

Disaster Prevention Handbook for Foreign Residents



Disaster Prevention Handbook for Foreign Residents (2014 Edition)

Issued March 1, 2015

Edited and

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Thanks to: NPO National Conference of Multicultural Managers

Printed by: Daisho Mihara Printing

Sakai City Administrative Literature Call No. 1-16-14-0253



Introduction

Of the countries of the world, Japan has a very high number of natural disasters. It has experienced serious damage from heavy rains, strong winds, and earthquakes. This handbook contains vital information for keeping you and your family safe from disasters.

It is wise to know about and prepare for three disasters in particular (storms and floods, earthquakes, and tsunamis) so that you can take action.

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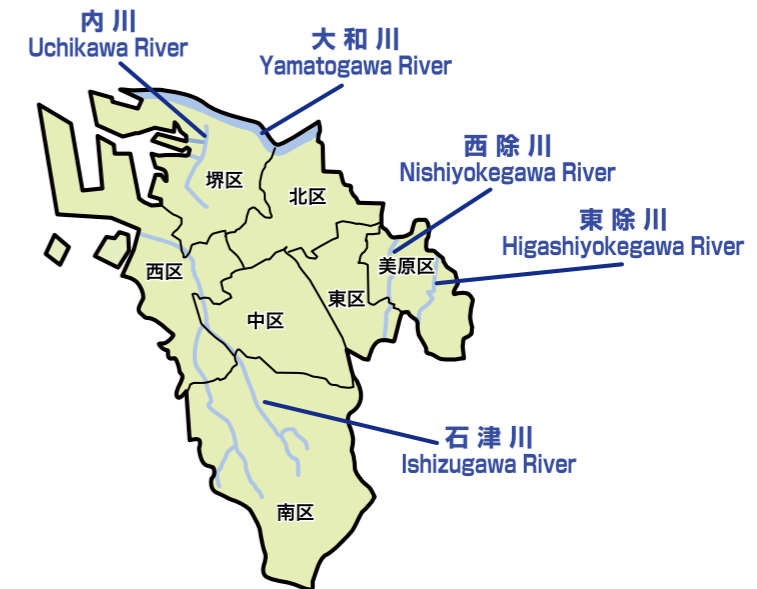
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1 Knowing about Disasters

(1) What Are Storms and Floods?

Storms and floods are disasters that are caused by extremely strong winds or heavy rainfall.

Many rivers - such as the Yamatogawa River, Nishiyokegawa River, Higashiyokegawa River, and Ishizugawa River - flow through the city of Sakai, so it is particularly important to watch out for flood damage when heavy rains cause these rivers to overflow.



Strong winds and heavy rains occur under the following conditions:

◆ Typhoons

- Typhoons are tropical cyclones with powerful rains and winds.
- They hit Japan repeatedly from summer through fall.
- In powerful typhoons, winds can topple houses and water can seep into houses, which are very dangerous.



◆ Torrential Downpours (“Guerilla rainstorms”)

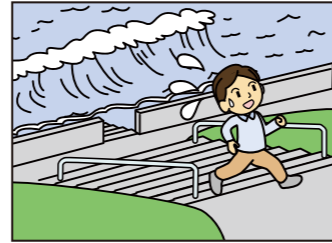
- Sudden heavy rains occur in one place.
- Flooded streets and water-logged houses are very dangerous.



Strong winds and heavy rains can trigger the following:

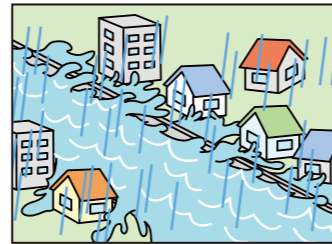
◆ Tidal Waves

- The wind raises the sea level, causing tidal waves.
- To avoid dangers like getting swept away, stay away from the waterfront.



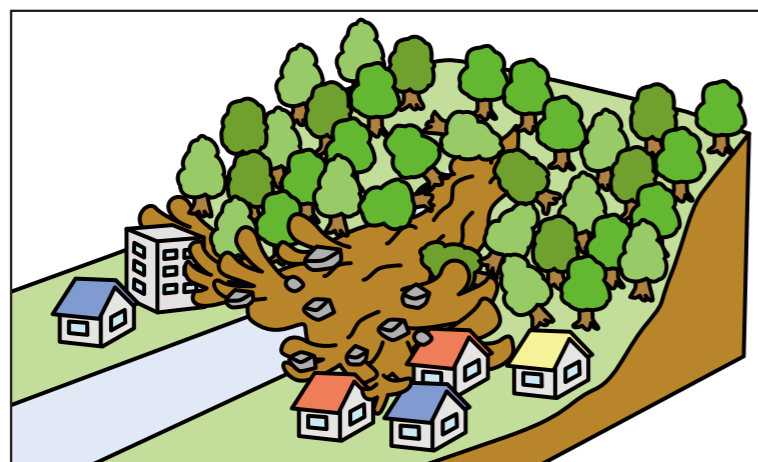
◆ Flooding

- Rivers overflow due to heavy rainfall. Levees break, letting water flow into streets and houses. Gushing flood waters can lift manhole covers off.
- Those living near the Yamatogawa, Nishiyokegawa, Higashiyekegawa, and Ishizugawa Rivers should be especially careful. If evacuation information has been announced or you feel yourself to be in danger, evacuate immediately.



