

Disaster Preparedness Guidebook

English Version



Disaster Preparedness Guidebook

English Version

Contents

Introduction

Earthquakes

- 1 Frightening earthquakes 1
- 2 Understanding Nankai Trough earthquakes
(Major earthquakes in Kagawa) 2
- 3 Japanese seismic intensity scale
and magnitude 4
- 4 What to do in the event of an earthquake 5



Typhoons and Heavy Rain

- 1 Understanding typhoons and heavy rain 7
- 2 Advisories and warnings 8
- 3 What to do in the event of a typhoon or heavy rain 9
- 4 How to evacuate 9



Preparing for a Disaster

- 1 Preparing for earthquakes 10
- 2 Preparing for typhoons and heavy rain ... 11
- 3 Emergency items 12
- 4 Evacuation centers 13

Help in an Emergency

- 1 Telephone numbers for emergency services ... 14
- 2 Safety Tips 14
- 3 Natural disaster message board 14
- 4 Early warning system
(Disaster notifications sent to mobile phones) ... 16
- 5 Japanese for natural disasters 18
- 6 Emergency information and contacts
(Name, address, phone number, etc.) 19
- 7 Useful links 20



Introduction

Natural disasters, such as earthquakes and typhoons, occur frequently in Japan. We cannot predict when earthquakes and typhoons will happen. In March 2011, there was a huge earthquake and tsunami in the Tohoku region of Japan. A large earthquake (a Nankai Trough Earthquake) could happen in Kagawa as well. In addition, typhoons and heavy rain (torrential rain) cause damage in Kagawa every year. Please read this guidebook thoroughly and prepare yourself in advance.

Earthquakes

1 Frightening earthquakes

Many earthquakes occur in Japan. We never know when or where earthquakes will happen.

When there is a large earthquake, the following things can occur.

火災 [kasai]
Fire



Fires can occur after an earthquake. In areas where there are many buildings, fires can spread throughout the city.

津波 [tsunami]
Tsunami



When an earthquake occurs in the ocean, it can cause a tsunami. You must be careful when close to the ocean or a river.

建物の倒壊 [tatemono no tokai]
Buildings collapse



When houses or buildings collapse, you could be trapped or crushed underneath.

倒れてくるもの、落ちてくるもの [taoetekuru mono, ochitekuru mono] Objects collapse or fall



Objects such as furniture, computers and light fixtures can collapse or fall. If you step on broken glass, you could be hurt. When you are outside, be careful around vending machines, walls, signboards, etc.

土砂崩れ、崖崩れ [doshakuzure, gakekuzure] Landslide, cliff collapse, etc.



You must be careful when close to steep mountains or cliffs.

- You may not be able to use gas, water or electricity.
- It may be very difficult to get a mobile phone signal, connect to the internet or charge your electronics. As a result, you may not be able to get information about what is happening, or contact your family and friends.
- Roads may be blocked and transportation services, like trains, may be stopped.

2 Understanding Nankai Trough Earthquakes (Major earthquakes in Kagawa)

Many thick sheets of rock cover the surface of the Earth. These sheets of rock are called plates. As the plates move gradually, they collide with each other at their boundaries. When the plates collide, they bend with the pressure. An earthquake occurs when the plates can no longer bend to withstand the pressure, and break.

Kagawa prefecture is on the north-eastern (upper right) side of the island of Shikoku. Shikoku sits on the Eurasian Plate. The Philippine Sea Plate in the Pacific Ocean to the south of Shikoku is slowly sliding underneath the Eurasian Plate. The movements of the Philippine Sea Plate are pulling the Eurasian Plate downwards. There is a large trench in between the boundaries of these two plates. This trench is called the Nankai Trough, and the earthquakes that occur there are called Nankai Trough earthquakes. Nankai Trough earthquakes occur once every 90 to 150 years. There is a 70% chance that a Nankai Trough earthquake will occur within the next 30 years.

