

# Natural Disaster Safety Guide

Easy English Version



Wakayama International Exchange Center

# Wakayama and Earthquakes

As of January 1<sup>st</sup> 2015, there is a 70% chance that the Nankai trough giant earthquake (magnitude of 8 to 9) will happen in the next 30 years. When it happens, Wakayama will shake very strongly. There will also be a risk of tsunamis in the areas near the sea.

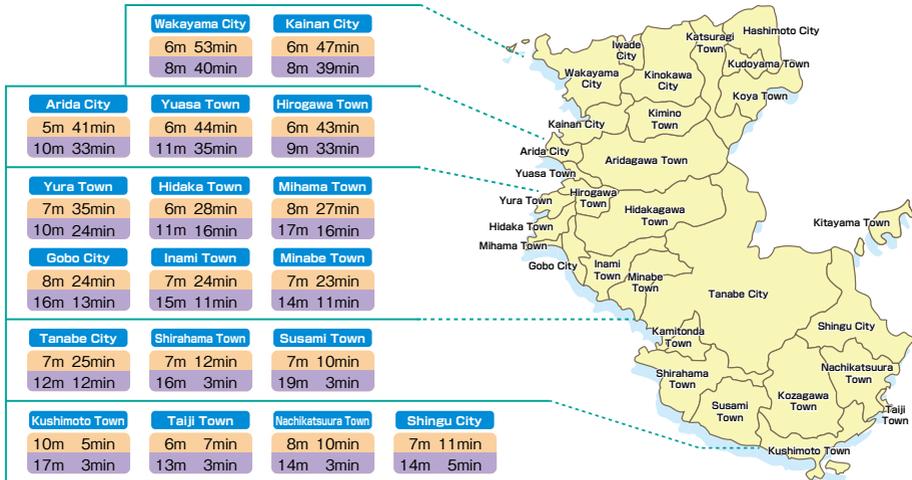
## Preparing for Tsunamis

Tsunamis sometimes happen after earthquakes. Tsunamis come fast and waves are high. They are very dangerous. Soon after the earthquake happens the meteorology agency will give warnings of any approaching tsunami. If a tsunami is coming, move away from the shore right away, and evacuate to a safe place on high ground.

< Tsunami warning and advisory issued by the meteorology agency >

<b>Tsunami advisory</b>	Those in the ocean are to come ashore right away. Keep away from the ocean.
<b>Tsunami warning</b>	Tsunamis are predicted to cause damage to areas near the shore.
<b>Giant tsunami warning</b>	Move away right away.

## Prediction of tsunami heights and arrival times



### Tokai, Tonankai, and Nankai earthquakes

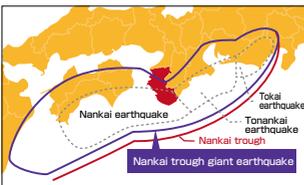
Highest tsunami wave  
Maximum wave arrival time of the first tsunami

### Nankai trough giant earthquake

Highest tsunami  
Arrival time of 1 m tsunami

[Wakayama pref.]

● There are three earthquakes, the Tokai, Tonankai, and Nankai Earthquakes that happen at the same time together (magnitude 8.7) in the Nankai trough about every 90 to 150 years.



● About the magnitude 9.1 Nankai Trough Giant Earthquake There has been no record of over magnitude 9 in the Nankai trough yet. But if it happens, there will be very big damage.

( \* This document uses the western Magnitude scale of earthquake movement, but Japan usually uses the Japanese 'Shindo' scale to measure earthquakes.)

There are tsunami hazard maps at city halls and town halls. Please check it beforehand and see where you need to evacuate to.

## When an earthquake happens...

### Crawl under a table or desk

Stay under a strong table or desk to protect your head. Hold the desk legs tightly. Be aware of any objects falling or collapsing from above.



### Open the door or window

When buildings collapse, sometimes doors and windows become stuck. Open doors and windows right away so you have a way to get out.

### Turn off heaters, stoves, etc. as the shaking subsides

Turn off any heaters, etc., but only after the shaking stops.

### Do not go outside at first

Window glass or sign boards may fall down. It is dangerous to go outside at first. Brick walls may also collapse.

### Stay away from cliffs

Steep mountain slopes can collapse, so stay away from them.

### Evacuate to somewhere far from the ocean

Tsunami can come. Evacuate to high ground or as far as possible from the ocean.