◆ Sediment disaster

- Heavy rains and rivers with increased volume may trigger the following hazards. These are very dangerous. Those who live near mountains or cliffs should be especially careful.
 - Debris flow : Dirt, rocks, and sand are washed along by the water.
 - Landslip : Heavy rains or earthquakes loosen the ground surface, causing it to slide away.
 - Landslide : Heavy rains cause mountainsides or rocks to fall.



(2) What Are Earthquakes?

Earthquakes are the violent shaking of the ground.

Large earthquakes are very dangerous because buildings topple over. After the initial quake, many smaller **aftershocks** (called **Yoshin** in Japanese) often follow.

In recent years, there was a massive earthquake on March 11, 2011, known as the Great East Japan Earthquake. It caused a lot of damage.

Japan experiences a lot of earthquakes. Even in Osaka, experts predict that the Nankai Trough Great Earthquake, an earthquake as powerful as the Great East Japan Earthquake, lasting several minutes, could strike within the next 30 years.

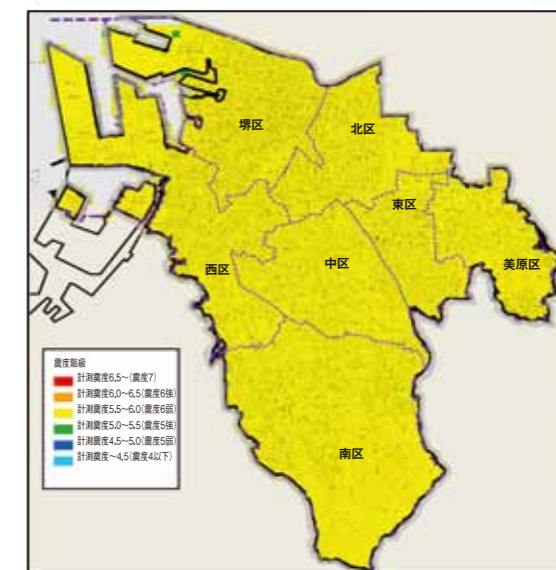
Earthquakes strike suddenly. It is important to confirm evacuation shelter locations and keep an emergency evacuation kit ready at all times, so that you can protect yourself in an emergency.



Rubble piled as high as the school roof by tsunami
Source: Sendai City



Shimanokoshi Station in ruins
Source: Institute for Fire Safety and Disaster Preparedness



Nankai Trough Great Earthquake seismic intensity map

(3) What Are Tsunamis?

Tsunamis are big waves that occur after earthquakes. They are dangerous because they submerge places where waves do not normally reach. Since they strike repeatedly, it is important to stay away from the sea until the tsunami warning or advisory has been lifted.

The force of a tsunami is transmitted differently from that of an ordinary wave and is much faster and more powerful than it seems. The undercurrents travel at a speed comparable to a jet plane and as fast as a human sprinter along the coast. Even if the tsunami is only 50cm high, it can still knock down a person. Evacuate to higher ground immediately.



Black tsunami engulfing the town
Source: Miyako City



Desaki Warf piers getting swallowed up one by one
Source: Miyako City

(4) What Are Evacuation Shelters?

An evacuation shelter is the building people evacuate to when a disaster has occurred or will soon occur, or if they feel unsafe in their homes.

Evacuation shelters are facilities free of charge and made available to anyone whose house has been destroyed or under dangerous conditions.

Elementary schools and junior high school gymnasiums in the city are designated as evacuation shelters. Please make sure you know

the locations of evacuation shelters near your home. Places that function as evacuation shelters bear signs like in the illustration (Fig. 1). It is wise to visit the nearest evacuation shelter beforehand and memorize its location.

Foreign residents may also use the evacuation shelters, regardless of nationality or residence status.



Fig. 1 Evacuation Shelter Signage

<Please note when evacuating>

- Evacuation shelters are available whenever there has been a warning or emergency warning. When an evacuation shelter is going to be opened, you will be notified by disaster alert e-mail or the city's web page.
- Evacuation shelters only have minimal supplies. It takes two or three days to prepare enough food, so please be prepared to be self-sufficient until then.
- Please walk to the evacuation shelter - no automobiles.
- You will be sharing the evacuation shelter with many other people. It is difficult to maintain privacy and there will be inconveniences. Everyone has the same problem, so please be considerate of others, follow the rules of the evacuation shelter, and cooperate with each other.
- Please write down your personal information at the evacuation shelter registration desk. This will allow you to inform friends and family of your whereabouts and the fact of your survival, and will be useful for receiving emergency relief goods.

【Evacuation Shelter Rules (Sample)】

- Respect limits on portion sizes and number of meals permitted.
- Follow rules for using bathrooms or disposing of trash.
- Smoke only in designated areas.
- Observe proper courtesy toward others (e.g. keep your voice down).