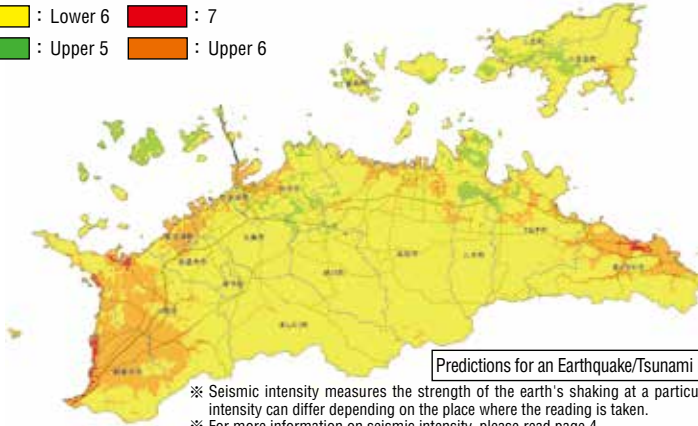


Predictions for a large-scale Nankai Trough earthquake in Kagawa

Japanese Seismic Intensity Scale	7	Number of deaths	6,200
Tsunami height	Over 3 meters	Number of injured	19,000
Number of buildings destroyed	35,000		

• Seismic Intensity Predictions in Kagawa

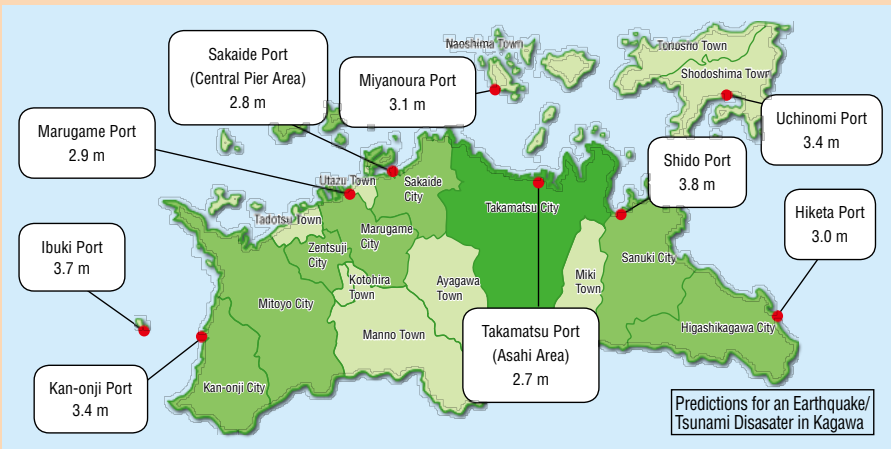
: Lower 6
 : 7
 : Upper 5
 : Upper 6



Predictions for an Earthquake/Tsunami Disasater in Kagawa

※ Seismic intensity measures the strength of the earth's shaking at a particular location. Seismic intensity can differ depending on the place where the reading is taken.
 ※ For more information on seismic intensity, please read page 4.

• Tsunami Height Predictions in Kagawa



Predictions for an Earthquake/Tsunami Disasater in Kagawa

• What happens when a tsunami comes?

Sea level during a tsunami

100 cm	It is impossible to stand. Many people die.
70 cm	The strength of the water increases. Even strong, healthy adults are swept away.
50 cm	You cannot stand without holding on to something.
30 cm	It is difficult even for strong, healthy adults to stand.

Percentage of deaths

100%
71.1%
4.8%
0.01%



Average height of an adult male in Kagawa: 167.3cm



Average height of a 10-year-old girl in Kagawa: 127.3cm

3 Japanese seismic intensity scale and magnitude

Magnitude measures the size of an earthquake from its center (called the epicenter). The Japanese seismic intensity scale (震度 [shindo]) indicates how much the earth shakes. Measurements are based on readings taken in several places. The scale runs from 1 to 7. Level 1 is the weakest type of earthquake and level 7 is the strongest. Even if an earthquake's magnitude is large, places that are far from the epicenter and places where the earth's surface is hard can be given a low reading on the seismic intensity scale.

3	Most people inside buildings detect shaking. Some people may detect shaking while walking. Some people are woken from sleep. Tableware may rattle.	Lower 6	It is difficult to stand. Items such as shelving units may move and doors may not open. Wall tiles and windowpanes may break and fall.
4	Most people are startled. Many people may detect shaking while walking. Most people who are asleep wake up. Suspended items, such as lights, shake violently. Plates and other items on shelves may clatter. Unstable items may topple over.	Upper 6	It is impossible to stand. Most large, unsecured items topple over. Many concrete-block walls and walls of buildings break and collapse.
Lower 5	Many people feel scared and want to cling to things around them. Windowpanes may shatter.	7	It is impossible to stand. Almost all large, unsecured items topple over and move uncontrollably. The ground may crack. There may be landslides.
Upper 5	Most people cannot walk without holding onto something. Many items fall off shelves. Televisions may topple over. Some people may stop their cars because driving becomes difficult.		



4 What to do in the event of an earthquake

(1) If you are at home...



