.*

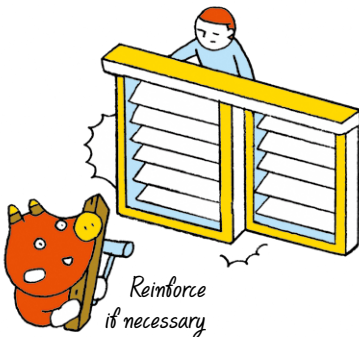
**Select the items to be put in an emergency kit you carry with you as you evacuate and put the kit ready in a bag.**



*To the second floor or attic*

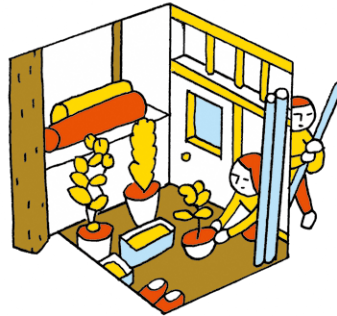
**Move important items to a higher place to protect them from flooding**

## Actions to Take Outdoors



*Reinforce if necessary*

**Firmly lock windows and shutters and reinforce them as required.**



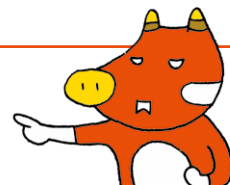
**Move laundry poles, plant pots or other items that are likely to be blown away by wind to indoors.**



*Constantly*

**Regularly clean rain gutters and side gutters and maintain good drainage.**

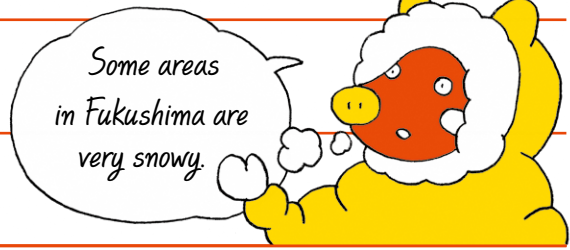
**When a rainstorm intensifies, do not ever try to reinforce windows or get close to a river, beach or canal.**



*Essential!*



# Actions against Snow Damage



## What if Heavy Snow Falls?

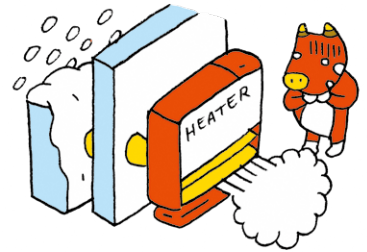
### Avoid going out.

When snow falls very heavily, it is likely that public transportation stops, expressways are closed, and that general roads cannot be used. When heavy snow is forecast, return home early and avoid going out.



### When you are indoors

When you are indoors, check the air inlet/outlet of the heater as it may cause carbon monoxide poisoning if it is blocked by snow.



### While you are driving

You may lose visibility because of blown-up snow on the road. Check the weather forecast and road information and go home early.



### While you are walking or working outdoors

You may lose your sense of direction and fail to sense where you are because of poor visibility. Evacuate to a safe place early.



## Preparations for Heavy Snowfall

### Inside your home

When heavy snowfall is predicted by the weather forecast, store food so that you don't need to go out and make heating means available to warm yourself without power in case of a power outage.



### Inside your car

When you have to go out for an unavoidable reason, make the things you need in case your car stops (such as water, food, and clothes or protection against cold weather) available inside your car and check the fuel in advance.





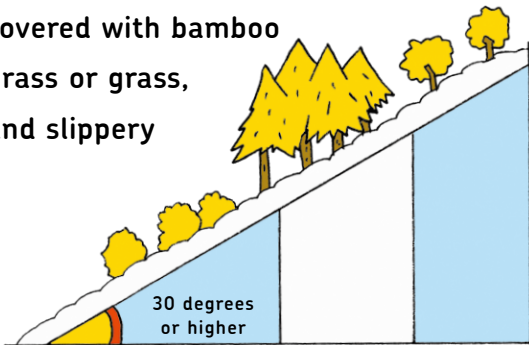
# Cautions about Snow Shoveling and Removal



