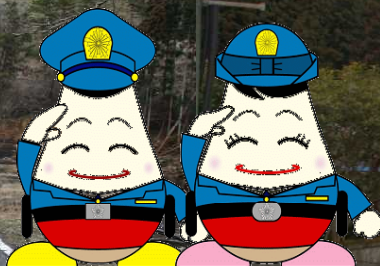




*IN CASE OF  
A LARGE-SCALE DISASTER*



Fukushima Prefectural Police



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# What is an earthquake ?

An earthquake suddenly occurs.

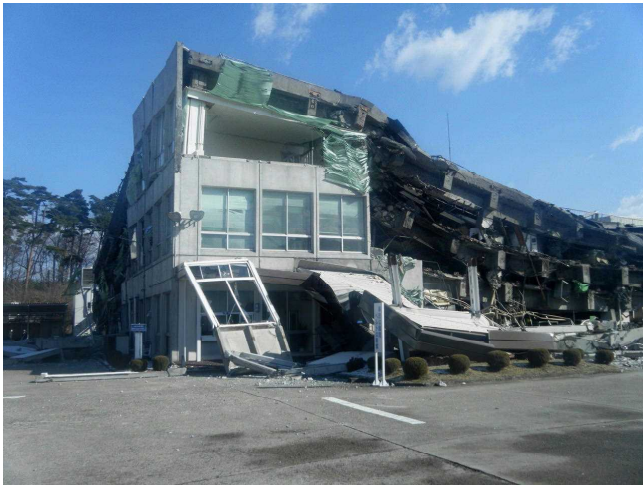
There are many earthquakes in Japan.

Even if a main shock ends, aftershocks continue.

A main shock continues for about 1 minute.

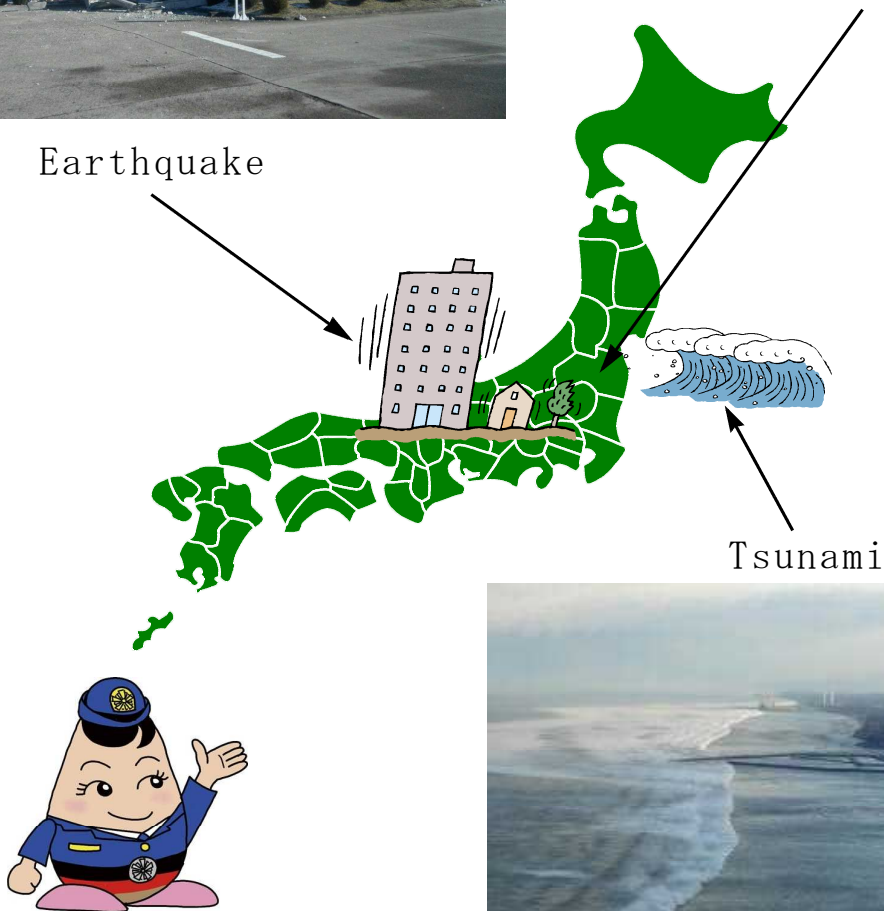
Many houses are destroyed and many people die in a large - scale earthquake.