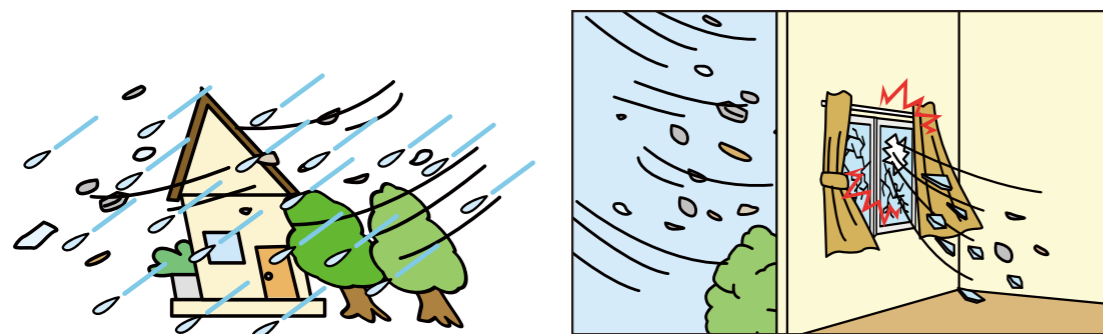
2 Preparing for Disasters

It is important to always be prepared for a disaster so that you can protect yourself and flee immediately. Having strong ties with the people around you - in your workplace, school, neighborhood, or international exchange group - is a useful preparatory measure.

(1) Preparing for Storms and Floods

If the weather turns bad, please pay attention to the weather reporting on TV or radio so that you can gather accurate information. This is especially important for those who live near oceans, rivers, or mountains, due to the threat of tidal waves, flooding, and landslides. If city hall issues an evacuation advisory or sends out disaster alert e-mails, or if you feel unsafe, evacuate to an evacuation shelter immediately.

- Pay attention to information from TV, radio, or city hall.
- Do not go out into heavy rains or strong winds except to evacuate.
- Glass windows can break from strong winds. If winds are strong, close windows and curtains and stay away from the window.
- Flee to higher ground, such as by going upstairs before water enters your house.
- It is possible for adults to wade through water: no more than 70cm deep for men and 50cm deep for women. If the water is flowing, it has to be even shallower in order to wade through it.
- If you are in an automobile, avoid anywhere that water collects (e.g. underground tunnels), slow down, and drive to higher ground.



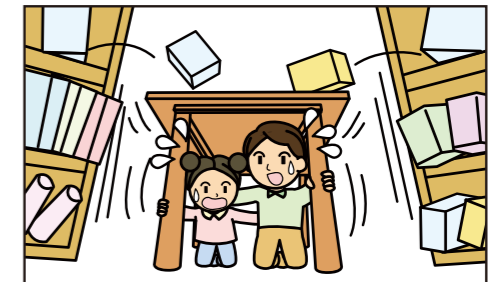
(2) Preparing for Earthquakes

The threats that you face will differ according to the situation at the time of the earthquake. It is crucial that you be prepared to evacuate safely no matter where the earthquake strikes. It is also a good idea to pay attention to the emergency earthquake alerts that appear on TV, radio, or your mobile phone tens of seconds before the tremors start.

◆ If Indoors

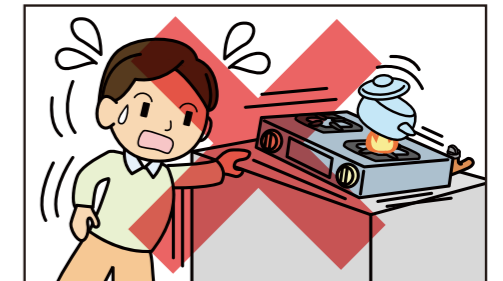
① Protect your own body

Shelves and various objects can fall down. Please secure your safety by taking cover under a table or other sturdy furniture.



② Watch out for fires

Stay away from flames. Gas shuts itself off automatically if it detects an earthquake with a seismic intensity of 5, so don't rush to turn it off. Turn off the gas main after the tremors have subsided.



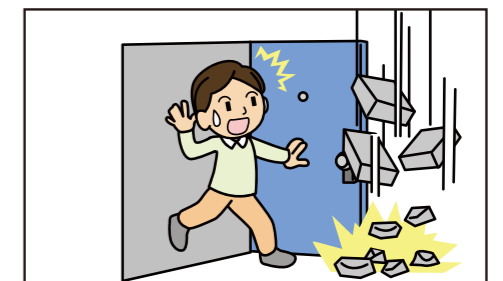
③ Secure exits

Be sure to open doors and windows to secure an exit. Earthquakes can warp doors and windows, so that they no longer open.



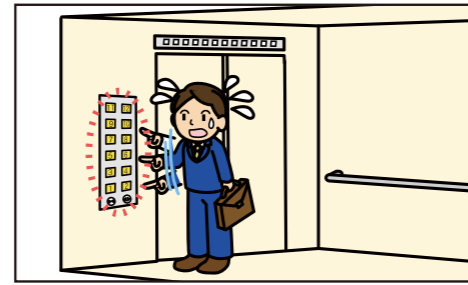
④ Don't rush to escape

Sometimes it is safer indoors, so stay indoors according to the situation. If there is a chance of tsunamis, however, flee immediately. When you do flee outside, be sure to check your surroundings. There may be rubble and broken glass outside, so wear shoes.



⑤ Don't ride elevators

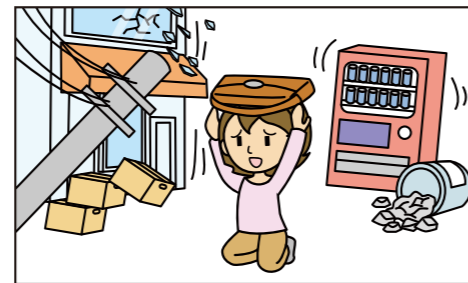
If an earthquake strikes while you are in an elevator, press all the buttons and get off at the nearest floor. If the doors won't open, press the emergency call button and wait for help to arrive.