1 Protect yourself first!

Protect your head with a cushion and duck under a desk or table.



2 Prevent fires!

Turn off fire sources, such as stoves, heaters and gas ranges in the kitchen once the shaking stops.



3 Open doors!

Open your door to secure an escape route. Closed doors can become warped in an earthquake, making them inaccessible.



4 Prepare an emergency kit!

Prepare a package of emergency supplies that you can take with you in case you have to evacuate.



5 Check before you go outside!

Don't leave the house right away. Check the surrounding area first. In particular, watch out for falling objects.



6 Evacuate to a safe place!

Go to a safe place, such as an evacuation center.

(2) If you are not at home...



1 If you are outside

Protect your head from falling objects. Watch out for collapsing concrete and falling signs.



2 If you are inside

Duck under a desk or table. Protect your head from falling objects. Evacuate according to the instructions of the person in charge.



3 If you are on a cliff or riverbank

Quickly get as far away from these areas as possible. The ground can become unstable during an earthquake.



4 If you are near the sea

Evacuate to higher ground far from the sea to avoid tsunamis and high waves.



5 If you are in an elevator

Press the buttons for all of the floors. When the door opens, exit the elevator quickly.



6 If you are in a car, train or bus

If you are driving, pull over on the left side of the road and exit the vehicle. If you are on a bus or a train, follow the instructions of the person in charge.







Typhoons and Heavy Rain

1 Understanding typhoons and heavy rain

There are many typhoons between July and October. Most come from the south-western side of Kagawa.

Typhoons bring strong winds and heavy rain. Heavy rain can cause landslide disasters, such as debris flows, mudslides, or cliff collapse, as well as flooding, inundation and storm surge damage. You must be careful during a typhoon.



<p>土石流 [dosekiryu] Debris Flow</p>  <p>Rain washes soil and rock down a slope.</p>	<p>地すべり [jisuberi] Mudslide</p>  <p>Rain loosens already unstable soil, forcing it to flow downwards.</p>	<p>がけ崩れ [gakekuzure] Cliff Collapse</p>  <p>Rain soaks into a slope or mountainside, causing soil and rock to tumble down suddenly.</p>
<p>洪水 [kozui]</p>  <p>Heavy rains cause water to overflow from rivers or reservoirs.</p>	<p>浸水 [shinsui]</p>  <p>River or sea water flows into buildings.</p>	<p>高潮 [takashio]</p>  <p>A typhoon causes the sea level to rise.</p>

Localized Torrential Rain

In recent years, there have been instances when extremely heavy rain has fallen over a short period of time and within a concentrated area. In July 2017, torrential rain caused significant damage in the prefectures of Hiroshima, Okayama and Ehime, which are close to Kagawa. There is a possibility that torrential rain could happen in Kagawa as well. In order to protect yourself in case of emergency, it is important to prepare in advance.

2 Advisories and Warnings

Advisories, Warnings, and Emergency Warnings

The Japan Meteorological Agency issues advisories, warnings and emergency warnings.

Advisory...Winds become strong, and there is a lot of rain. Be careful.

Warning...The situation is particularly dangerous. There are fierce winds and torrential rain. You must be very careful.

Emergency Warnings...A major disaster is predicted to happen. Immediately follow the evacuation order for the city or town where you live.


Main advisories and warnings, and their meanings

大雨警報 (注意報) [oame keiho (chuiho)]	Storm Warning (Advisory)	Watch out for heavy rainfall, landslide disasters and flooding.
洪水警報 (注意報) [kozui keiho (chuiho)]	Flood Warning (Advisory)	Watch out for flooding due to rising rivers and reservoirs.
暴風警報・強風注意報 [bofu keiho kyofu chuiho]	Gale Warning/Strong Wind Advisory	Watch out for flying objects due to strong winds. Stay inside.
波浪警報 (注意報) [haro keiho (chuiho)]	High Surf Warning (Advisory)	Waves will be high. Avoid the sea.
高潮警報 (注意報) [takashio keiho (chuiho)]	Storm Surge Warning (Advisory)	The sea level will rise. Move away from the sea towards higher ground.

Evacuation Orders

When there is danger of a natural disaster and evacuation becomes necessary, evacuation orders are issued. Evacuation orders differ depending on the severity of the situation.

Degree of urgency



Low

High

① Notice to Prepare for Evacuation / Commence Evacuation for Elderly and Disabled People

- People who require extra time to evacuate (the elderly, disabled, young children and their caregivers), should begin evacuating now.
- All other residents should begin preparing emergency items (items to take when you evacuate).

