

Disaster Prevention Handbook for Non-Japanese

~ Let's Prepare NOW ~



English Version



Fukuoka Prefecture

This Disaster Prevention Handbook outlines what Non-Japanese should do when disaster occurs in Japan. Disasters refer to Earthquakes, Heavy Rains, Typhoons, Landslides and Fire and so on. Read this handbook and be prepared in case of a disaster.

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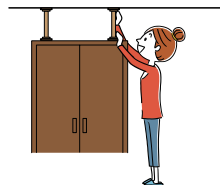
Things to do beforehand

Talk and discuss with family and friends.

Talk and discuss with everybody about your designated evacuation areas and ways on how to contact each other.

Make the interior of the house Secure and Safe

- ① Stabilize all the furnitures and household appliances in your home to prevent from falling.
- ② Do not put objects in the passages, entrances or exits.



Prepare the emergency supplies in the event of an Emergency Evacuation.

※ Refer to page 3 for the list of things to be prepared in case of emergency evacuation.



Check the designated evacuation area and make a map near your house.

Evacuation centers are schools, community center and civic centers.

※ Refer to page 2 for map making.



To gather informations about the Evacuation centers, access the website of [Fukuokaken Hinanjo Hinanjouhou].

<https://ken-bousai.pref.fukuoka.lg.jp/bousai/index.html?mode=0>

Evacuation Center

There are provided food in the evacuation centers.

There is a place to sleep.

You will stay together with a lot of people.

Bring your own important things.

Follow the rules.

Help each other



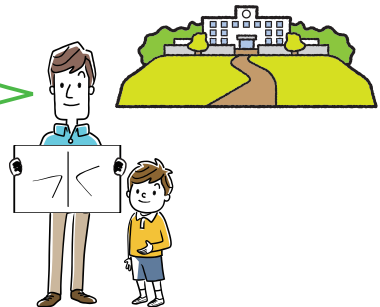
Make a map from your home to the evacuation center.



Map

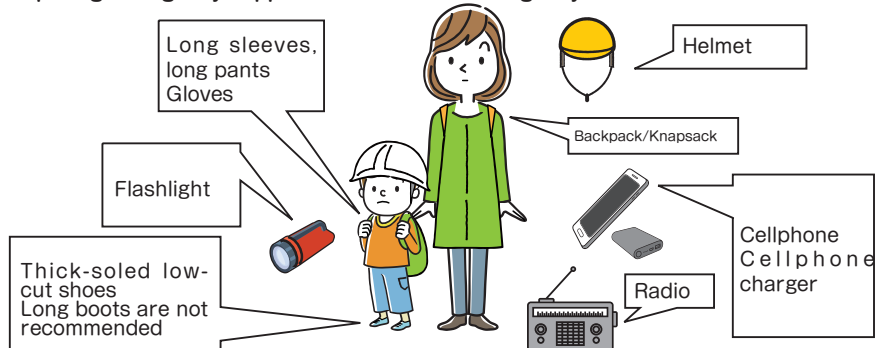


- Check the Hazard map of the town where you live. Actually walk the route.
- Determine a safe route to your nearest evacuation area.



Things to prepare beforehand

Preparing emergency supplies in case of an Emergency Evacuation.





※ There are also other things and supplies needed to be prepared for an emergency evacuation.

Prepare food and water supplies for **3 days** or more.

Food	Water Food Foods that can be eaten as it is and won't spoil such as canned goods, retort, biscuits etc.	Clothes	Clothes (including underwear) Towel Rainwear (umbrella, raincoat) Winter clother
Medical Supplies	First Aid kit (Medicine in case of an emergency) Current medications	Daily Necessities	Tissue Battery Blanket Writing materials (pencil, pen, memo) Plastic bag Slippers
Valuables	Cash, Cashcard, Bankbook, Personal Seal Health Insurance, ID cards Passport		

The things to be prepared depend on the needs of each member of your household. See the list below for some reference.