# Cautions regarding Avalanches

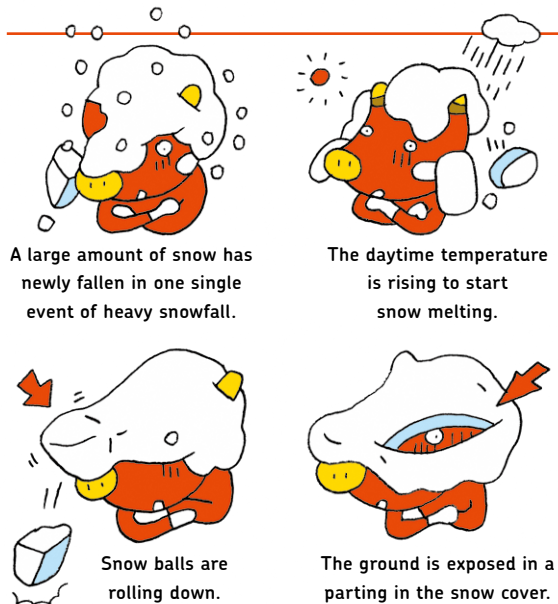
## Places Prone to Avalanches

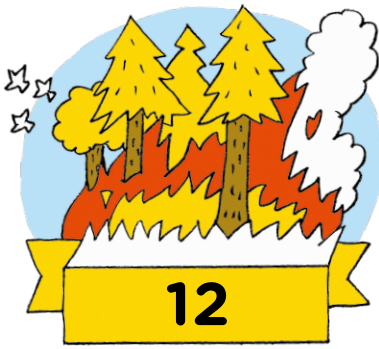
Slopes with less trees, covered with bamboo grass or grass, and slippery



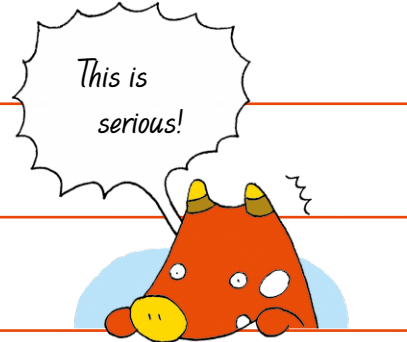
The most dangerous type of slope is one with a gradient of about 35 to 45 degrees (slope on which experienced skiers can ski).

## Premonitions of an Avalanche





# Actions against Forest Fires



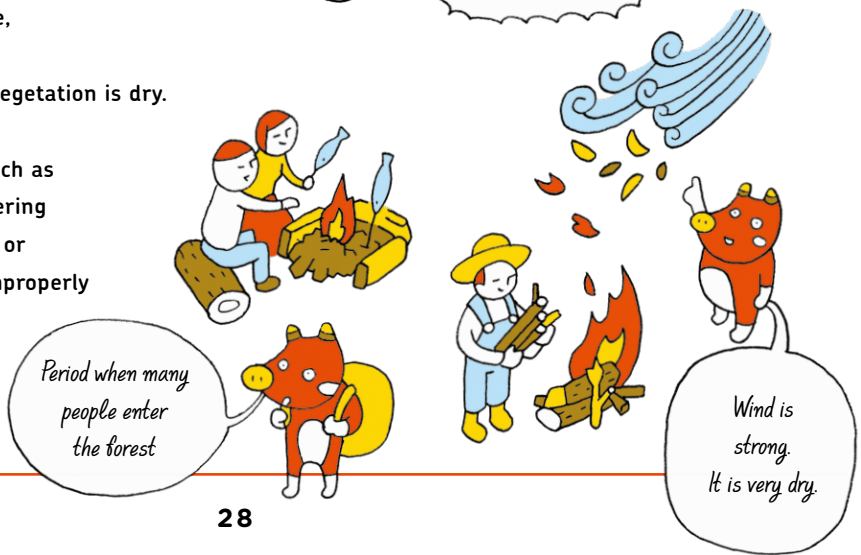
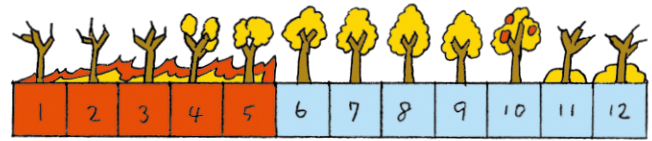
## What if a forest fire occurs?

Call for help from people nearby  
in a loud voice and swiftly call 119.  
Use water you can find nearby  
and try to extinguish the fire.  
When the fire has already spread,  
secure your own safety  
by running away quickly.



## Causes of Forest Fire

About 70% of forest fires occur  
from winter to spring (from January to May).  
During this period, natural conditions  
are likely to cause fires. For example,  
fallen leaves are easily ignited,  
a strong seasonal wind blows, and vegetation is dry.  
Forest fires are mainly caused  
by the careless actions of people, such as  
an increasing number of people entering  
the mountain for spring sightseeing or  
gathering of edible wild plants or improperly  
treated incense sticks as people  
visit family graves on windy days.



