

# *Disaster Prevention Guidebook for Foreign Residents*

**(English Version)**



Hachinohe City



## Intro

Japan is an earthquake prone country.

In Hachinohe, there were large earthquakes in 1968 (Tokachioki earthquake), in 1994 (Sanriku Harukaoki earthquake), and in 2011 there was the Great Eastern Japan Earthquake, which caused a lot of damage. There may be more large earthquakes in the future.

Also, at times there are landslides, wind and flood damage due to heavy rains and typhoons.

This book will prepare you for a natural disaster. Please read it carefully and start preparing appropriately.

## 1. Earthquakes



You never know when earthquake will occur. Homes and buildings collapse, and there are fires. Also, there are times when electricity, water and gas stop as well.

### (1) Seismic scale and magnitude

The seismic scale is the size of the earthquake and is rated on a scale from 1 to 7. The larger the number, the larger the earthquake.

Magnitude is the size of the energy of the earthquake. If you are far away from the epicenter of the earthquake, then the shaking should be less strong.

#### **【Measuring earthquake intensity】**

Intensity 3	Almost everyone inside can feel the earthquake.
Intensity 4	Almost everyone is surprised, and hanging light fixture will shake. Objects may fall.
Intensity 5 Weak	The majority of people will feel fear, and want to grab something for support. Food utensils and books on shelves may fall. Unfixed furniture may move and unstable objects may fall over.
Intensity 5 Strong	You cannot walk unless you hold onto something. Often food utensils and books on shelves will fall. Unfixed furniture may fall over. Unfortified concrete-block walls may collapse.

Intensity6 Weak	It is hard to stand. Most unfixed furniture will move, and sometimes fall over. Doors may not open. Wall tiles and window glass may shatter and fall. Wooden buildings that are weak against earthquakes might experience falling tiles, and the building itself might tilt or collapse.
Intensity6 Strong	You cannot move without crawling. You may be flung. Most unfixed furniture will move, and many will fall over. Wooden buildings that are weak against earthquakes will often tilt or collapse. Large fissures may appear in the ground, and there may be large landslides.
Intensity7	Wooden buildings that are weak against earthquakes will often tilt or collapse. Even buildings strong against earthquakes will lean sometimes. Concrete buildings weak against earthquakes will often collapse.

## (2) What to do when an earthquake occurs

### 【When you are at home】

① Go beneath your table.



② Once the shaking stops, turn off your gas.



③ Open the door. If the door breaks, then you cannot escape.



④ Look at your surroundings, and do not go outside immediately.



⑤ Put on your shoe.

⑥ Prepare your evacuation goods.



### 【When you are outside】

- **When you are school or at work**

Get away from bookshelves and windows. Hide under tables and desks, and turn off fires.

- **When you are inside an elevator**

Push all the buttons. When the door opens, get out quickly.

If you cannot get out of the elevator, then push the emergency button.

- **When you are in a supermarket or a department store**

Products will fall on your head, so stay away from the shelves and follow the directions of the store workers.

- **When you are in a car**

If you feel shaking, go to the left side of the road, and stop the engine.

After it stops shaking, then go outside. When leaving your car, leave the keys inside and do not lock it.

- **When you are in a bus or on a train**

Do not get off immediately. Wait for the instructions from the driver.

- **When you are in the ocean**

Immediately evacuate to a high place. Check tsunami information and do not go near the ocean until the tsunami advisory or warning stops.

### (3) Things you need to be careful of everyday

#### 【Inside the house】

- Avoid putting heavy objects on top of shelves and drawers.

- Put fasteners on shelves to prevent them from falling.

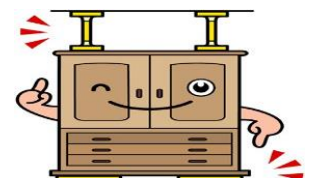
- Put films on your windows to prevent shattering.

※ Tentouboushi kanagu 転倒防止金具

: A fastener that prevents furniture from falling over during an earthquake.