② Evacuation Advisory

- The risk of personal injury or death due to a disaster (earthquake, tsunami, flood, etc.) is increasing.
- Go to an evacuation center immediately.

③ Evacuation Order (Urgent)

- The risk of personal injury or death due to a disaster (earthquake, tsunami, flood, etc.) is extremely high.
- If you have not evacuated already, go to an evacuation center immediately.

Evacuation saves lives!

If it is too dangerous to go outside, go to the second floor of your home, or a room far from a cliff or mountain slope.

3 What to do in the event of a typhoon or heavy rain



Stay away from danger!

Stay away from mountain slopes or cliffs. There is danger of a landslide or cliff collapse.



Stay inside!

If you are outside, you could be blown over by strong winds. You could be hurt if you are hit by flying sign boards or debris. Do not go outside unless it is absolutely necessary.



Stay informed!

Check the television or internet regularly for the latest information regarding heavy rain advisories and warnings. Make a calm, informed decision on whether you will evacuate or wait out the storm at home.

4 How to evacuate



1. Check!

Extinguish all flames and turn off the gas. Lock all doors and windows.



2. Do you have the right clothing?

It is dangerous to wear rubber boots or walk in bare feet. Take sneakers, gloves and a helmet.



3. Watch out!

Be careful not to fall into ditches while you are walking. Protect your head from flying objects.

Stick together in groups of two or more when you evacuate. Be helpful and considerate to children and elderly people.



Preparing for a Disaster

1 Preparing for earthquakes

We never know when earthquakes will happen. Take the following steps to ensure that you can evacuate quickly if an earthquake occurs.



Secure large furniture items, such as wardrobes, with anti-collapse devices (転倒防止金具 [tento boshikanagu]).



Try and keep doors and corridors clear of items that could fall over easily, so that your escape route isn't blocked.



Stick shatter-proof film (飛散防止フィルム [hisanboshifilm]) on windowpanes so that the glass will not shatter if it breaks.



Do not store items on top of wardrobes. These items can fall and cause injuries.



Confirm in advance whether or not your escape route is safe.



Prepare items to take with you in case you have to evacuate.

Did you know?



This sign marks an emergency exit (非常口 [hijoguchi]). In the event of an emergency, please use routes marked with this sign to evacuate. After an earthquake, you can find out the intensity and where it happened by watching TV reports. You can also confirm the likelihood of a tsunami.

2 Preparing for typhoons and heavy rain

In the house



Prepare an emergency kit to take with you in case you have to evacuate. Put it near the front entrance so you can pick it up and leave immediately.



Fill the bath up with water so that you will be prepared in case the water supply is cut off.



Tape up the windows, draw all the curtains and close the storm shutters, in case the windows break.

Outside the house



Find out where your family members are. Please be aware that they may not be able to return home if the trains have been stopped.



Bring flower pots inside and tidy up anything that might be blown away. Your bicycle is less likely to be damaged if you lay it on the ground.



Clean drains and gutters.