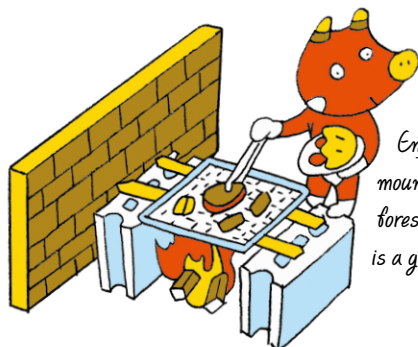


# How to Prevent Forest Fires



*Be careful when the wind is particularly strong.*

**When you use fire, check the wind direction.**



*Enjoying a mountain forest itself is a good thing.*

**When you have a barbecue, do it at a designated place and completely extinguish the fire when you leave.**



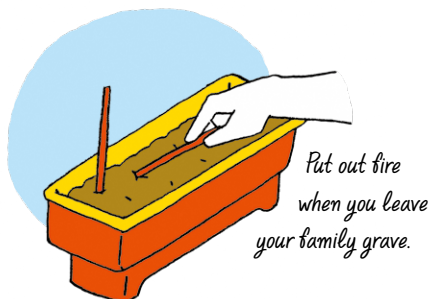
*It is like using fire near fuel.*

**Do not make a bonfire or play with fire at places where there is dead grass or branches.**



*This is the rule, not manners.*

**Smoke at the designated places and don't discard cigarette butts.**



*Put out fire when you leave your family grave.*

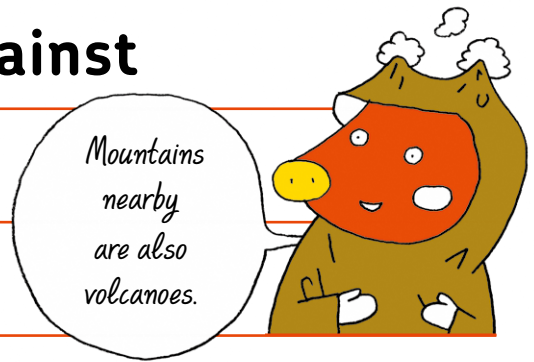
**Be sure to put out the fire of incense sticks offered at the grave.**



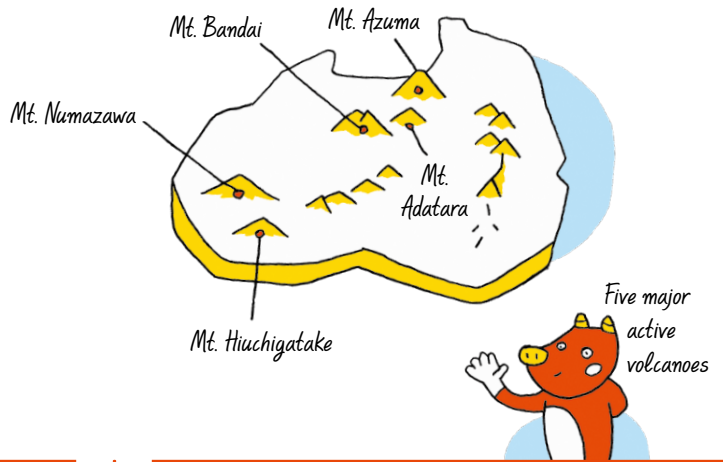
*Enjoy mountains and forests with caution and care.*



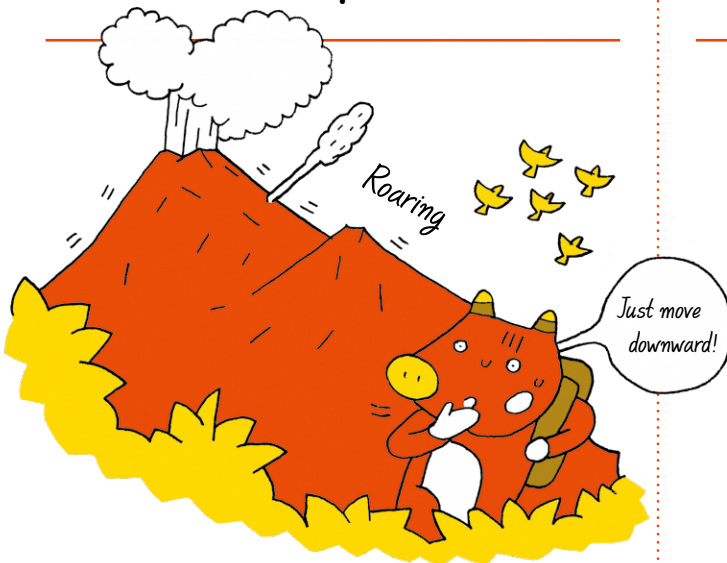
# Actions against Volcano Eruption



There are five active volcanoes in our prefecture, Mt. Azuma, Mt. Adatara, Mt. Bandai, Mt. Hiuchigatake, and Mt. Numazawa. Mt. Nasudake is also located nearby. These volcanoes erupted and caused damage in the past. Prepare yourself on a daily basis in case they erupt.