※ Garasu hisan boushi firumu ガラス飛散防止フィルム

: A film that prevents shattered glass.



#### 【Outside your home】

- Fasten the antennae outside your roof so it won't fall.

- Potted plants might fall from your veranda. Don't put anything dangerous outside your veranda.

- Secure your propane gas cans with a chain.

## 2. Tsunami



Tsunami occur mostly at the sea floor after an earthquake, and approach the coast at a high speed.

### (1) If you feel shaking

Tsunami sometimes come after strong (stronger than a 4) or weak but long earthquakes. If you feel shaking while near the coast, quickly evacuate to high ground.

### (2) If a tsunami advisory is announced (Even if you feel no shaking)

When you are in the ocean, quickly get out and get away from the coast.

### (3) If a tsunami warning is announced (Even if you feel no shaking)

Quickly get out of the ocean and escape to high ground.

※ Tsunami come more than once, so until you can confirm that no more will come, never go near the coast.

※ Check tsunami advisories and warnings on radio, TV, Hotto Suru Email, area email, speedy emergency email, etc.

## 3. Heavy Rain



If heavy rain continues for a period of time, then flooding, water submersion, and landslides may occur.

If anything is out of the ordinary or you feel in danger, evacuate immediately.

### (1) What to do during heavy rain

- Check weather information using radio, TV and internet.
- Your home may flood, so put your belongings in a high place.
- Stay away from rivers, the ocean, mountains and cliffs.
- If the road is flooded, then do not drive. You may not be able to open doors or windows. Also, tires will get stuck in the gutter since you can't see the road.

## 4. Typhoon

A typhoon is a strong storm that occurs from summer to early autumn.



### (1) What to do during a typhoon

- Check for typhoon information on radio, TV, and internet.

#### 【Typhoon with strong wind】

- ① When you are outside
  - Objects may fly and trees may fall. Quickly go home or enter a nearby building.
- ② When at home
  - Do not go outside.
  - Bring objects on your veranda inside.
  - Close all shutters.
- ③ When at the ocean
  - High waves will come, so stay away from the ocean.



#### 【Typhoon with strong rain】

- ① When you are outside
  - Go to a high place.
- ② When you are driving
  - Go to a high place.
  - If your engine stops in water, then get out of your car.
- ③ When you are near a river
  - River water will flood. Get away from the river.

## 5. Landslides

Landslides are due to soil eroding during earthquakes, rain, and flooding. Landslides often bury homes and roads.



### What to do during heavy rains and after earthquakes

- When you are near a mountain or cliff, escape to a safe place far away. Don't go near mountains or cliffs until you can confirm that landslides will not occur.
- The city office may inform you about evacuation. Check the radio, TV, internet, Hotto Suru Email, area email, speedy emergency mail, etc.

## 6. Disaster Preparation



- The cooperation of your neighbors is essential during a disaster. Be on good relations with all your neighbors.
- Decide on a place to meet during a disaster so you can find your family if you get separated.
- Prepare objects to bring with you when you evacuate.

### (1) Objects to take with you when you evacuate (One days worth in a back-pack or bag)

<input type="checkbox"/>	ID: Foreign Registration, Resident Cards, certificates of permanent residency, etc.	<input type="checkbox"/>	Passports
<input type="checkbox"/>	Food (Energy bars, liquid energy packs, dry bread, etc.)	<input type="checkbox"/>	Bottled drinks
<input type="checkbox"/>	Gloves (winter gloves, working gloves)	<input type="checkbox"/>	Rain wear
<input type="checkbox"/>	Copies of your health insurance card	<input type="checkbox"/>	Hats (helmets, disaster hoods)
<input type="checkbox"/>	Medicines (Medicines that you habitually use)	<input type="checkbox"/>	A small amount of cash
<input type="checkbox"/>	Towels	<input type="checkbox"/>	Wet tissues
<input type="checkbox"/>	Toilet Paper (Take out the roll to make it smaller)	<input type="checkbox"/>	Masks
<input type="checkbox"/>	Flashlights and spare batteries	<input type="checkbox"/>	Writing utensils (oil pens, notebooks, etc )
<input type="checkbox"/>	Matches and lighters	<input type="checkbox"/>	Extra glasses
<input type="checkbox"/>	Survival insulation sheets	<input type="checkbox"/>	Vinyl and garbage bags
<input type="checkbox"/>		<input type="checkbox"/>	Whistles
<input type="checkbox"/>		<input type="checkbox"/>	Portable Toilets
<input type="checkbox"/>		<input type="checkbox"/>	Radio and spare batteries
<input type="checkbox"/>		<input type="checkbox"/>	Battery operated cell-phone chargers
<input type="checkbox"/>		<input type="checkbox"/>	Disposable Kairo packets
<input type="checkbox"/>		<input type="checkbox"/>	Other required items