Giant tsunamis sometimes come near the sea.



Fukushima Prefecture

Earthquake



## 2

# What happens if a big earthquake occurs ?

1

## Indoors

Furniture falls over and lighting equipment falls.



2

## Out of doors

Houses are destroyed, fire breaks out.

Concrete block walls, gates, and statues fall over.

Building walls, window glasses, and signboards fall.



3

## On roads and railways

The ground crack and sink.



4

## Mountain

Landslides occur





## 5 Sea

People are damaged by big tsunamis.



## 3 If a large-scale disaster occurs...

### 1 Water, electricity and gas supplies are cut off

You can't use electric appliances such as TV, refrigerator, and heater because electricity supply is cut off.

Water is cut off, which leads to the shortage of water for drinking, cooking, bath, and toilet.

You can't use a gas range, heating equipment, and bath because gas supply is cut off.



### 2 Roads and railways are completely damaged

#### 1 Traffic services are stopped

Traffic services such as trains, bullet trains, buses are stopped. And it becomes difficult to commute.

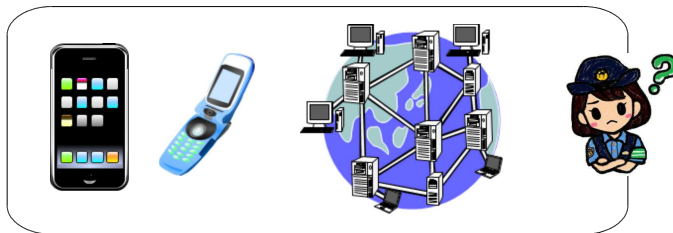
#### 2 Distribution systems are stopped

The number of goods in a supermarket or convenient store decreases because the distribution systems for food and gasoline are stopped. And you cannot easily use a car because refueling is limited.



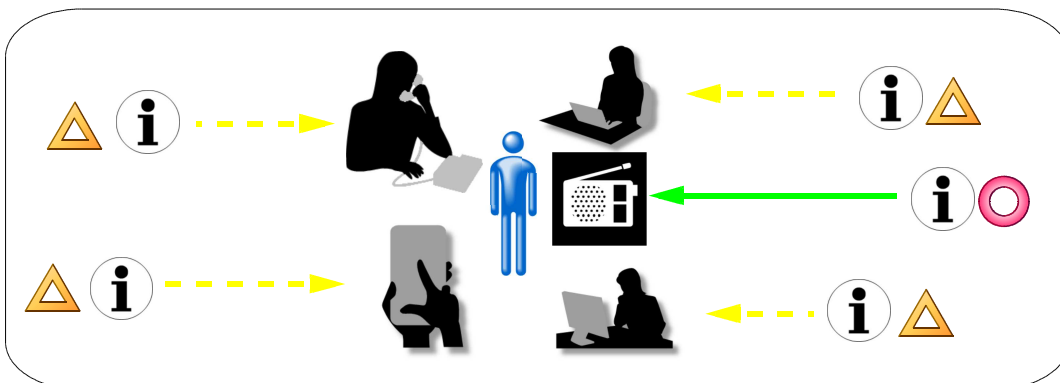
### 3 It become difficult for you to contact your family members

You can't easily connect to the Internet and phone calls are not easily connected.