## What if You Encounter an Eruption?



When you feel danger, evacuate voluntarily. When you evacuate, cover your head with, for example, a cap, cover your mouth with a towel, and quickly run away from the crater.

## Watch out for Volcanic Ash



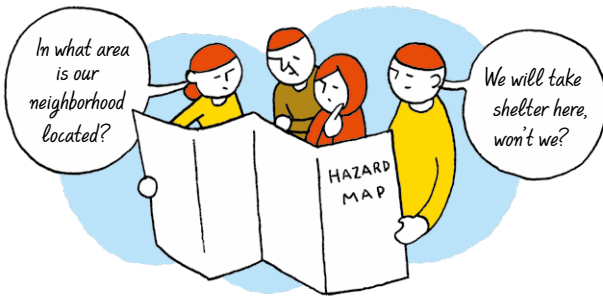
Volcanic ash causes coughing, breathing difficulty, and itchy, sore, or red eyes. Use a mask or goggles. Volcanic ash may fall thick on the ground, so drive carefully.





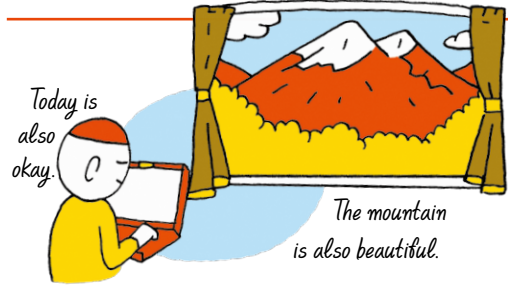
# Protect Yourself Against Volcano Eruptions

## Check Danger Zones and Shelters on a Hazard Map.



Check where danger zones and designated shelters are located with hazard maps published by your municipalities.

## Never Miss an Eruption Warning.

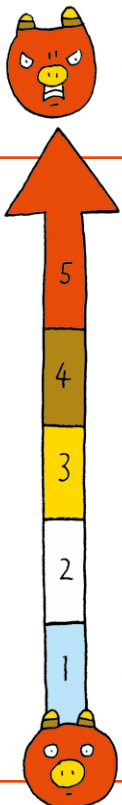


Constantly check the Volcanic Alert Level of volcanos nearby. Whenever an evacuation advisory or order is issued following an eruption, quickly evacuate to the shelter designated by your municipality.



## Volcanic Alert Level

A Volcanic Alert Level is issued as part of the eruption warning or forecast in five levels, from 1 to 5. Take appropriate action according to the instruction of each level.



- Level 5** **Evacuate** from your residential area.
- Level 4** **Prepare to evacuate** from your residential area.
- Level 3** **Do not enter danger zones** near your residential area.
- Level 2** **Do not approach the area around the crater.**
- Level 1** **Caution is necessary** although no special response is necessary.



# Actions against Nuclear Disaster

Stay calm when you evacuate. If you evacuate based on your own judgment, traffic congestion may occur, and it will take more time to evacuate or people in areas where evacuation is definitely necessary cannot evacuate.



## Three Keys to Protection of Yourself from Nuclear Disaster

### Point 1

#### Get reliable information.

If a nuclear disaster occurs, the administration provides information in various ways.

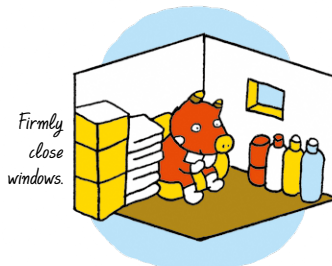


Get accurate information from TV, radio, or government disaster management radio communications network.

### Point 2

#### Evacuate indoors.

The administration will issue an instruction for indoor evacuation depending on the condition of the nuclear power plant.



Indoor evacuation is defined as the evacuation activity of staying in a building including your home for evacuation.

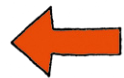
### Point 3

#### Wait for instructions on temporary relocation or evacuation.

The administration will issue instructions for temporary relocation or evacuation depending on the status of emission of radioactive substances.



*We should always think about what to do in such a situation*



Temporary relocation or evacuation is defined as an evacuation activity that you should do if it is possible that you are exposed to a certain dose of radiation.

