

Foreign Residents'

Handbook for Disasters and Infectious Diseases

~How to Prepare for Natural Disasters and Infectious Diseases~

English edition



Komagane City



Japan has many natural disasters including earthquakes and typhoons.

This handbook helps you learn the following things:

- What natural disasters do you often encounter in Japan?
- What to do when a natural disaster occurs.
- What to do before a natural disaster occurs.

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Language Tips

"Hinan" = To evacuate

To leave a disaster area to a safe place.

"Hinanjo" = Shelter

A place of temporary protection at the time of a disaster. It is usually a school or a meeting place near your house.



They are listed on the city website.



Earthquakes










An earthquake (jishin) is a sudden shaking of the ground.

A major earthquake could cause buildings to collapse, and the ground to crack.

In Japan, a scale of earthquakes felt in each area is indicated by a number called "shindo."

The bigger the number, the bigger the earthquake.

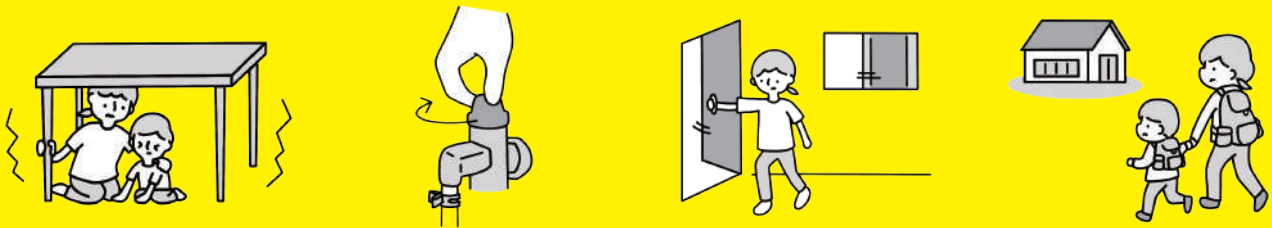
*"Shindo" is different from "magnitude" because "magnitude" indicates the amount of energy released at epicenter.

Shindo 1	Shindo 2	Shindo 3
Some people feel tremor.	Many people feel tremor.	Most of the people feel tremor. You can see a power line shake slightly.
		
Shindo 4	Shindo Lower-5	Shindo Upper-5
Most of the sleeping people wake up. Dishes clatter in the cupboard.	Many feel scared. Dishes and books may fall from the shelves.	You cannot walk without holding on to something stable. Window glass may break. Driving becomes difficult.
		
Shindo Lower-6	Shindo Upper-6	Shindo 7
You find it difficult to keep standing. Unfixed furniture may fall over. Doors may not open.	You cannot stand up. A lot of unfixed furniture falls over. Fragile houses may collapse.	You cannot move. Window glass is shattered and falls off. Many of the fragile buildings collapse.
		

What to Do at the Time of an Earthquake

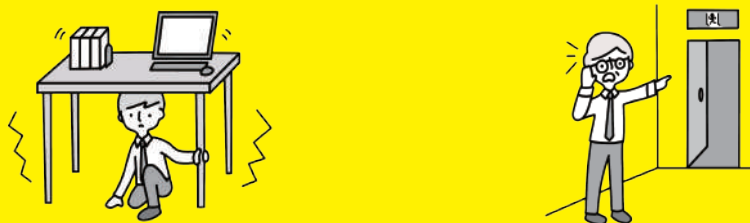
If you are home:

1. Stay under a desk or table until the shaking stops to protect yourself.
2. When the tremor stops, turn off the fire and close the gas valve.
3. Open doors and windows to secure an escape route.
4. Secure safety and walk to the shelter.



If you are at work or store:

1. Stay under a desk or table until the shaking stops to protect yourself.
2. Follow the instructions of your supervisor or a store clerk.



If you are outdoor:

1. Stay away from buildings, signs and fences.
2. Protect your head with your bag, etc., and escape to the shelter nearby.



If you are driving:

1. Pull your vehicle to the left side of the road, and stop the engine.
 2. Leave the door open, and leave your car key in the vehicle.
- Walk to the shelter nearby.