3 Emergency items (items to carry with you and items to store)

Emergency items	
<p>[Food and drink]</p> <p><input type="checkbox"/> Emergency food (for at least 3 days)</p> <p>※Choose foods that will not spoil easily, such as instant foods, canned foods or biscuits</p> <p><input type="checkbox"/> Water (3 litres per person, per day)</p>	
<p>[Everyday supplies]</p> <p><input type="checkbox"/> Clothing (including underwear) <input type="checkbox"/> Towel <input type="checkbox"/> Tissues</p> <p><input type="checkbox"/> Sanitary products <input type="checkbox"/> Plastic bags <input type="checkbox"/> Toiletries (toothbrush, soap, etc.)</p> <p><input type="checkbox"/> Cooking utensils (pots, kettle, etc.)</p> <p><input type="checkbox"/> Cutlery (disposable knives, forks, spoons, paper plates, paper cups, etc.)</p> <p><input type="checkbox"/> Cellophane wrap <input type="checkbox"/> Wet wipes <input type="checkbox"/> Toilet paper <input type="checkbox"/> Face masks</p> <p><input type="checkbox"/> Emergency blanket (thermal blanket) <input type="checkbox"/> Slippers</p> <p><input type="checkbox"/> Work gloves or leather gloves <input type="checkbox"/> Emergency water bag</p> <p><input type="checkbox"/> Raingear (raincoat, boots, etc.) <input type="checkbox"/> Picnic blanket <input type="checkbox"/> Portable toilet</p>	
<p>[Items to access information]</p> <p><input type="checkbox"/> Mobile phone (including charger)</p> <p><input type="checkbox"/> Hand-held radio (including spare batteries)</p> <p><input type="checkbox"/> Family photos (to locate family members if separated)</p> <p><input type="checkbox"/> Emergency contact information for family, relatives and friends</p> <p><input type="checkbox"/> Map of evacuation centers in Kagawa (pocket-sized map is okay)</p> <p><input type="checkbox"/> Writing utensils</p>	
<p>[Valuables]</p> <p><input type="checkbox"/> Bank book <input type="checkbox"/> Personal seal <input type="checkbox"/> Passport <input type="checkbox"/> Residence card</p> <p><input type="checkbox"/> Money (include 10 yen and 100 yen coins for public telephone use)</p> <p><input type="checkbox"/> Copy of your health insurance card <input type="checkbox"/> Spare keys for your house or car</p> <p><input type="checkbox"/> Spare eyeglasses or contact lenses</p>	
<p>[Miscellaneous]</p> <p><input type="checkbox"/> Flashlight</p> <p><input type="checkbox"/> Whistle or buzzer (something that makes noise to indicate your location)</p> <p><input type="checkbox"/> Emergency headgear or helmet <input type="checkbox"/> Multi-purpose pocket knife</p> <p><input type="checkbox"/> Lighter or matches <input type="checkbox"/> Your regular medicine <input type="checkbox"/> First-aid kit</p> <p><input type="checkbox"/> Disposable hand warmers <input type="checkbox"/> Table-top stove <input type="checkbox"/> Gas cylinder</p> <p><input type="checkbox"/> Solid fuel <input type="checkbox"/> Bedding (blanket, sleeping bag) <input type="checkbox"/> Newspaper <input type="checkbox"/> Rope</p>	
Items for special circumstances	
<p>[If you have a baby]</p> <p><input type="checkbox"/> Powdered milk <input type="checkbox"/> Baby bottle <input type="checkbox"/> Baby food <input type="checkbox"/> (Disposable) diapers</p> <p><input type="checkbox"/> Towel <input type="checkbox"/> Maternal health record book</p> <p>[If you are pregnant]</p> <p><input type="checkbox"/> Items for a new born baby <input type="checkbox"/> Soap <input type="checkbox"/> Maternal health record book</p> <p>[If you have relatives who require special care]</p> <p><input type="checkbox"/> (Disposable) diapers <input type="checkbox"/> Regular medicine</p> <p><input type="checkbox"/> Physical disability certificate</p>	

Please think about any other items that might be necessary.

4 Evacuation centers

In the event of an earthquake or a typhoon, please evacuate to designated evacuation centers. Many schools and community centers are used as evacuation centers. If you are unsure where evacuation centers are located, please ask your city or town hall. Decide where you will meet family and friends in advance to avoid confusion when you need to evacuate.

Evacuation centers are free to use for anyone, regardless of nationality. Food, drink and a place to sleep are provided. You will be given a variety of information regarding the situation of the disaster and life in an evacuation center. Please listen carefully to this information.

At an evacuation center, many people stay in the same space together and there are many rules to follow. It can be very different from the living conditions you are used to. If you have any questions or concerns, do not hesitate to ask.



【Interior of an evacuation center】



【Water provisions】

Help in an Emergency

1 Telephone numbers for emergency services

110 (police)



If you are involved in a traffic accident, fall victim to a crime, etc.

119 (fire department/ambulance)



If there is a fire, if you are injured or suddenly fall ill, etc.

2 Safety Tips (セーフティ・チップス)

Safety Tips is a free application that you can use while you are in Japan to receive earthquake, tsunami and heavy rain warnings, as well as heatstroke information and civil protection information (regarding missile launches, etc.). It has many functions that are useful in the event of a disaster. Information is provided in 5 languages: English, Chinese (traditional or simplified), Korean and Japanese. If you have a smartphone, you can download the app.

[Japanese] <http://www.rcsc.co.jp/safety>

[English] <http://www.rcsc.co.jp/safety-tips-en>

3 Natural disaster message board

(災害用伝言板 [saigaiyo dengonban])

Natural disaster message boards are created when there is a big natural disaster such as an earthquake or a typhoon. They can be accessed via telephones, mobile phones and computers. You can use them to send messages to your friends and family and to check messages.