## Temporary relocation

Leaving your area within a certain period of time



## Evacuation

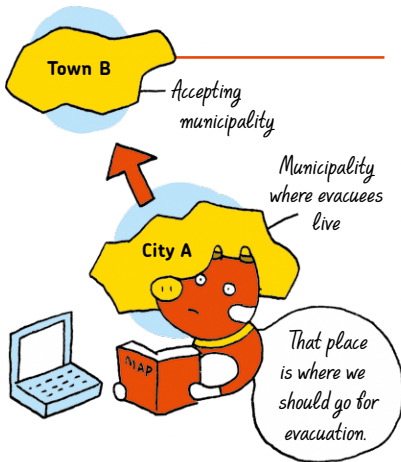
Leaving your area quicker than in the case of temporary relocation



# Cautions about Evacuation

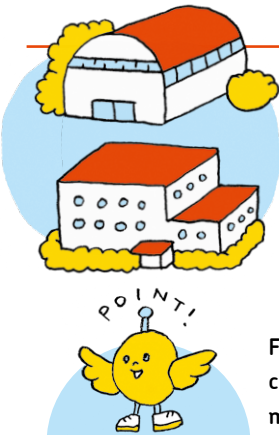
## Point 1

### Check Municipalities that accept evacuees.



Municipalities where those residents should go for evacuation are already determined by the district in the event that temporary relocation or evacuation is necessary because of a nuclear disaster.

(For residents in 13 municipalities close to nuclear power plants, )

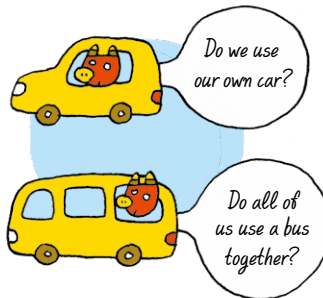


For details, contact your municipal government.

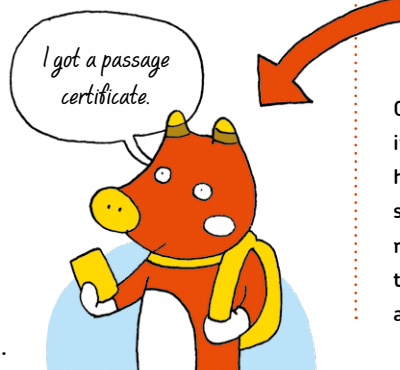
To the place of evacuation

## Point 2

### Check the means of evacuation, destination of evacuation, and evacuation routes.



The standard means of evacuation for an individual citizen (family) is their own car. Collective evacuation by bus will also be conducted at a temporary gathering place designated by each municipality for those who cannot easily evacuate using their own car. Facilities of shelters and evacuation routes are also determined in advance.

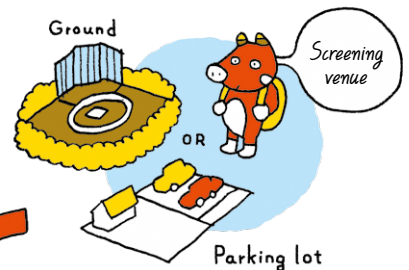


## Point 3

### Receive screening before going to a shelter.



Screening is an inspection to check if radioactive substances are adhered to the surface of your clothes or body to prevent spreading of radiation contamination.



Once you leave an area where any instruction, including evacuation, has been issued, you will receive screening at a site set up by the national government or prefecture, then receive a “passage certificate” and head for your shelter.

# Emergency Call Message Service

There are various kinds of emergency call message service.  
You may try it on the 1st and 15th of every month.

## Search for “web 171.”



When you want to know the whereabouts or safety of two or more people at the same time

No. of telephone numbers you can register

All telephone numbers

Retention period

Up to six months

No. of entries you can register

20

No. of characters you can register

100 characters per entry

## From each provider's official menu or application



When you, your family members, or friends make sure of each other's safety or whereabouts

No. of telephone numbers you can register

Mobile phone number

Retention period

Until the end of service

No. of entries you can register

10

(80 for Softbank)

No. of characters you can register

100 characters per entry

## Dial 171.



When the person you want to contact has no mobile phone

No. of telephone numbers you can register

All telephone numbers

(area code of the afflicted area for land-line phones)

Retention period

Until the end of service

No. of entries you can register

1 to 20

(The message placed in web 171 may also be registered.)

No. of characters you can register

30 secs per entry







# Determine How to Contact Your Family Members

Name

Name

Mobile phone number

Mobile phone number

E-mail

E-mail

Others

Others

Name

Name

Mobile phone number

Mobile phone number

E-mail

E-mail

Others

Others



# Determine Where to Gather

Name

Phone number

Name

Phone number

Name

Phone number

Name

Phone number



# Emergency Contact

Name

Phone number

Name

Phone number

Name

Phone number