If there is a pregnant woman	If there are elderly people
Sanitary pads, gauze, antiseptic tissue wipes, newly born baby care products, maternal handbook, etc.	Nursing care products, denture and cleaner, Adult diapers, Medicine box, etc.
If you have a baby	
 <p>Powdered milk, milk bottle diapers, Maternal handbook, etc.</p>	

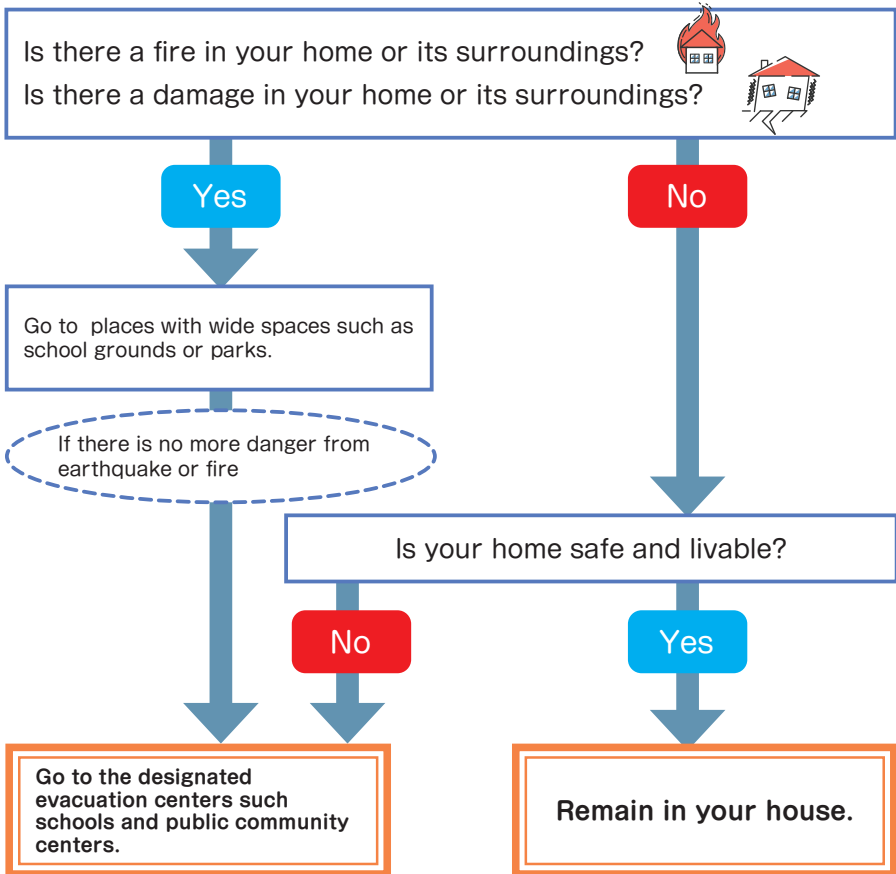
Flow of Evacuation

Refer the flow chart below for evacuation when a disaster occurs while you are at home.

Earthquake

**Occurrence of an earthquake
Secure your own safety first.**

※ Through the Earthquake Early Warning system, people are notified of the incoming earthquake via television or cellphones.



※ Refer to page 6 ~ 9 with regard to earthquake.

Heavy Rains and Typhoons

Heavy Rains and Typhoons is approaching
First, check the latest weather informations
on the news and internet .

Do you receive weather informations such as warnings in your area.

Yes

No

Is there an information on evacuation (warning level 3,4,5) ?

No

Continue to check and gather the latest weather informations.
Prepare for an immediate evacuation.

Yes

Is it safe to go to the evacuation center?
E.g. Your home is already flooded with water.
It is evening, you could hardly see the surroundings.

Yes



Take refuge in safe, tall buildings with 2 or more floors. Wait for rescue.

No



Evacuate to a safe place like the Evacuation center.

- ※ Refer to page 10、 11 with regard to Heavy rains and typhoon.
- ※ Refer to page 11 with regard to Warning and Alert levels.