What to Do to Prepare for Earthquakes

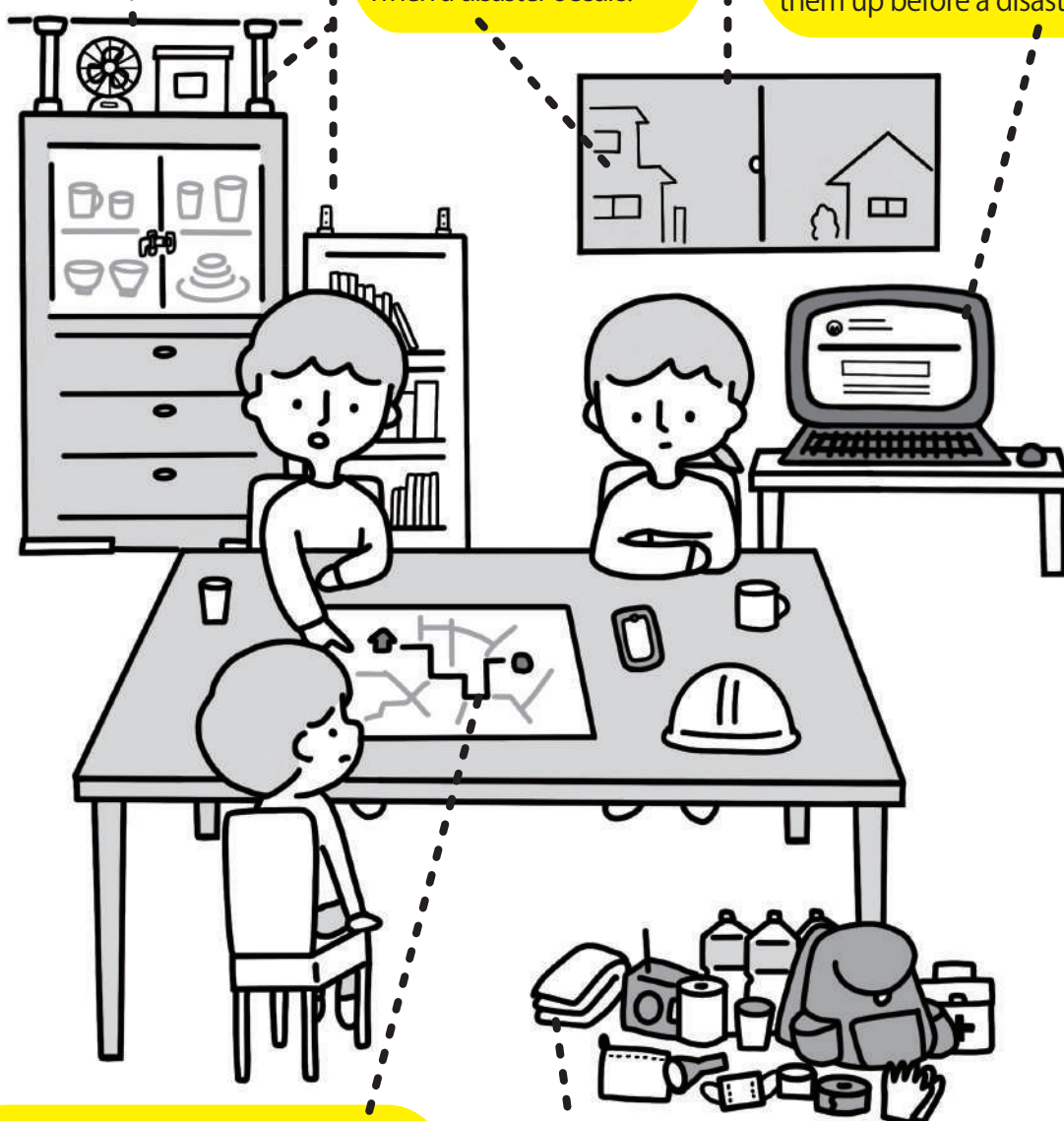
Secure your cupboards and wardrobes.
Unsecured furniture can tip over.

Do not place objects in the genkan entrance,
hallways, or near the windows.
They can block your way out.