◆ If Outdoors

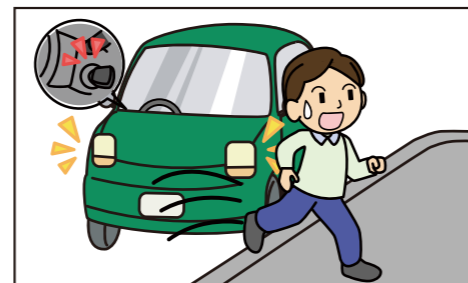
① If outside a building

Glass windows or signs may fall from buildings. Protect your head with your belongings or arms. Walls and vending machines can also topple, so escape to a large open space.



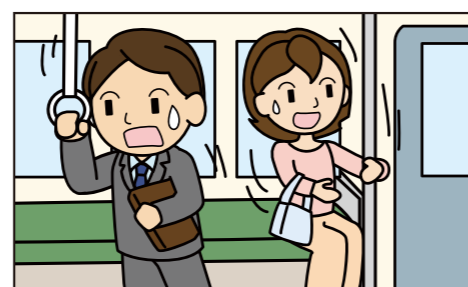
② If you are driving

Don't halt suddenly. Slow down gradually, pull over on the left side of the road, and turn off the ignition. When leaving your car, leave the key with a note with your contact information, but remove valuables such as your inspection certificate.



③ If you are riding a bus or train

Hold firmly onto hanging straps or railings. Do not exit the train in a panic, but follow any directions given by the attendant.



④ If you are underground

Flee along the wall, following the trail of exit lamps or the evacuation leader's directions.



(3) Preparing for Tsunamis

According to projections, if the Nankai Trough Great Earthquake strikes, the first tsunami will reach Sakai about 100 minutes after the earthquake occurs. Please stay calm and evacuate to safe, higher ground. Flee on foot, east of the JR Hanwa line train tracks. If you are straggling behind or have difficulty gaining distance, evacuate to tsunami evacuation shelter buildings or other tall structures. Designated tsunami evacuation shelter buildings have a distinguishing sign, as in the illustration below. 【Fig.2】

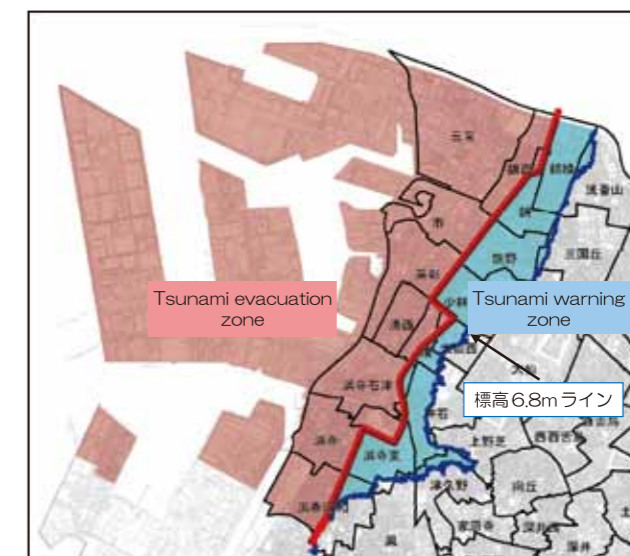
It is wise to know the height of your neighborhood above sea level, and to be aware of the signs depicted in the illustration below 【Fig.3】. These signs are placed primarily in areas considered likely to be submerged in a tsunami. Be aware, and be prepared.



Fig. 2 Tsunami evacuation shelter building sign



Fig. 3 Sign showing height above sea level



Tsunami evacuation zone / Tsunami warning zone

Make sure!!

Check the tsunami danger level of your home, workplace, and other places you frequent.

Home is _____ m above sea level (Evacuate to _____ in a tsunami)

Work is _____ m above sea level (Evacuate to _____ in a tsunami)

_____ is _____ m above sea level (Evacuate to _____ in a tsunami)

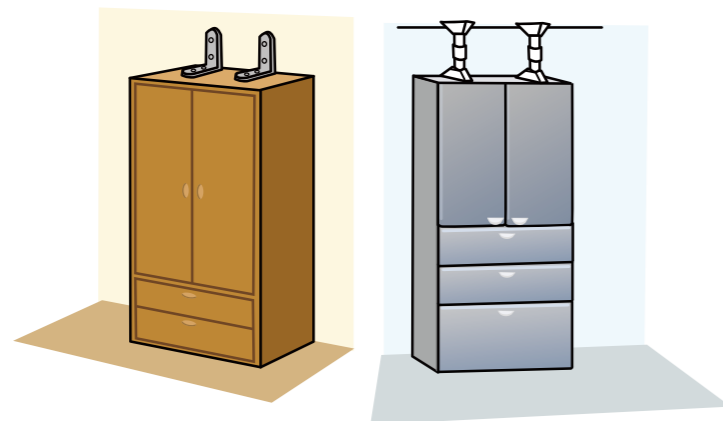
_____ is _____ m above sea level (Evacuate to _____ in a tsunami)

(4) Always Be Prepared

You never know when disaster will strike. It is crucial to take precautions in your daily life, such as being aware of danger spots in your house and neighborhood, knowing the location of nearby evacuation shelters, and checking your emergency evacuation kit periodically.