About the Earthquake

What is an earthquake?

Japan is a country with numerous earthquakes.

Nobody knows when and where will an earthquake occurs.

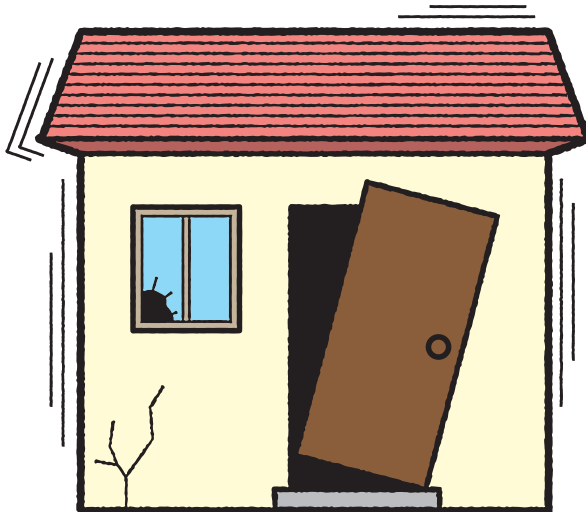
Aftershocks may occur after an earthquake.

The water, electricity and gas supplies might be cut off.





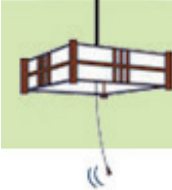





A tsunami might occur especially in places near the seashores.

The ground may shake so hard that houses and buildings might be damaged.

Even if there's an earthquake stay calm.



In Japan, the scale of the shake is represented by a number.

	<p>[Seismic intensity 0] People don't feel the shaking.</p>		<p>[Seismic intensity 5 Lower] Most people try to be safe. Some people find it difficult to move.</p>
	<p>[Seismic intensity 1] Some people inside the room or building feel it.</p>		<p>[Seismic intensity 5 Upper] Most people are extremely frightened and find it hard to move.</p>
	<p>[Seismic intensity 2] Many people inside the room or building feel it. Some people who are sleeping will be awoken.</p>		<p>[Seismic intensity 6 Lower] Difficult to stand.</p>
	<p>[Seismic intensity 3] Felt by most people inside the room or building. Some people are frightened.</p>		<p>[Seismic intensity 6 Upper] Unable to stand and cannot move without crawling.</p>
	<p>[Seismic intensity 4] There is considerable sense of fear. Some people try to be safe. Most people who are sleeping will be awoken.</p>		<p>[Seismic intensity 7] Thrown around by the shaking and unable to move as you like.</p>

Fire and Disaster Management Agency' s Disaster Prevention Manual:
Educational material on countermeasures against earthquake disasters

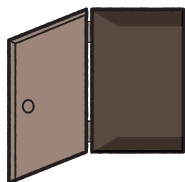
When an Earthquake occurs

Inside the room

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



Open the door and secure a way out.



During evacuation, bring the Emergency supplies.

※ Refer to page 3 for the list of things to be prepared in case of emergency evacuation.



Inside the shop

Follow the instructions of the store clerk.



After the shaking subsides, turn off the fire.



Put on shoes to prevent injury.



Confirm the safety of your surroundings first before going out.



In an elevator

If the elevator does not stop automatically, press the buttons for every floor and get off as soon as the door opens.



On a train or bus

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



When driving a vehicle

Pull over the car on the left side of the road and stop the engine.

Leave the key in the ignition and evacuate.



Near the Sea

A tsunami might occur, run away to a high place away from the sea.



Near a Mountain

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



Near a Building

Buildings might be broken and things will fall so stay away from it.



About the Heavy Rain and Typhoon

What is Heavy Rain, Typhoon?

Heavy Rains

Heavy Rains mean more rain will fall than usual.

Heavy rains occur during the rainy season (June to July) and during typhoons.

The water level of the rivers may rise and overflow.

Roads may overflow with water and it may enter the houses.

The cliffs may collapse.

Typhoon

Typhoons mostly occur from July to September.