Avoid storing heavy
objects on high shelves.
They can fall over and injure people.

Get to know your neighbors.
It is crucial to help each other
when a disaster occurs.

Look up nearby shelters
on the city website.
The Internet may not be available
during a disaster. Please look
them up before a disaster occurs.



Discuss methods of communication
and a meeting place with your family.
Once a disaster occurs, cell phones
may not be available as a means
of communication.

Prepare an emergency supply kit
for evacuation. (See page 8).
Electricity, gas, and water supplies
may be interrupted. Please prepare
food and water for at least three days.

Typhoon

Typhoons are a mass of clouds produced above the ocean to the south of Japan. They bring heavy rain and strong winds.

Heavy objects such as roofs, signs and planters can be blown away by the strong winds. Many typhoons hit Japan from June to October.



Heavy Rain • Flood

In June and July, we also have a rainy season called "tsuyu."

During the rain and typhoon seasons, it rains for an extended period of time.

Sometimes it could rain very heavily in a short amount of time (o-ame).

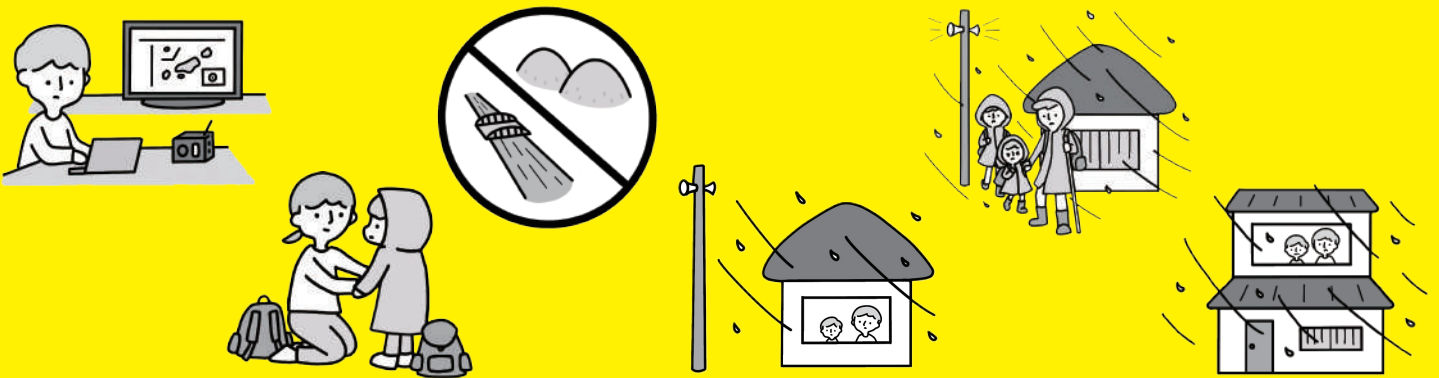
The river may flood (kozui).

Flood waters can cause buildings to sink or be swept away.



What to do when a typhoon or a storm hits.

- Get information from TV, radio or the Internet.
- Prepare to evacuate.
- Do not go to the river or an mountain area.
- Stay home until the evacuation information is issued (see page 7).
- Go to the shelter immediately if the evacuation information is issued.
- If you cannot get to the shelter, go up to the second floor or a higher ground.



What to do before a natural disaster occurs.

- Secure the exterior.
- Lock all windows.
- Prepare an emergency supply kit for evacuation.
- Find out your nearby shelter.
- Make a communication plan with your family. Select a meeting place.

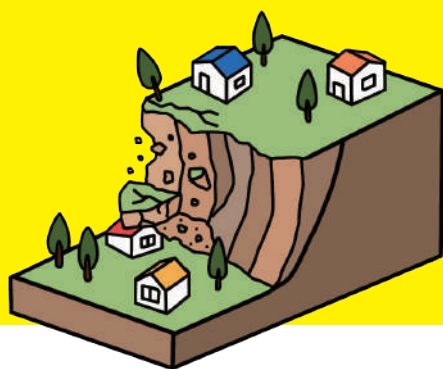


Sediment Disasters

A typhoon and earthquake may cause a sediment disaster. Sediment disasters include a slope failure (gake kuzure), debris flow (dosekiryu), and landslide (jisuberi).