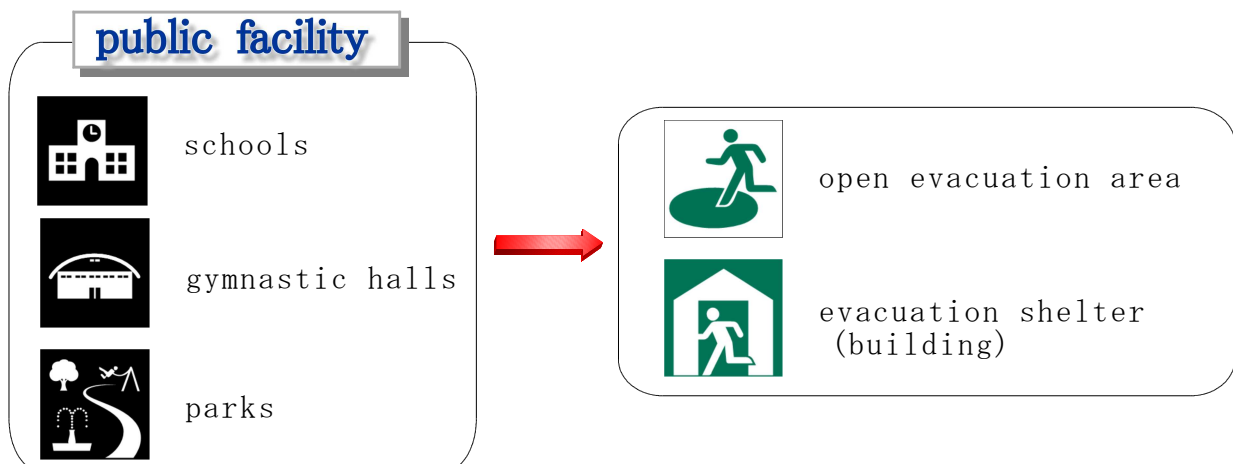
### 4 You can't easily get information

It becomes difficult to get information due to blackouts, and line failures of the Internet and telephone.



### 5 Evacuation shelters need to be set up

Nearest schools and gymnastic halls are used as an evacuation shelter.



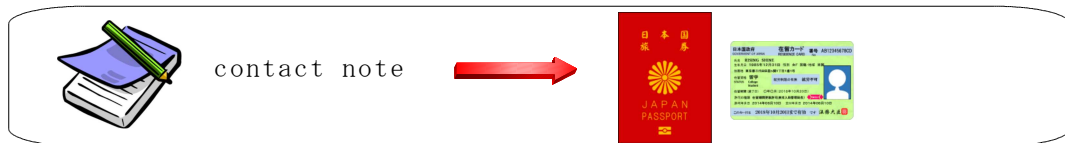
# 4

## What you should do before an earthquake

- 1 You should keep in touch with your neighbors
- 2 You should note down the phone numbers and addresses of your family, friends and the embassy of your country

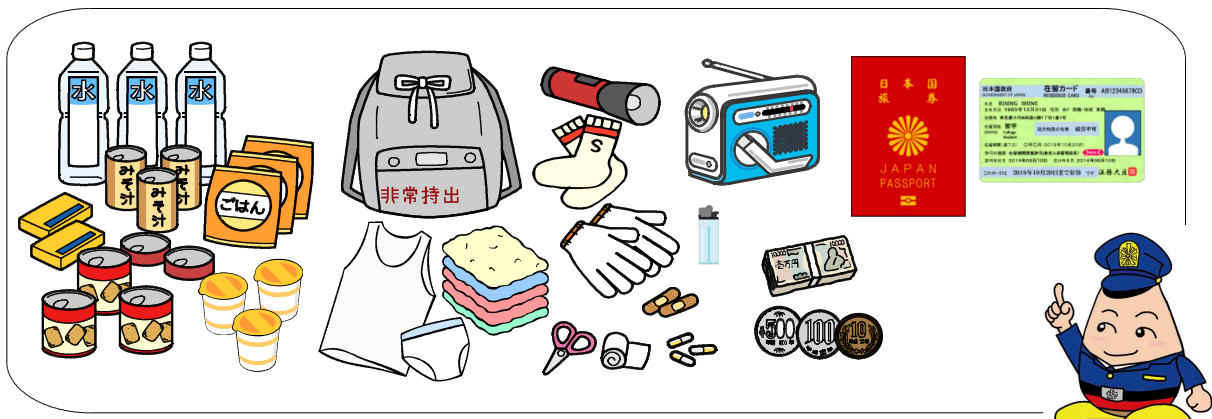
You should register phone numbers in your cell phone.