◆ Safety Measures for the Home

- Secure tall furniture (wardrobes, refrigerators, bookshelves, etc.) with clamps to prevent toppling.
- Place your TV as close to the floor as possible.
- Don't pile your belongings on top of furniture.
- Don't put topple-prone furniture along the route to the front door or entrance.
- Don't put large, top-heavy furniture near your bed.
- Cover your glass windows with clear anti-shatter film.
- Know where in your home is the safest spot.



◆ About Evacuation Shelters

Please locate the evacuation shelter nearest to your home and be ready to evacuate there at any time. You can locate evacuation shelters on Osaka Bosai Net: (URL:<http://www.osaka-bousai.net/>)

Make Sure!!

Evacuation shelter name: _____

Address: _____

※行き方がわかる地図を作っておいてください!

Map showing route

◆ Emergency Supply Kit

After a disaster, you will have to be self-sufficient until help arrives. As a first step, it is important to have a kit ready at all times and for all family members to know the contents of the emergency kit. Keep your emergency supply kit where you can easily grab it. It is also wise to check your kit periodically for expired or missing items, and replace anything that is too old.

● Basics

【Foodstuffs】

- Emergency meals
- Drinking water (500ml)



【First Aid Kit】

- First Aid Bag

(tweezers, antiseptic, cotton square pads, gauze, adhesive plaster, bandages, kerchiefs, surgical masks, etc.)

- Medications

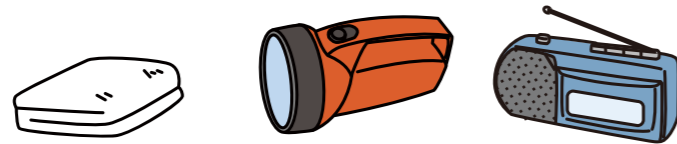


【Other】

- Cash (including change)
- Passport
- Pens, permanent markers
- Bank book/ATM card
- Residence Card
- Anything else you consider necessary

【Daily Goods】

- Flashlight
- All-purpose scissors
- Packing tape
- Wet tissues
- Blanket
- Anything else you need (contact lenses, dentures, hand warmers, etc.)
- Candles/lighter
- Work gloves/gloves
- Towels
- Toilet paper
- Disposable toilet bag
- Portable radio
- Rope
- Plastic bags
- Picnic mat
- Baby goods (formula)



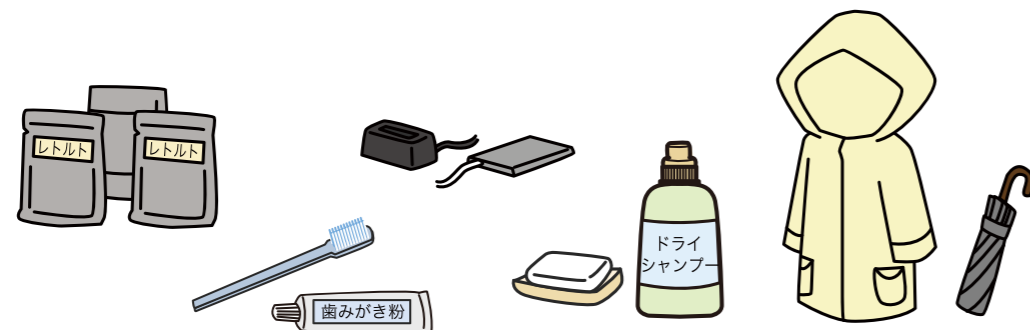
●Supplies: try to have at least three days' worth (seven days' worth or more is better)

【Foodstuffs】

- Drinking water
- Non-perishables such as retort pouches, cans, instant ramen noodles, etc.
- Soup, miso soup
- Alpha rice, cut mochi, hardtack, canned bread
- Snacks (biscuits, candy, chocolate, etc.)
- Water tank
- Table salt

【Daily goods】

- Blanket
- Food wrap, tinfoil
- Newspaper
- Safety pin
- Portable gas stove, gas cartridge, solid fuel
- Disposable chopsticks, spoon, fork
- Pot, kettle
- Toothbrush, toothpaste
- Feminine hygiene products
- Bath towels, towels
- Paper plates and cups
- Hand warmers
- Spare batteries
- Mobile phone charger
- Soap, dry shampoo
- Rain gear
- Other necessities



◆ Evacuation Cards

It is good to carry an evacuation card with you when you escape. Make a card for each member of the family and keep them in your evacuation kit or wallet.

●Fill in your personal details.

Name		Telephone	Home
Gender	Male Female		Mobile
Address			
Birthdate		Blood type	RH(+ -) A B O AB
Nationality/ language	.	Illnesses/ allergies	
Passport No.		Residence Card No.	

●Make cards for the whole family.

Name		Telephone	Home
Gender	Male Female		Mobile
Address			
Birthdate		Blood type	RH(+ -) A B O AB
Nationality/ language	.	Illnesses/ allergies	
Passport No.		Residence Card No.	