### Park your car on the left side of the road

It is very dangerous to evacuate in a car. If you are driving, park on the left side of the road carefully and turn off the engine. Leave the key in the car.



## In case of a typhoon and heavy rain

It rains a lot during the rainy season from June to July and when there is a typhoon. The water level in the river increases and overflows. In the mountains you should be careful about landslides. In Japan typhoons happen a lot from August to October. As the wind becomes strong, objects are blown around and they can be very dangerous.

### Before a typhoon or heavy rain

- Check the house. Repair any damaged parts.
- Bring all the objects outside your house inside or secure them so that they are not blown away.
- Clean your drainage and gutters so wastewater can flow.
- Put your furniture and electric appliances on a high place if water might come in your house.
- Sometimes electricity can go out. Prepare by having a flashlight and a portable radio handy.

### When the rain or wind is strong

- ▶ Outside the house
  - Trees can fall down. Objects can be blown away. If you go outside try to protect your head as much as possible.
  - Areas near the sea, rivers and mountains are dangerous. Never go near there during a typhoon.
- ▶ Inside the house
  - Do not go outside when rain or wind is strong.
  - Close the window shutters, curtains and doors.



### Get information

When a typhoon is coming, you should get information from weather reports, etc. Prepare in advance for evacuating. When an evacuation warning or evacuation advisory is issued, evacuate safely and be careful to avoid danger. If you are unable to leave the building you are in, take refuge in the most secure part.

< Weather warnings and other information issued by the meteorology agency >

Heavy rain · Storm High sea · High tide, etc.	Advisory	A dangerous natural disaster may occur.
	Warning	There is a considerable risk of danger.
	Emergency order	There is a high risk of danger.

A "landslide disaster warning" announcement is issued when there is a high risk of landslide disaster. It is issued by the prefectural office and the meteorological observatory.

< Type of evacuation information issued by municipalities >

Information to prepare for evacuation	The elderly and sick people should evacuate as early as possible.
Evacuation advisory	You need to evacuate.
Evacuation order	Be sure to evacuate quickly. This order is the highest level of evacuation advice and is given when the danger is the greatest.

# In case of evacuation

## Important points when you evacuate

- Stay safe and move quickly away from danger.
- Keep the things you carry to a minimum.
- Do not use a car when you evacuate from tsunami.
- Help the elderly, sick or injured people to evacuate.

<b>Emergency evacuation area</b>	This is a place where you can evacuate temporarily when there is a natural disaster. This can be school ground, park, high ground, etc.
<b>Evacuation shelter</b>	You can stay in the evacuation shelter when an earthquake or typhoon, has caused the gas, electricity and water to stop and it is difficult to live in your house. You can get commodities and necessary information. Foreign residents can also use these shelters.



## Things you should do at evacuation shelter

- Fill out your personal details at the reception. This is to help other people know where you are.
- Get the food and water as needed.
- There is a lot of information at the evacuation shelter. If you can translate, please help out people who need your help to communicate.
- Anyone who lives in their own house with no access to gas, electricity, water, etc. can receive water and food at the evacuation shelter.
- You can use portable toilets.
- Evacuation shelter is a place where all people who have evacuated can stay. So, follow the instructions of the supervisor and help one another.



## Useful smart phone applications for evacuation

Information transmission application for foreign people [Safety tips] (Japan Tourism Agency)  
This application will inform you of emergency earthquake reports and tsunami report in English.

You can access evacuation plans or other contents such as how to obtain necessary information. This is useful for foreign travelers and foreign residents in Japan.

Download page

**Android** <https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

**iPhone** <https://itunes.apple.com/jp/app/safety-tips/id858357174?mt=8>

## To get information

The information is very important when a disaster happens. NHK broadcasts the latest information on TV, radio, internet, etc.

### Emergency earthquake report

You hear a special chime sound on TV, radio and mobile phones just before a big earthquake. When you hear the sound, stay safe, stay calm, and evacuate to a safe place.

### TV

The latest information is broadcasted by the news at the time of disaster. Information in Wakayama is broadcasted through datacasting, etc.



### Radio

Battery-powered radios are useful when there is no electricity. You can also listen to NHK radio broadcast on the internet.

**NHKネットラジオ**  
**らじる★らじる**

You can access the internet through the computer or smartphone, and listen to NHK radio programs.