Also, have at least 3 days worth of water and food prepared in your home.

### (2) Additional items for people with babies and small children

<input type="checkbox"/>	Milk	<input type="checkbox"/>	Milk bottles	<input type="checkbox"/>	Paper diapers
<input type="checkbox"/>	Bottom wipes	<input type="checkbox"/>	Vinyl bags for used tissues and diapers	<input type="checkbox"/>	Baby food
<input type="checkbox"/>	Spoons, straws	<input type="checkbox"/>	Slings	<input type="checkbox"/>	Gauze
<input type="checkbox"/>	Toys	<input type="checkbox"/>	Snacks	<input type="checkbox"/>	Other required items

### (3) Additional items necessary for women

<input type="checkbox"/>	Sanitary products, panty liners	<input type="checkbox"/>	Vinyl bags for used sanitary items	<input type="checkbox"/>	Large Shawls
<input type="checkbox"/>	Basic makeup (All in one cream, etc.)	<input type="checkbox"/>		<input type="checkbox"/>	Other required items



## 7. Evacuation Information



### (1) Check the location of your evacuation center

- Places designated as evacuation centers in your neighborhood are nearby elementary schools, middle schools, and community centers.
- At evacuation centers food, drinks and blankets are distributed, and disaster and support information is often available.
- Foreigner can use them too. Check where your nearest evacuation center is.

### (2) Evacuation advisory and evacuation warning

- The city office may ask you to evacuate during disasters or when it is expected that a disaster will occur, using radio, TV, internet, Hotto Suru Email, area email, speedy emergency email.

#### ① Evacuation advisory

- This is when Hachinohe City requests you to evacuate during a disaster or when a disaster might occur.

#### ② Evacuation warning

- This is when Hachinohe City strongly suggests you evacuate during a disaster or when a disaster might occur. This is stronger than an advisory.

### (3) When you go to an evacuation center

- Wear long-sleeved shirts and pants.
- Wear comfortable athlete shoes.  
(Rubber boots are hard to walk if water gets in them.)
- You should wear a hat or helmet.
- Wear gloves.
- Don't evacuate alone. Go with your family or neighbors.
- When walking in a flooded area, be careful and use a long stick to check for manholes and gutters.
- If the water reaches knee-level, then it is dangerous to walk. Wait at a safe place until people come to save you.

### (4) Life at an evacuation center

- At an evacuation center, everyone must help each other.
- Follow all rules and directions at your evacuation center.
- The stress and fatigue due to disaster situations can affect your health. If you feel sick, talk to the people in charge at your evacuation center.

## 8. Accessing Disaster Information

In order to calmly respond to a disaster situation, it is important to have accurate information concerning the disaster and lifelines.

### (1) Necessary information

- Weather information
- Disaster size and current information
- Evacuation advisories and warnings
- Information on available evacuation centers
- Information on lifelines
- Traffic information
- Information on water and food provision
- Information on support for disaster victims, etc.



### (2) How to access information

#### ① Radio, TV

- You can get information quickly on radio and TV, especially earthquakes and tsunami.

#### ② City homepage

- City homepage provides various disaster information.