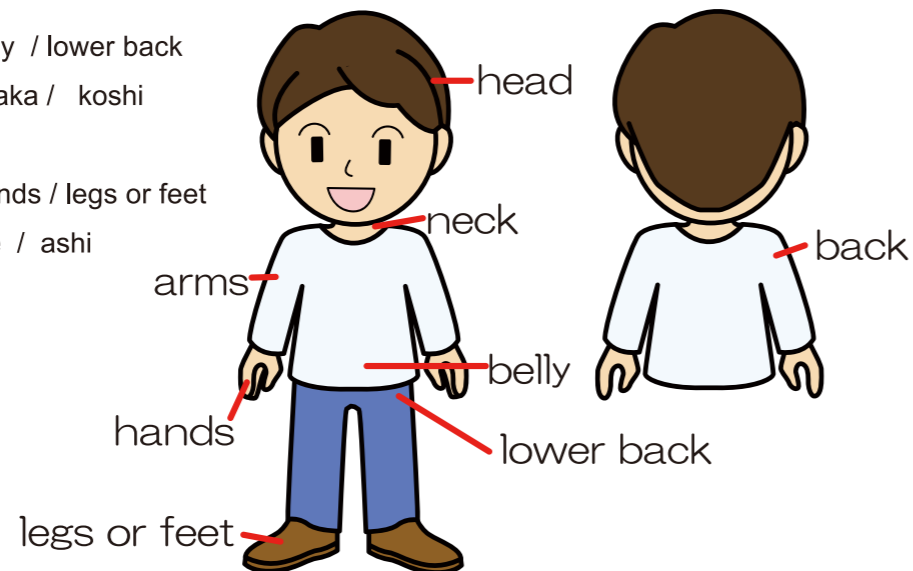
Name		Telephone	Home
Gender	Male Female		Mobile
Address			
Birthdate		Blood type	RH(+ -) A B O AB
Nationality/ language	.	Illnesses/ allergies	
Passport No.		Residence Card No.	

◆ Japanese Phrases for Emergencies

- ① My name is ○○. Watashi no namae wa ○○ desu.
- ② Please help me. Tasukete kudasai.
- ③ I don't know Japanese. Nihongo ga wakarimasen.
- ④ Is there anyone who speaks ○○? ○○ go o hanaseru hito wa imasuka?
 ⇒ English / Chinese / Korean / Spanish / Portuguese / Vietnamese
 ⇒ eigo / chūgokugo / kankokugo / supeingo / porutogarugo / betonamugo
- ⑤ Where is ○○? ○○ wa dokodesuka?
 ⇒ Evacuation shelter / hospital / police station / fire department / city hall
 ⇒ hinanjo / byōin / keisatsusho / shōbōsho / shiyakusho

 ⇒ Toilet / bath / telephone / food / water
 ⇒ toire / furo / denwa / tabemono / mizu
- ⑥ Please take me to an evacuation shelter. Watashi o hinanjo ni tsurete itte kudasai.
 I'll go with you to the evacuation shelter. Watashi ga isshoni hinanjo ni ikimasu.
- ⑦ Please write it on this paper. Kono kami ni kaite kudasai.
- ⑧ Please call an ambulance. Kyūkyūsha o yonde kudasai.
- ⑨ I don't feel well. Taichō ga warui desu.
- ⑩ I'm injured. Kega o shite imasu.
- ⑪ My ○○ hurts. ○○ ga itai desu.
 ⇒ head / neck/ belly / lower back
 ⇒ atama / kubi / onaka / koshi

 ⇒ arms / back / hands / legs or feet
 ⇒ ude / senaka / te / ashi



◆ Disaster Vocabulary

Term	Reading	Meaning
台風	taifū	A storm with heavy rain and strong winds.
浸水	shinsui	Seeping of rainwater, etc. into the house.
洪水	kōzui	Rivers overflow and roads and ditches become water-logged. People and cars can be washed away.
地震	jishin	A shaking of the ground. Powerful earthquakes can topple houses and buildings.
余震	yoshin	Little earthquakes that occur repeatedly after the main earthquake (second and third quakes—aftershocks)
震度	shindo	Strength of earthquakes. Intensity Scale 1 (weak) to 7 (powerful).
津波	tsunami	Fast-moving high waves.
警報	keihō	Alert: "Beware of disasters."
避難指示	hinan-shiji	Alert: "If you have trouble evacuating to an evacuation shelter, take other measures for your survival."
避難勧告	hinan-kankoku	Alert: "Please flee immediately."
避難準備情報	hinan-jyunbi jōhō	Alert: "Start fleeing now if it will take you a while to evacuate."
避難所	hinanjo	Where to evacuate to in a disaster
炊き出し	takidashi	The collaborative cooking and distributing of meals among survivors by fellow evacuees
給水	kyūsui	To distribute water by truck or manually in an evacuation shelter when running water is not available
給水制限	kyūsui-seigen	To be able to use only a little water
非常食	hijōshoku	Foods set aside as emergency provisions
ライフライン	raifurain	Electricity, gas, water, telephones, roads, and other necessities ("lifelines")
罹災証明書	risai-shōmeisho	Document issued by city hall certifying damage to buildings