[How to use natural disaster message boards]

How to input messages

- ① Select 'Natural Disaster Message Board' (災害用伝言板) on the message board home page.
- ② Select 'safety register' (安否の登録).
- ③ Select 'message' and input comments.
- ④ Select 'register' (登録) again.

How to check messages

- ① Select 'Natural Disaster Message Board' (災害用伝言板) on the message board home page.
- ② Select 'safety confirm' (安否の確認).
- ③ Input the sender's telephone number.
- ④ Select 'search' (検索).



※ The instructions above are only an example. For detailed instructions, please check the following internet addresses.

NTT docomo	【Japanese】 https://www.nttdocomo.co.jp/info/disaster/disaster_board/ 【English】 https://www.nttdocomo.co.jp/english/info/disaster/index.html
au	【Japanese】 https://www.au.com/mobile/anti-disaster/saigai-dengon/ 【English】 https://www.au.com/english/mobile/anti-disaster/saigai-dengon/
SoftBank	【Japanese】 https://www.softbank.jp/mobile/service/dengon/boards/ 【English】 https://www.softbank.jp/en/mobile/service/dengon/

【Internet addresses for natural disaster message boards】

NTT docomo	【Japanese】 http://dengon.docomo.ne.jp/top.cgi 【English】 http://dengon.docomo.ne.jp/Etop.cgi
au	【Japanese・English】 http://dengon.ezweb.ne.jp
SoftBank	【Japanese・English】 http://dengon.softbank.ne.jp/J

【Natural disaster broadband message board (web 171) 災害用ブロードバンド伝言版 [saigaiyo burodo bando dengonban】

This message board allows users to check on people who live in disaster-stricken areas using the internet. <https://www.web171.jp/>

【Disaster telephone message service 災害用伝言ダイヤル [saigaiyo dengon daiyaru】

This service is only provided in Japanese.

※ Instructions

【Japanese】 https://www.ntt-west.co.jp/dengon/way/
【English】 http://www.ntt-east.co.jp/en/saigai/voice171/

To leave messages	dial 1711 + (your phone number) and leave a message.
To listen to messages	dial 1712 + (the sender's phone number) and check for messages.

4 Early Warning System

Even if cellular networks are busy, you can still receive notifications from the Japan Meteorological Agency, such as earthquake early warnings, tsunami warnings, and emergency warnings regarding the weather, as well as disaster and evacuation information (such as J-ALERT civil protection information) from national and local governments and Kagawa Prefecture. You can receive notifications regardless of network congestion in the following two ways.

- ① Kagawa Disaster Prevention Information Mail System (※ registration required)

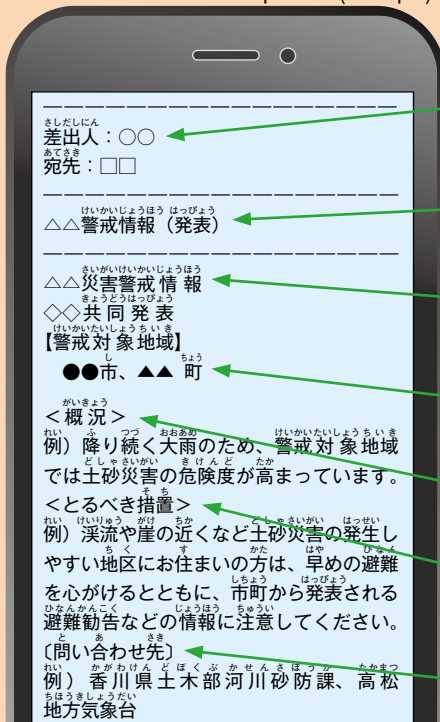
<https://www.pref.kagawa.lg.jp/bosai/mail/main.html>

- ② Area Mail Disaster Information Service (※ registration not required)

NTT docomo	(Area Mail Emergency Information Service) http://www.nttdocomo.co.jp/service/safety/areamail/
au	(Emergency Information Mail Service) http://www.au.kddi.com/mobile/anti-disaster/kinkyu-sokuho/
SoftBank	(Emergency Information Mail Service) http://www.softbank.jp/mobile/service/urgent_news/

(1) Kagawa Disaster Prevention Information Mail System (e.g. Kagawa Disaster Prevention Information Mail Service)

Information sent to mobile phones (example)