● **Computer**

<http://www.nhk.jp/netradio>

● **Smartphone**



### Internet

Japan Broadcasting Corporation Wakayama Station Homepage carries detailed information in Wakayama.

- Japan Broadcasting Corporation  
Wakayama Station Homepage  
<http://www.nhk.or.jp/wakayama/>



### International broadcasting

**NHK WORLD**

NHK World is broadcasting news to the world in multi-language on TV, radio and the internet.

● **NHK World Homepage**

<http://www3.nhk.or.jp/nhkworld>

● **NHK World TV/NHK Radio Japan**

Smartphone application download page

[http://www3.nhk.or.jp/nhkworld/app/info/index\\_jp.html](http://www3.nhk.or.jp/nhkworld/app/info/index_jp.html)



## Japanese used at disasters

しんげん 震源 : Shingen	Hypocenter
よしん 余震 : Yoshin	Aftershock
だんすい 断水 : Dansui	Cuts in water supply
きゅうすい 給水 : Kyusui	Water supply
あんひかくにん 安否確認 : Anpi kakunin	Confirming if someone is safe
ひじょうしょく 非常食 : Hijyoshoku	Emergency food
たきだし 炊き出し : Takidashi	Distribution of food after an emergency
ひなん 避難する : Hinan suru	Evacuate
ふつう 不通 : Futsu	Cut off, stoppage, service interruption
たかだい 高台 : Takadai	High ground
ひさいしや ひさいち 被災者・被災地 : Hisaisha · Hisaichi	Victim · Location of disaster
とうかい 倒壊する : Tokai suru	Collapse, fall down
うかい 迂回する : Ukai suru	Detour
おうきゅうそち 応急措置 : Okyu sochi	First-aid treatment
びちく 備蓄 : Bichiku	Emergency Supplies/Emergency Storage

● Multi-language sound translation smart phone application VoiceTra (National Institute of Information and Communications Technology)  
This translation application supports 29 languages such as Japanese, English, Chinese, Korean, etc.

Download

Please download it on the App Store or on Google Play.

## Keep these items near you before evacuation

### Supplies

- Flashlight
- Lighter, matches
- Portable radio
- Batteries, recharger
- Medicine, medical supplies, masks
- Tissues
- Plastic bags
- Can opener, bottle opener

### Food

- Drinking water
- Food

### Other everyday items

- Clothes, underwear
- Towels
- Work gloves, gloves
- Rainwear, umbrella
- Safety gear, such as helmet, life jacket, etc.

### Valuables

- Passport
- Residence card
- Health insurance card
- Money, etc.



### Prepare beforehand

Attach furniture to the wall. It will help save your life.



## Guide Map to Wakayama International Exchange Center

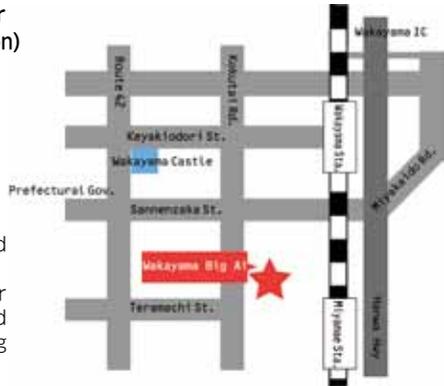
### Wakayama International Exchange Center (Wakayama International Exchange Association)

Wakayama Big Ai Bldg. 8F 2-1-2 Tebira,  
Wakayama city 640-8319  
Tel: 073-435-5240  
E-mail : wa-world@wixas.or.jp  
U R L : <http://www.wak-kokusai.jp/>

#### < Hours of advice for foreign residents >

10 a.m. to 4 p.m. (Closed on Wednesdays and national holidays)

Wakayama International Exchange Center provides information in English, Chinese, and Filipino. Contact us when you are seeking advice.



## Disaster Prevention Memo

Name \_\_\_\_\_ Nationality \_\_\_\_\_

Blood Type \_\_\_\_\_ Passport No. \_\_\_\_\_

Residence Card No. \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address in Japan \_\_\_\_\_

Telephone No. \_\_\_\_\_

Country Contact No. \_\_\_\_\_

Embassy or consulate telephone No. \_\_\_\_\_

● Nearest emergency evacuation area

Name of place  
\_\_\_\_\_

Map