3 Taking Action

(1) Disaster Information Useful for Evacuation

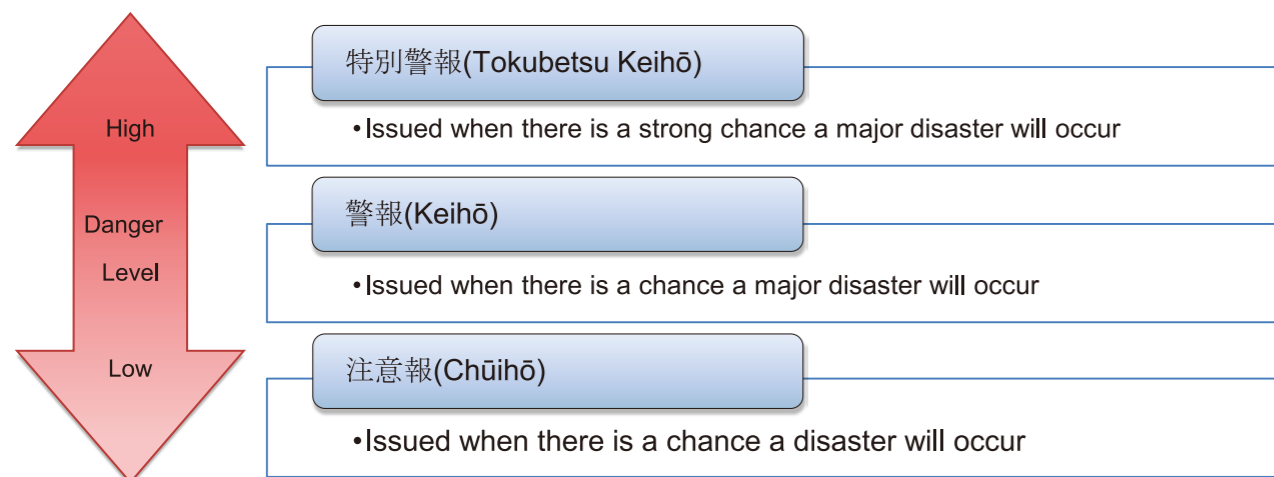
When there has been a dangerous natural disaster, city hall, the fire department, and the police will issue an evacuation advisory or order. Please obtain accurate information from TV or radio and evacuate. Even if there has not been an evacuation advisory or order issued, if you perceive threats such as your home is in danger of collapsing because of an earthquake or a fire is approaching, take immediate action by evacuating.

◆ **About Advisories and Warnings**

Whenever there is a threat of an impending disaster, the Japan Meteorological Agency issues an advisory or warning according to the danger level. Conditions are likely to fluctuate, so it is important to check back frequently for updated information.

Conditions (e.g.): Heavy rain, flooding, strong winds, heavy snowfall, tsunamis, high sea, tidal waves, lightning, avalanche, etc.

Danger level (e.g.): Heavy rain advisory < Heavy rain warning < Heavy rain emergency warning



◆ **Osaka Bōsai Net (URL: <http://www.osaka-bousai.net/>)**

This is a website with a lot of information that you would need in a disaster and emergency alerts issued by municipalities within Osaka Prefecture. It carries information in English, Chinese, and Korean, in addition to Japanese.

If you register your mobile e-mail address, you can receive disaster information on your phone, so be sure to sign up. Visiting this website is a good first step.

◆ **Sakai City Homepage (<http://www.city.sakai.lg.jp/>)**

Disseminating useful disaster prevention information in foreign languages and easy Japanese.

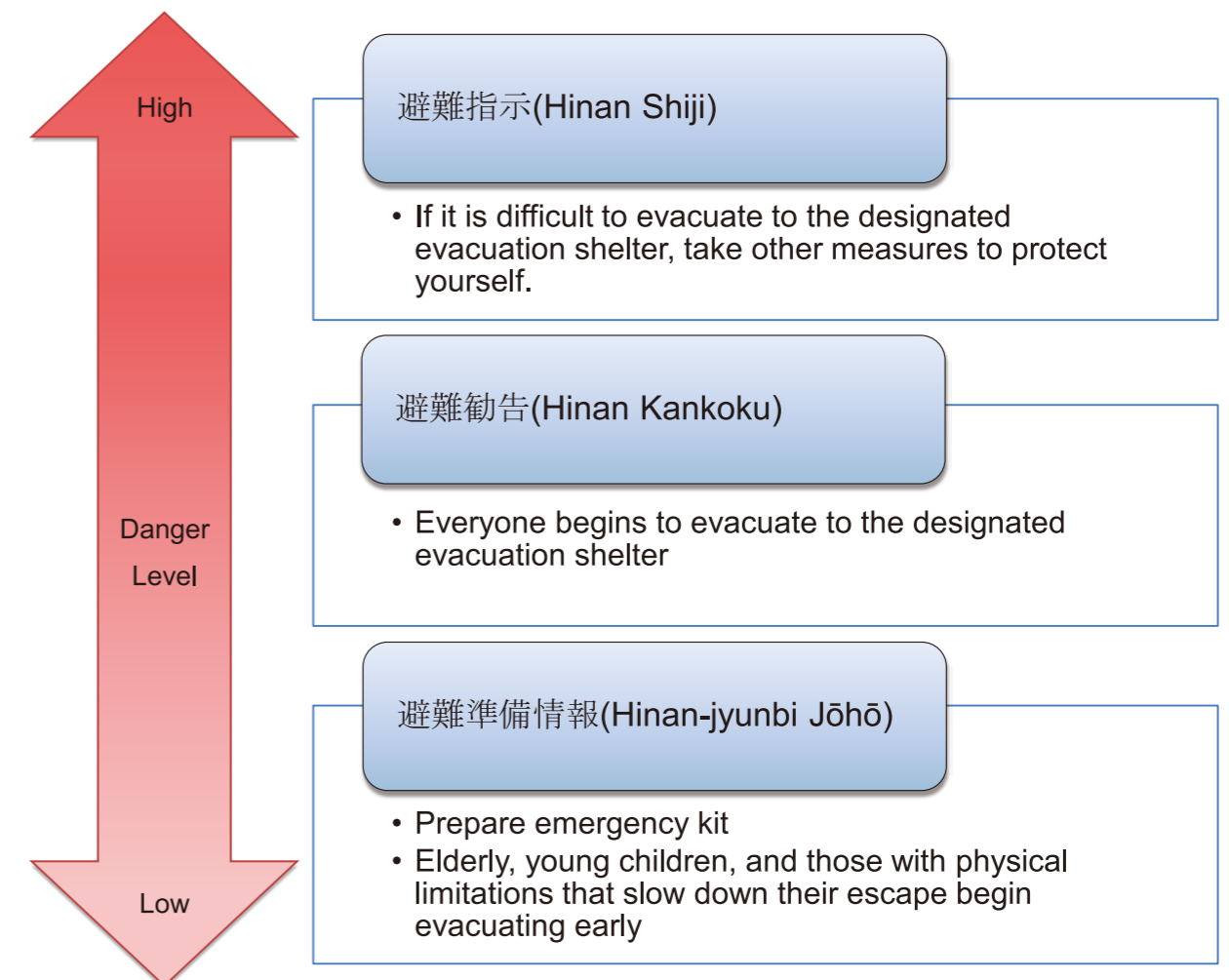
◆ **Information Updates Via Twitter (Account name: sakai_saigai)**