○○Name of information source
※e.g. Kagawa Prefecture Crisis
Management Division

(Title) ※e.g. Landslide Disaster Alert

△△ Kind of disaster to be on alert for
※e.g. Landslide Disaster Alert

●●市、▲▲町
City or town that should be on alert
※e.g. Takamatsu City

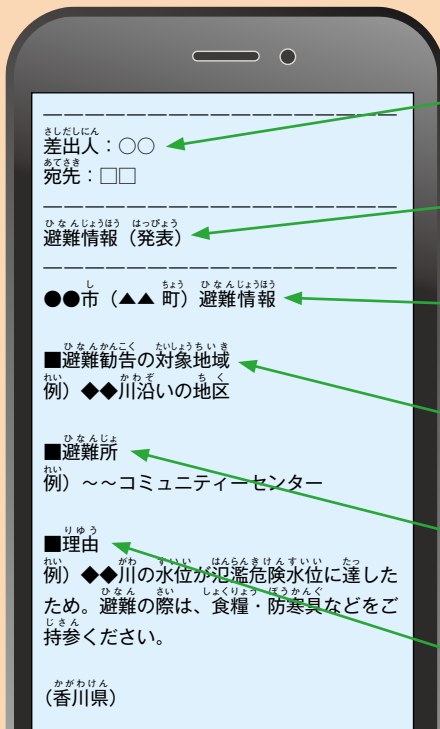
<概況>
Current status of the disaster

<とるべき措置>
What you should do to protect
yourself

(問い合わせ先)
Name of organization to contact for
more information on the disaster

(2) Early warnings distributed by cities or towns (e.g. Kagawa Disaster Prevention Information Mail Service)

Information sent to mobile phones (example)



○○ Name of information source (city or town)

(Title) ※e.g. City or Town Evacuation Information

City or town that should be on alert
※e.g. ●●City (▲▲Town)

If you are living in the area listed here, please evacuate
※e.g. Close to a river

Name of designated evacuation center ※e.g. -- Community Center

Reason that evacuation is necessary. Please prepare emergency items in advance in order to evacuate quickly.

(3) Points to Remember: Early Warning System (Area Mail)

If the ‘Emergency Alerts’ setting on your mobile phone is ‘ON’, you will receive early warning notices even if you do not register for the service. When you receive a notification, your mobile phone will display a pop-up window and a special alarm will sound. Remain calm and read through the information carefully.

Be aware that early warning notifications are sent to all areas of Kagawa. You may receive disaster information for cities and towns where you do not live. Be sure to confirm whether or not the disaster information is applicable to the city or town where you live.

5 Japanese words for natural disasters

Japanese	English	Meaning
津波 [tsunami]	tsunami	a very large, fast wave flowing inland from the sea
余震 [yoshin]	aftershock	small earthquakes that occur after a big earthquake
警戒 [keikai]	caution	an announcement encouraging people to prepare for danger
非難する [hinan suru]	to evacuate	to move away from a dangerous area
給水 [kyusui]	water provisions	water given out at evacuation centers; e.g. Evacuation centers give out water provisions to evacuees.
救援物資 [kyuenbusshi]	relief supplies	items or food given out at evacuation centers
危険 [kiken]	dangerous	not safe
断水 [dansui]	water is cut off	water supply has been turned off, and there is no running water
停電 [teiden]	power outage	electricity has been cut off, and cannot be used
安否を確認する [anpi o kakunin suru]	to confirm the safety of	to check if family members and friends are safe
火の元を確認する [hi no moto o kakunin suru]	to check all potential fire hazards	to turn off any sources of fire, (gas stoves, electric heaters, etc.)
もぐる [moguru]	to get under	to duck under a table, etc.
あふれる [afureru]	to overflow	when there is too much water, and it spills over; e.g. The dam overflowed due to heavy rainfall.
崩れる [kuzureru]	to crumble	to break up (into smaller pieces); e.g. The mountain is crumbling.
懐中電灯 [kaichu dento]	flashlight	portable light source you can carry in your hand; e.g. You can find your way in the dark with a flashlight.
傾く [katamuku]	to lean over	a building or structure slants to the side and may fall
傷 [kizu]	injury	to suffer physical harm to the body
救急車 [kyukyusha]	ambulance	a vehicle that helps people who are sick or injured
汲む [kumu]	to draw (water)	to obtain water; e.g. He draws water from a well.
グラウンド [gurando]	playing field	large grassy area for playing sports or exercising
煙 [kemuri]	smoke	the grey or black gas mixed with carbon produced when something burns; e.g. If you see smoke, beware of a fire close by.
叫ぶ [sakebu]	to shout, cry out	to make loud noises; e.g. I shouted for help.
下敷き [shitajiki]	trapped under	to be trapped under a fallen object and unable to move; e.g. He was trapped under a falling rock.
消火器 [shokaki]	fire extinguisher	a tool used to stop a fire from burning
地割れ [jiware]	crack in the ground	when the surface of the earth breaks and lines or holes appear in the ground
震度 [shindo]	earthquake intensity	measures the effect of an earthquake on the earth's surface; e.g. the strength of shaking felt by people, or the degree of destruction to buildings
スピーカー [supika]	speaker	a piece of electrical equipment that plays recorded sound; e.g. The speakers played an emergency broadcast.
助かる [tasukaru]	to be saved	to be rescued from a dangerous or life-threatening situation; e.g. He was saved from the burning building.
破片 [hahen]	fragment	a small piece that has broken off from a larger whole; e.g. After the earthquake, there were fragments of glass everywhere.
震える [furueru]	to shake	to move up and down, or side to side rapidly; e.g. The earthquake caused the buildings to shake.
ボランティア [borantia]	volunteer	a person who offers to help others without asking for money in return; e.g. Volunteers handed out relief supplies at the evacuation center.
マグニチュード [magunichudo]	magnitude	measures the size of an earthquake from its center (epicenter)