It will rain heavily and strong winds will occur.

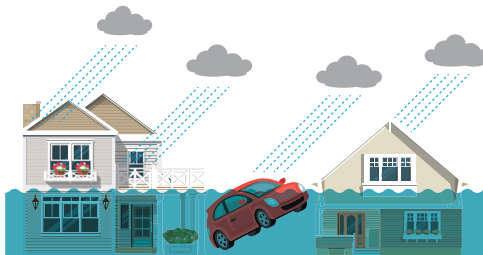
The water level of the rivers may rise and overflow.

The sea may be rough and the waves will rise.

The operations of trains, buses, and subways may stop.

The billboards and roof tiles may be blown away because of the strong winds.

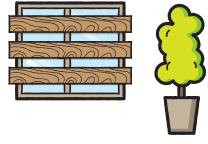
※ **Heavy rains and typhoons can be predicted. Make it a habit to always check the internet and the television for the latest weather news updates.**



When Heavy Rain or Typhoon occurs

Always check the television and internet for the latest news.

Prepare the Outside of the House
Secure everything that might be blown away.
Shut all the windows and shutters.



Prepare the necessary things in case of Evacuation.

※ Refer to page 3 for the things to be prepared in case of evacuation.



Stay away from dangerous places.

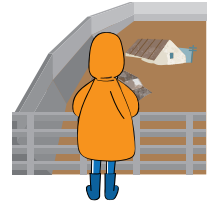
Dangerous places may include rivers, seashores and mountain slopes.

Landslides may occur.

Heavy rains and Typhoon may cause the soil to soften.

Cliffs may collapse.

People living in houses near cliffs should evacuate immediately.



Warning Levels and Proper Actions to Take

Warning Level	Actions to Take	
1	Heavy rains might occur. Check the latest news carefully through the television and internet.	
2	Prepare to evacuate. Check the hazard map.	
3	Healthy and able persons prepare for evacuation. Elderly and expectant mothers should evacuate.	
4	Everyone should evacuate to a safe place.	
5	Life is in danger. Take measures to protect life.	

Fire

When a fire occurs



1. Let the people around you know by shouting [KAJI DA] (there's a fire).

Residential Fire Alarm

A device that produces a loud noise when it detects smoke and heat.

2. Contact the fire department by dialing 119. (free of charge)

How to contact 119

- ① Dial 119 and clearly say [kaji desu] "Fire"
- ② Tell the location . OO ward, OO block , the house number OO mansion , next to the OO community center. [OOku OOchoume Ooban, OOgo; OO mansion, OO no tonari desu]
- ③ OO is burning. [OO ga moeteimasu].
- ④ My name is. [Watashi no namae wa OO desu].
My phone number is. [Denwa bangou wa OOO-OOOO desu].



3. Put out the fire with fire extinguisher or water.

If you don't have a fire extinguisher, put out the fire by beating it with a cushion or by covering the flames with a wet towel or blanket.

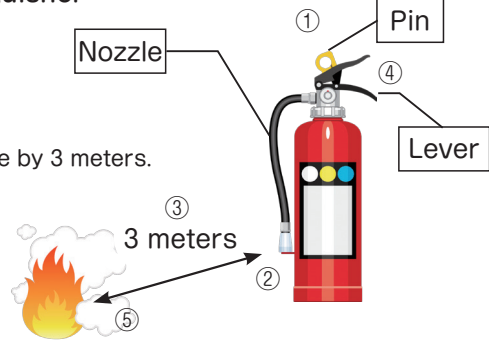


Never water the pans that has oil in it, kerosene stoves and electrical appliances.



How to use the fire extinguisher

- ① Pull out the pin.
- ② Hold the end of the nozzle.
- ③ Distance yourself from the fire by 3 meters.
- ④ Squeeze the lever tightly.
- ⑤ Aim and spray the nozzle at the base of the fire.



4. Evacuate immediately when you fail to extinguish the fire.
Make sure not to inhale the smoke from the fire when evacuating.