You should note down contact details on your passport or residence card.

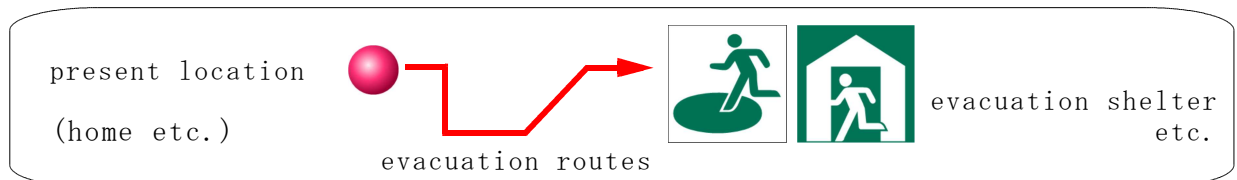


- 3 Emergency kit should be in your backpack

water, emergency food, medicine, portable radio set, flashlight, lighter, work gloves, towel, rain gear, underwear, socks, valuable goods, passport, residence card, copy of a health insurance card, memo of phone numbers and addresses



- 4 You should know where the evacuation shelter is located and how to go there



- 5 You should register for the Disaster Message Board Service

You can use it for trial during the period mentioned below.

1st and 5th of every month, the first 3 days of the New year,  
 Disaster Preparedness and Volunteer Week  
 (From 15th to 21st in January)  
 Disaster Preparedness Week  
 (From 30th, August to 5th, September)



# 5

## When an earthquake occurs ...

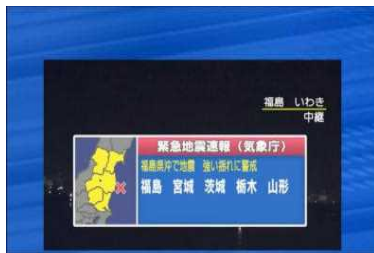
You should keep in mind to prepare for an earthquake!!



### 1 Don't panic

You don't have to panic when Earthquake Early Warning (EEW) or Tsunami warning is issued.

Screen display for Earthquake Early Warning (EEW)



TV screen

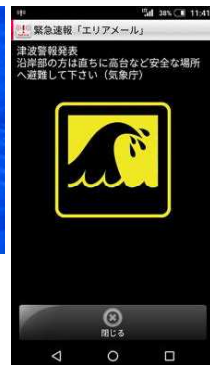


Smartphone screen

Screen display for Tsunami warning



TV screen



Smartphone screen

### 2 You have to protect yourself

#### 1 When you are at home

You have to hide under a desk or table.

You have to get away from furniture and lighting devices.

You should not go out of the house in a hurry.



#### 2 When you are in a facility with many people

You don't have to panic and should follow what staff members explain.

If you can't get any instructions from staff members, protect your head and adopt a safe posture in preparation for the ground shaking

Don't rush to an exit or staircase.



#### 3 When you are in an elevator

You should stop the elevator on the nearest floor and get off.

#### 4 When you are out of doors

You should get away from the block wall or vending machine.

You should get away from buildings paying attention to falling objects.





### 5 When you are driving a car

You should slow down and stop the car on the left side of the road.

You should stop the engine with the car key left inside so that police cars and ambulances can pass.



### 6 When you are in a bus or car

You have to hold on to a strap or handrail.

### 7 When you are near a mountain or cliff

You should be careful about falling rocks and landslides and get away from them as much as possible.