6 Emergency information and contacts

Name	Fire Department/ Ambulance: 119 (If there is a fire or if you are injured, etc.)
Nationality	
Blood Type A B O AB	
Passport Number	Police: 110
Residency Card Number	Emergency telephone message service: 171
Address in Japan	Where to meet with your family in the event of a natural disaster Place name : Address : Telephone Number : Map :
Telephone Number Home : Mobile/Cell :	
Family members' names	
Workplace, training institute, school Name : Address :	
Telephone Number :	
Emergency contact in Japan Name : Address : Telephone Number :	
Emergency contact abroad Name : Address : Telephone Number :	Contacts Water Supplier : Electricity : Gas : Others :
Immigration Bureau Address : Telephone Number :	Embassy or Consulate Address : Telephone Number :

7 Useful links

Crisis Management Division, General Crisis Management Bureau, Kagawa Prefectural Government (Japanese)	http://www.pref.kagawa.lg.jp/bosai/ Disaster preparedness in Kagawa.
River and Sediment Control Division, Civil Engineering Department, Kagawa Prefectural Government (Japanese)	http://www.pref.kagawa.lg.jp/kasensabo/dosya/dosya/index.html Information about landslide disasters in Kagawa.
Takamatsu Local Meteorological Observatory (Japanese)	http://www.jma-net.go.jp/takamatsu/ Information about the weather in Kagawa.
Shikoku Regional Development Bureau (Japanese)	http://www.skr.mlit.go.jp/ Disaster preparedness in Shikoku.
Japan Meteorological Agency	【Japanese】 http://www.jma.go.jp/jma/index.html
	【English】 http://www.jma.go.jp/jma/indexe.html
Fire and Disaster Management Agency	【Japanese】 http://www.fdma.go.jp/
	【English】 http://www.fdma.go.jp/en/
Disaster Preparedness and Crisis Management e-college	【Japanese】 http://open.fdma.go.jp/e-college/
	【English】 http://www.fdma.go.jp/en/
The Council of Local Authorities for International Relations	Multilingual living information (in 13 languages) http://www.clair.or.jp/tagengo/
	Information on support for non-Japanese residents during natural disasters (with multilingual sections) http://www.clair.or.jp/j/multiculture/index.html

Useful Information


You can check which hospitals in Kagawa offer services in foreign languages through the Emergency Medical Information System 医療ネットさぬき [iryō netto sanuki]

⇒ <https://www.qq.pref.kagawa.lg.jp/ir37/qqport/kenmintop/>

Register for this service to receive emails on your mobile phone with information about evacuation advisories issued by your local authority.

Evacuation Information Mailing List:

⇒ <http://www.pref.kagawa.lg.jp/bosai/mail/main.html>



If you are in trouble, please contact the following organizations.

⇒ The International Affairs Division, General Affairs Department, Kagawa Prefectural Government TEL: 087-832-3029

⇒ Kagawa International Exchange Center TEL: 087-837-5908



NOTES

Disaster Preparedness Guidebook

English Version

Published and edited by the International Affairs Division, General Affairs
Department, Kagawa Prefectural Government

ADDRESS: 4-1-10, Bancho, Takamatsu

TEL: 087-832-3027 FAX: 087-837-4289



WEBSITE: <https://www.pref.kagawa.lg.jp/content/etc/subsite/kokusai/index.shtml>