The city of Sakai also provides disaster prevention/ disaster information updates on Twitter. Please follow the account listed above. Tweets are in Japanese only.

◆ **About Evacuation Information**

When there is a threat of a natural disaster that warrants evacuation, the city of Sakai issues the following evacuation messages according to the danger level. You will receive evacuation information by loudspeaker, mobile phone e-mail, internet, TV, and radio. Take action in accordance with the information you receive.

The loudspeakers may be hard or impossible to hear depending on your neighborhood, so it is wise to check other media frequently for information.



(2) Participating in Local Disaster Preparedness Activities

When there has been a major disaster, secondary effects, such as fires or road blockages, often occur over a large area. In order to minimize damage, it is effective if local residents collaborate to put fires out while they are still small and engage in rescue, aid, and evacuation guidance efforts.

In Sakai, each elementary school district has an independently operated disaster preparedness organization. It is important to be proactive in getting involved with your community through the disaster drills organized by your local disaster preparedness organization. Aim to maintain good communication with your neighbors so that you can help each other in normal times and in emergencies.

Good measures to take include discussing disaster preparedness with your neighbors and participating in disaster drills organized by your local neighborhood association.



Practicing setting up an evacuation shelter



Preparing a communal meal

(3) Osaka 8.8 Million Drill

Each year in September every municipality in Osaka Prefecture co-hosts a disaster drill that gives residents an opportunity to improve their self-help skills in accordance with potential disaster scenarios they may face, sharing time to “prepare,” “think,” and “take action” to minimize damage. On the day of the drill, information about the drill is e-mailed to mobile phones throughout Osaka.

The system is built on the free disaster information alert services provided by each mobile phone company, and the name of this service varies across providers: Area Mail; Emergency E-mail Service, etc. Depending on the model of your mobile, you may have to set up the service yourself. Please check your mobile provider’s webpage for details about which models support this alert service.

(4) Emergency Contact Numbers/ Emergency Message Dial

◆ **Main Emergency Contact Numbers**

Police 110 (Japanese-language only)

Fire Department 119 (Japanese-language only)

International Division 072-222-7343 (In Japanese, English, and Chinese)

Sakai International Plaza 072-228-7499

※Three-way consultation with interpreter

(In Japanese, English, Chinese, Korean, Portuguese, and Spanish)

Osaka Information Service for Foreign Residents 06-6941-2297

(In Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino, and Thai)

Note: The International Division, Sakai International Plaza, and the Osaka Information Service for Foreign Residence do not operate on a 24-hours-a-day basis.

◆ **How to Confirm People’s Safety**

【Emergency Message Dial】

You can leave messages for your friends and family or check for messages from them after a major disaster.

Note: You will only hear directions in Japanese.

● **Voicemail using the landline number 171**

- To leave your message:

Dial 171 ⇒ Press “1” ⇒ Dial your own home phone number (※) ⇒

Leave your message

- To hear a message from family or friends:

Dial 171 ⇒ Press “2” ⇒ Dial the person’s home phone number (※) ⇒

Listen to message

※Mobile phone numbers will not work.

- Disaster Message Board “web171”

This is a text-based message board for confirming people’s safety over the internet. The message board supports text in Japanese, English, Chinese, and Korean. The version of the site specifically for mobile devices supports only Japanese and English.

web171 / <https://www.web171.jp>

【Disaster Message Boards】

These allow you to leave messages for your family and friends and receive messages from them on your mobile device or computer in the event of a major disaster. Most of these message boards support only Japanese and English.

- To leave your message:

- ①Select the “Emergency Message Board” on the top page of your mobile service provider. (※Option presented only after a major disaster.)
- ②Select “Register.”
- ③Select your message.
- ④Select “Register.”

- To check for messages left by someone else:

- ①Select the “Emergency Message Board” on the top page of your mobile service provider. (※Option presented only after a major disaster.)
- ②Select “Check.”
- ③Type in the person’s phone number.
- ④Select “Search.”

【Search for safety information from multiple sources simultaneously with “J-anpi”】

Input either telephone numbers or names into the site URL: <http://anpi.jp/top> to simultaneously search message boards operated by each company, media, and safety information sites run by corporations and organizations. Only Japanese and English are supported.