### 8 When you are near the sea or mountain

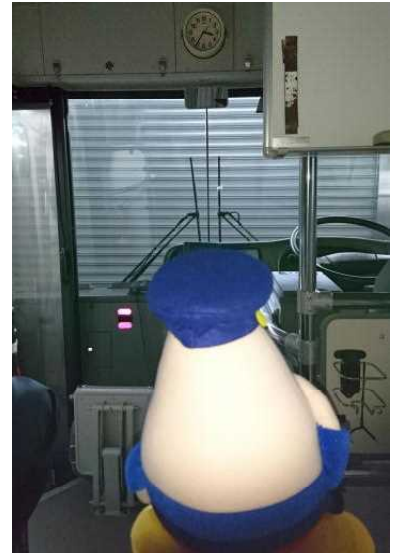
You have to move to a higher place



Tsunami evacuation spot



building for Tsunami evacuation



### 3 When the ground shaking stops

You have to turn off the gas range, heater, circuit breaker.

If there is a fire, everyone have to cooperate to put out the fire.

You need to open the doors to make smoke go out.



### 4 When you go outside

You bring the minimum such as a passport, residence card, and valuable items.

Don't use an elevator.

Go to an emergency exit

Protect your head with your bag or cushion.

Wear socks and shoes.

Don't use a car.

Get away from walls or buildings and walk.

Go to the nearest park or open space.



## 5 You need to get right information

You need to get right information by radio or TV.

Listen to an announcement of a sound truck of a local office.

Don't believe rumors or false information.



## 6 Try to get information from your neighbors

Ask your neighbors about what is happening now and what we should do.



## 7 You have to go to an evacuation shelter

The nearest school or community center will be used as a evacuation shelter.

You can get food, drink, medicine, and blankets.

You can easily get right information from a public office.

People from abroad can use an evacuation shelter as well as Japanese.



## 8 You contact family members and friends

### 1 Cell Phone Disaster Message Board Service

You can use it only when a phone call is not connected at the time of an earthquake.

You can send letters as a message

Cell phone companies have their own ways of using services.



### 2 NTT Disaster Emergency Message Dial (171)

You can use it only when a phone call is not connected at the time of an earthquake.

You can send your voice as a message.



## How to use the Disaster Message Board

### Main Disaster Message Boards

- ① NTT docomo <http://dengon.docomo.ne.jp/top.cgi>
- ② KDDI(au) <http://dengon.ezweb.ne.jp/>
- ③ SoftBank/Y!mobile <http://dengon.softbank.ne.jp>



For more information on how to use, please check the homepage of each cell phone company.

- ① [http://www.nttdocomo.co.jp/info/disaster/disaster\\_board/](http://www.nttdocomo.co.jp/info/disaster/disaster_board/)
- ② <http://www.au.com/mobile/anti-disaster/saigai-dengon/>
- ③ <http://www.softbank.jp/mobile/service/dengon/boards/>  
<http://www.ymobile.jp/service/dengon/>



## How to use the Disaster Message Board(web171)

Disaster Message Boards(web171)  
<https://www.web171.jp/>



For more information on how to use, please check the homepage.

<https://www.ntt-east.co.jp/saigai/web171/>



## Other ways of safety confirmation in times of disasters

- ① Google Person Finder (safety confirmation)  
<https://google.org/personfinder/japan/>
- ② J-anpi You can search all information about safety  
<https://anpi.jp/top>



For more information on how to use, please check the homepage.

- ① <https://personfinder.google.org/global/howto.html>
- ② [https://anpi.jp/info/promo\\_user.html](https://anpi.jp/info/promo_user.html)



# 6 Other disasters

## 1 Typhoon (heavy rain and storm)



It rains hard.

The wind blows hard.

Mountains and cliffs  
are prone to collapse.



## 2 Flood



Rivers overflow.

Houses are flooded by  
heavy rain



## 3 Avalanche



Mountain snow crumbles  
down.