The smoke from the fire contains hazardous chemicals or gas.

Cover your mouth and nose with a wet towel or wet handkerchief. Posture yourself low and evacuate.



Always use the stairs when evacuating from tall buildings (mansions and department stores).

Never use the elevators,

5. You must not go back once you are already outside.

Preventing a fire.

Do not leave anything that easily catches fire around the house.



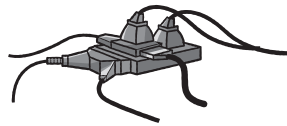
When you leave the kitchen, turn off the fire.



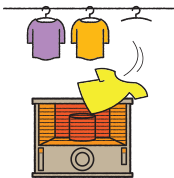
After smoking a cigarette, extinguish it properly.



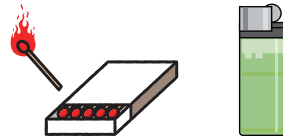
Do not connect a lot of electrical appliances to one outlet.



Do not leave things that easily catches fire near the stove.



Do not place matches or lighters where children can reach them.



Disaster Prevention Memo

Fill it up by yourself and bring it with you.

119 Fire department and Ambulance



110 Police department



Personal memo

Name		Contact number
Nationality	Passport number	Residence card number
Address in Japan		

Contact information of family, relatives, friends, co-workers, school	Name	Telephone Number

Contact person	Telephone Number	Contact person	Telephone Number
Gas company		Embassy, Consulate	
Electric company		Hospital	

Evacuation center	
When earthquake occurs	When heavy rains and typhoon occur

Disaster Information Sources and Consultation Centers

FUKUOKA IS OPEN CENTER

0120-279-906 (free of charge) Office hours: 10 a.m. - 5 p.m.
(Monday - Friday, 3rd Sunday and 4th Saturday of the month)

*Closed during New Year's holidays and on public holidays.

Available languages: Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Malay, Spanish, French, German, Italian, Russian, Portuguese, Myanmar, Khmer, Mongolian, Sinhala, Hindi, Bengali, Urdu, Ukrainian



VoiceTra

VoiceTra is a voice translation app that translates into foreign languages. It can be downloaded by accessing the respective App Stores of iPhone or Android.
<https://voicetra.nict.go.jp/>

Japan Meteorological Agency homepage

Information about earthquakes, heavy rains, typhoons, etc. can be accessed here.
<https://www.jma.go.jp/jma/kokusai/multi.html>



NHK World Japan

The latest news about the disaster in Japan can be viewed here.
<https://www3.nhk.or.jp/nhkworld/>

LOVE FM

This FM station also broadcasts in foreign languages. Provides information about earthquakes, typhoons, heavy rain and other disasters in various languages.
Fukuoka 76.1MHz Fukuoka West 82.5MHz Kitakyushu 82.7MHz

During a disaster, there are also informations disseminated from the municipality to the residents. (e.g. Informations about the Evacuation centers.)
Check the homepage of the area you are residing.

How to use the emergency app

○ “Disaster Prevention Information Fukuoka MAMORU-Kun” is an emergency app for Fukuoka Prefecture.

○ It provides information about typhoons, heavy rainfall, earthquakes, and tsunami.

○ You can also view nearby evacuation areas on a map.

Japanese, English, Chinese (simplified and traditional), Korean, and Vietnamese are supported.

You can download the app using the QR code below.



(App Store)



(Google Play)



You can find out about **emergency information** near your current location



Map shows you the **evacuation areas**



Pictures show you **what to do** in the event of an emergency

Important things to remember



- When a disaster occurs, let us Cooperate together.
- Greet your neighbors. Let them remember you.
- You are not alone. Let us help each other in times of difficult situations.

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Fukuoka Prefecture
7-7 Higashi-koen, Hakata-ku, Fukuoka-shi
(International Affairs Bureau)
TEL : 092-643-3201 FAX : 092-643-3224
(Disaster Prevention Crisis Management Bureau Disaster
Prevention Planning Division)
TEL:092-643-3112 FAX:092-643-3117