#### ③ Hotto Suru Mail for foreign residents

- If you are registered under the Hotto Suru Mail for foreign residents, then disaster information in English, Simple Japanese (some information will be in standard Japanese) will be sent to your cell-phone and email address.

- 4 types of information will be sent to you.

- ① Tsunami and evacuation information (Japanese, Simple Japanese and English)
- ② Emergency information (Simple Japanese or English)
- ③ Lifeline information (Simple Japanese or English)
- ④ Fire information (Japanese)

※①~③ will be sent to all registered members. ④ will only be sent to members who specifically request it.

#### 【How to apply to Hotto Suru Mail for foreign residents】

- Send us your name, address, phone number, mail address. You must choose which language you would like to receive information in (For the emergency information and lifeline information, you must choose between English or Simple Japanese). You must also indicate

whether you want to receive fire information. You may send this information to us by email, fax, or through letter mail.

【Where to apply】

〒031-8686 Hachinohe City Uchimaru 1-1-1

Citizen Collaboration Promotions Section

International Relations Group

TEL 43-9257

FAX 47-1485

Email [renkei@city.hachinohe.aomori.jp](mailto:renkei@city.hachinohe.aomori.jp)

④Area email and speedy emergency email

- Area email and speedy emergency email are information concerning disasters and evacuation within the Hachinohe city limits sent to NTT docomo, au, softback cell-phones.
- Simple Japanese and English will be sent in addition to a standard Japanese.
- There is no need for prior registration. Anyone with a cell-phone plan from NTT docomo, au, or SoftBank can receive area email and speedy emergency email.
- If cell-phone reception is bad, or if you are in the middle of a phone call, then area email and speedy emergency email cannot be sent.

◆NTT docomo

<http://www.nttdocomo.co.jp/service/safety/areamail/>

◆au

[http://www.au.kddi.com/notice/kinkyu\\_sokuho/index.html](http://www.au.kddi.com/notice/kinkyu_sokuho/index.html)

◆SoftBank

[http://mb.softbank.jp/mb/service/urgent\\_news/](http://mb.softbank.jp/mb/service/urgent_news/)

\*For area email and speedy emergency email, an emergency earthquake bulletin will be automatically sent to all areas that experience an earthquake stronger than a level weak 5, and to all areas where it is expected an earthquake stronger than a level 4 will occur. Though this bulletin will only be sent in standard Japanese, it will be accompanied by a loud warning sound. If you hear this sound, be aware of what it means and prepare yourself accordingly.

## 9. Communication methods during a disaster

You may not be able to use a phone during a disaster. You can contact family and friends using the following methods.

### (1) Voice message dial for disaster situations

- Using your home phone, cell-phone, or a public phone, you record a voice message. You can also hear other people's messages.

#### **【Record your message】**

- ① Dial "171"
- ② Dial "1"
- ③ Dial your home phone number starting with the Hachinohe City Area Code (0178) first.
- ④ Record your message.

#### **【Listen to messages】**

- ① Dial "171"
- ② Dial "2"
- ③ Dial the phone number of the person whose message you want to hear starting with the Area Code.
- ④ Listen to your message.

### (2) Disaster Message Board

- A written message board. You can post messages from cell-phone and other people can see it.

- ◆NTT docomo      <http://dengon.docomo.ne.jp/tog.cgi>
- ◆au                      <http://dengon.ezweb.ne.jp>
- ◆SoftBank              <http://dengon.softbank.ne.jp/>

## 1 0. Disaster Prevention Memo

### Your Information

Name	Passport No.
Country	Foreigner No.
	Resident Card No.
Japanese Address	
Phone Number	Cell-phone Number

### Family

Name	Phone Number

### Friends

Name	Phone Number

### Other Important Phone Numbers

Gas		Embassy, Consulate	
Electricity		Hospital	
Water			

**Evacuation Center**

**Meeting Place for Family**

**Fire Department    1 1 9** (Fires, injuries, and illness)

**Police Department    1 1 0** (Accidents and crimes)

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