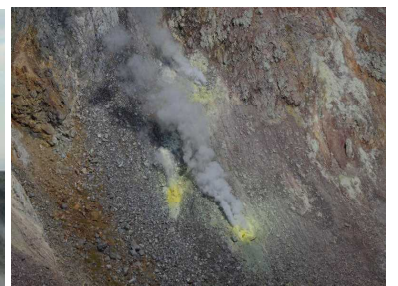


## 4 Volcanic eruption



Rocks and volcanic ashes  
fly out of an volcano.

Pyroclastic flows (heated  
rocks and volcanic ashes)  
and gas are produced by  
volcanic eruption





## 5 Nuclear accidents

Nuclear plants are located in Okuma machi, Futaba machi, Naraha machi, and Tomioka machi

The nuclear plants are not in operation now.



## 7 If it rains hard or a typhoon comes...

### 1 You have to try to get right information

You have to get information from TV, radio, and the Internet.

### 2 You should ask your neighbors about what is happening now

You should ask them about what is happening now and what you should do

### 3 You had better keep away from dangerous places

Don't get on a roof for repairs.

Don't go to the fields to see the situation.

Don't go to the sea or river to see the situation how things go.

Don't go to a place that is prone to landslides.



### 4 Evacuate as soon as possible just in case

Even if you worry about your physical safety a just a little, evacuate soon.



## 8 When you are in trouble...

### 1 When you are involved in a traffic accident

When you are involved in crimes such as theft, violence, etc.

Call

**1 1 0**



## ② When a fire breaks out or traffic accident happens

When there are seriously injured or ill people

Call **1 1 9**



## ③ Consulting service for people from abroad

Fukushima International Association (FIA) 024-524-1316

8:30~17:15 from Tuesday to Saturday

## ④ Disaster-related data base

### 1 Information resources in the event of a disaster

#### ● Japan Tourism Agency Disaster Information Portal Site

「Safety tips for travelers」

<http://www.jnto.go.jp/safety-tips/>

Smartphone app. 「Safety tips」



※ You can get many kinds of information such as earthquakes, weather, volcanic eruption, heatstroke, medical institutions, public transportation, evacuation instructions, communication cards, emergency contact information, embassy lists, etc.  
In addition, speech translation app. 「VoiceTra」 can be downloaded for free.

● Homepage of Cabinet Office, Government of Japan for information about disaster prevention  
<http://www.bousai.go.jp/index.html>

● Homepage of the Meteorological Agency  
<http://www.jma.go.jp/jma/indexe.html>

● Homepage of Ministry of Land, Infrastructure, Transport and Tourism  
<http://www.mlit.go.jp/en/index.html>

● Homepage of Fire and Disaster Management Agency (FDMA), Ministry of Internal Affairs and Communications.  
<http://www.fdma.go.jp/en/>