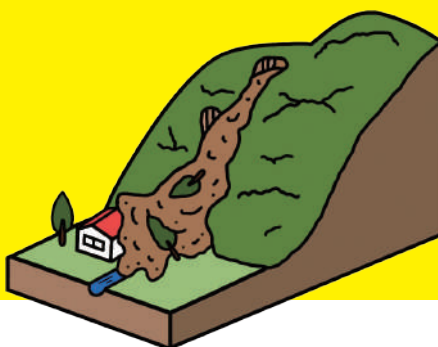
slope failure

A slope collapses abruptly.



debris flow

A mass of mud, rocks and trees slide down.



landslide

Soil on a slope moves slowly along the surface of the slope.



Weather Forecast

When there is a heavy rain, snow or strong winds, the Japan Meteorological Agency (JMA) issues weather warnings. Please check TV, radio or the Internet for the announcement.

Types of weather warnings	What to do
○○outlook	Confirm the shelter and how to get there.
○○advisory	Evacuation alert (page 7) may be issued. Check information and prepare for evacuation.
Sediment disaster watch	Evacuation alert (page 7) has been issued. Evacuate immediately.
○○special warning	<u>A once-in-decades disaster is happening.</u> <u>Please protect your life.</u>



Evacuation Alert

- When a disaster is imminent, the city will issue an evacuation alert.
- When you hear the emergency community broadcast system, check the city website for the evacuation alert, or ask someone who speaks Japanese.
- The official city website is available in various languages (except some browsers).






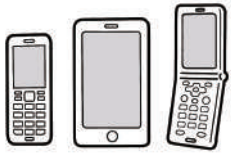




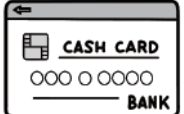
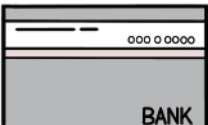


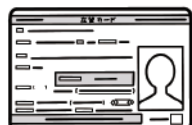




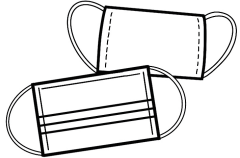
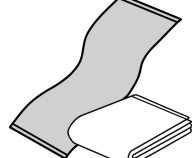
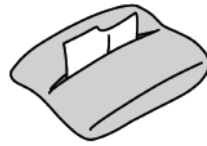
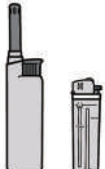

The types of evacuation alert issued by the city is important. Please remember the following phrases and meanings.

Types of evacuation alert.	What to do
Hinan jumbi / Koreisha-to hinan kaishi	<ul style="list-style-type: none">• Prepare for evacuation.• Elderly people and others who need more time to evacuate start evacuating.
Hinan kankoku	<ul style="list-style-type: none">• Evacuation advisory
Hinan shiji	<ul style="list-style-type: none">• Evacuation order

- Shelters are usually located at school or a community center.
- Shelters are listed on the city website.
- Please check your nearby shelter there.
- When you evacuate, please do not drive, but walk.



What You Need When You Evacuate

Water 3 liters a day per person 	Food canned goods, instant noodles and other imperishable food 	Daily medicine 	Cellphone 
Flashlight 	Radio 	Mobile battery 	Cash 
ATM card 	Bank book 	Driver's license 	Health insurance card 
Resident card 	Passport 	Clothes 	Underwear 
Umbrella and raincoat 	Mask 	Towels 	Kleenex 
Lighter 	Other daily necessities diapers, formula, etc. 	<ul style="list-style-type: none"> • Each person has different needs. Please prepare what you need in addition to the listed items. • Please pack the items in a large bag before a disaster (earthquake and typhoon) occurs. • It is important to help each other at the time of a disaster. Please greet your neighbors on a regular basis and get to know them. 	

Useful Disaster Websites and Apps

It is important to obtain accurate information at the time of a disaster.

Accurate information is the one issued by the central, prefectural and municipal governments.

The information on Twitter, Facebook and other social media may not be true.