● NHK WORLD(TV)  
<http://www.nhk.or.jp/nhkworld/>

● NHK WORLD(RADIO JAPAN)  
<http://www.nhk.or.jp/nhkworld/radio/>











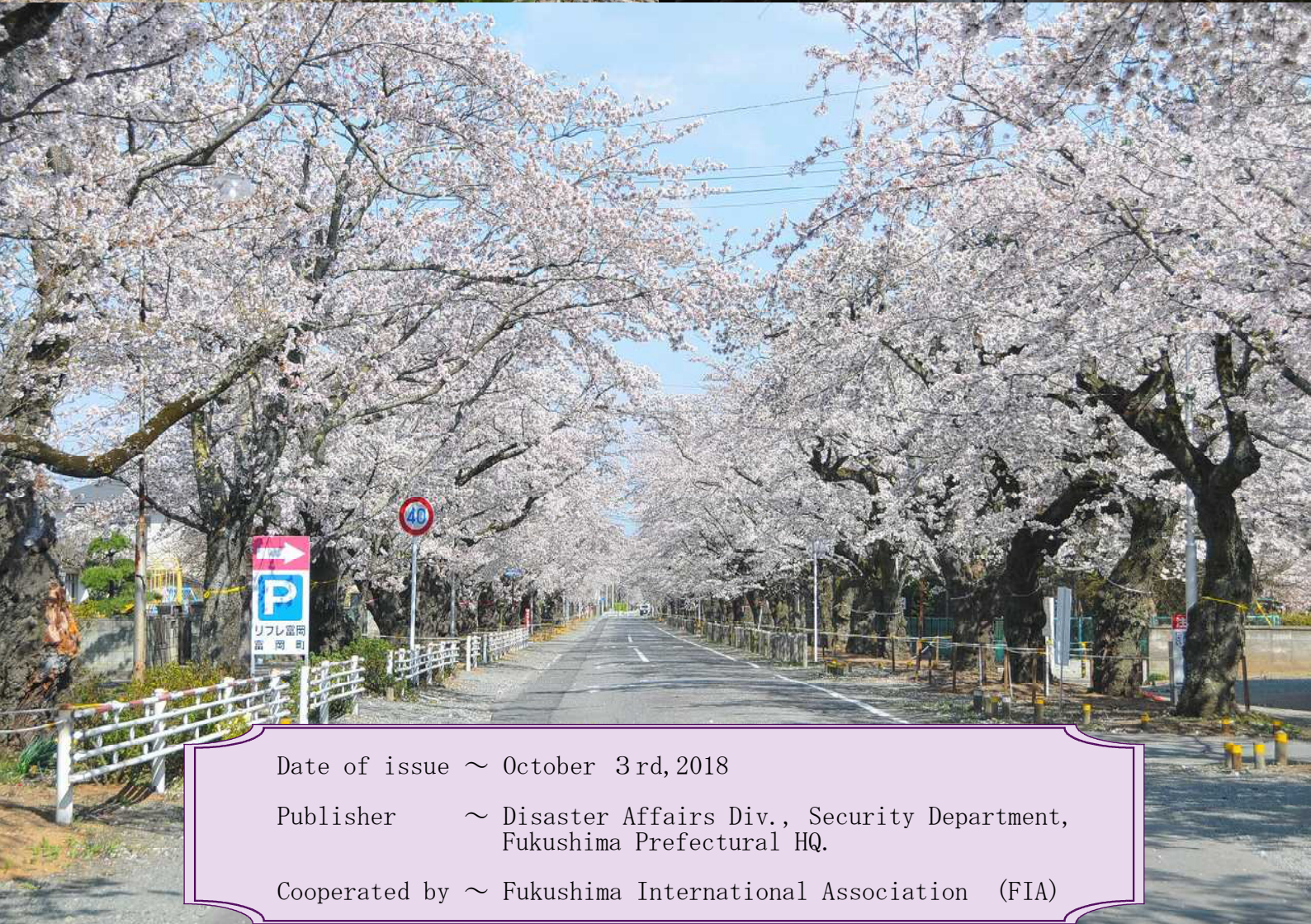
## 2 Foreign language version

- Fukushima International Association (FIA)  
<http://www.worldvillage.org/>
- Council of Local Authorities for International Relations (CLAIR)  
<http://www.clair.or.jp/index.html>

## 5 Disaster-related Twitter

- |  |                |   |
|--|----------------|---|
| ● Prime Minister's Official Residence<br>(Disaster and crisis management information)                | @Kantei_Saigai |    |
| ● Prime Minister's Official Residence<br>(Information for disaster victim support)                   | @kantei_hisai  |    |
| ● Disaster prevention of Cabinet<br>Office, Government of Japan.                                     | @CAO_BOUSAI    |    |
| ● Fire and Disaster Management<br>Agency (FDMA), Ministry of<br>Internal Affairs and Communications. | @FDMA_JAPAN    |   |
| ● Meteorological Agency  | @JMA_kishou    |  |
| ● Ministry of Defense  | @bouei_saigai  |  |





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