Please do not believe lies and rumors.



Websites



Komagane City

Information from the city.
Available in many languages.



<https://www.city.komagane.nagano.jp/>



Japan Meteorological Agency (JMA)

Information on the weather, earthquakes, tsunami, and volcanic activities.



<https://www.jma.go.jp/jma/kokusai/multi.html>

Komagane City Mail Delivery Service

You can receive disaster/infectious disease information from Komagane City by mail.

How to register

- ① Send an empty mail to t-komagane@sg-m.jp
- ② When you receive an email, click the URL in the mail.
- ③ Register the type of email you would like to receive and your place of residence.



Smartphone Applications



Safety tips

It provides information about disasters and shelters in Japan.



i OS



Android



Japan Official Travel App

Find travel and disaster information on this app for foreign tourists.



i OS / Android



NHK WORLD - JAPAN

Read NHK news or watch their programs on this app.



i OS



Android

Disaster Emergency Message Dial

This service enables us to record and listen to messages even when phone services are disrupted by a disaster.

How to register

- ① Call 171.
- ② Press 1 to record. Press 2 to play.
- ③ Follow the instructions and press the phone number of the person you want to reach.
- ④ Record your message and listen to it.

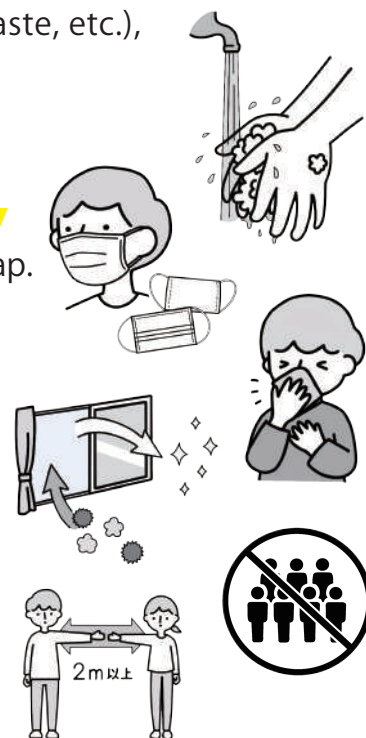
Preventing COVID 19

Please keep the following in mind to help prevent the spread of COVID-19 (i.e., do not get it or give it).

Even if you don't have symptoms (cough, fever, fatigue, loss of taste, etc.), you may have COVID 19.

If you do have the symptoms, please contact one of the following numbers.

- When you come home or before you eat, wash your hands with soap.
- Wear a mask when you talk to someone.
- When you cough or sneeze, cover your mouth with your handkerchief or clothes. Do not use your hand (cough etiquette).
- Avoid closed spaces (mippei). Avoid closed spaces (mippei).
- Avoid crowded places (misshu). Avoid crowded places (misshu).
- Keep 2m apart (social distancing)
- Avoid close-range (missetsu) conversations. Avoid close-range (missetsu) conversations.



COVID 19 Consultations for Non-Japanese Speakers

Telephone consultations are available to ask about COVID 19.

「Japan Visitor Hotline」 In English, Chinese, Japanese and Korean

Phone: 050-3816-2787 (Open 24 hours)

「FRESC Help Desk」 In 14 languages

Phone: 0120-76-2029 (9:00am - 5:00pm, Monday - Friday)

Call this number if you have lost your job or are experiencing other difficulties due to COVID 19. Toll free

「NAGANO Multilingual Call Center for Traveler Support」 In 17 languages

Phone: 0120-691-792 (Open 24 hours)

If you have COVID symptoms, call this number. Toll free

How to seek consultation

- ① Call 0120-691-792.
- ② When someone answers, ask him/her to connect you to 026-235-7277 or 026-235-7278. For example, please say, "Please connect me to the corona virus hotline. The phone number is 026-235-7277."
- ③ When you are connected, talk to the hotline personnel through an interpreter.

Notes: Please write your near-by shelter, items for an emergency

supply kit, methods of communication with the family, meeting place, etc.

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for Disasters and Infectious Diseases

~ How to Prepare for Natural Disasters ~



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