

Multicultural Cooperation Section, Oizumi Town Hall

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For Protection of Yourself from Disasters

~ The Right Knowledge About Disaster Preparedness ~

〔自分の身を守るために ー正しい防災の知識ー〕



For protection of your important persons and yourself from disasters

〔自分と大切な人を災害から守るために〕

In Japan, typhoons have caused major damage on numerous occasions.

Here in Oizumi Town, flooding has damaged homes, significantly impacting the daily lives of our residents. Furthermore, Japan is a country prone to earthquakes, and major earthquakes can cause a variety of damages, such as building collapses, fires, and landslides involving collapsing walls and cliffs.

In recent years, major earthquakes, such as the Great East Japan Earthquake, the Kumamoto Earthquake, and the Noto Peninsula Earthquake have been occurring one after another in various regions.

We don't know when a disaster occur.

It is very important for us to prepare always for the unexpected.

In the event of a disaster ~Earthquakes~ [災害が起きたとき ~地震編~]

■ Stay calm and Secure your safety!

- (1) If you feel the ground shaking, secure your safety such as sheltering yourself under a table, a desk or something similar. Keep doors open to secure evacuation routes.
- (2) Do not rush outside, because you may get injured with falling objects.
After the shaking subsides, go outside with checking surrounding circumstances.
- (3) If you are outside of a building or a house when an earthquake occurs, leave away from things which are easy to fall down such as concrete block walls, utility poles, etc., and be careful about falling objects such as signboards, window glass, etc.



■ Stay calm! Prevent fires

- (1) After the shaking subsides, check for fires.
- (2) In the event of a fire, extinguish it in its early stage.
※ For avoiding a burn, stay calm and put out the fire after the shaking subsides.
Turn off the circuit breaker of your house when you evacuate.



■ Keep away from narrow alleys, wall verges, cliffs, or rivers

There are large or small foreshocks after a huge earthquake. Please keep away from buildings or walls which have a risk of collapse, and vending machines, narrow alley, wall verges or rivers.

If there is no vacant lot nearby, assess the surrounding conditions calmly and move to a safer area away from buildings.



■ If you are driving a vehicle when an earthquake occurs, ...?

If you are driving a vehicle when an earthquake occurs, reduce your speed slowly and park the vehicle on the shoulder of a road, and then turn off the engine.

Keep staying in the vehicle until the shaking subsides.

If you need to evacuate, flee on foot with taking your valuables.

But do not lock the doors, and leave the key in the vehicle.



■ Self Preparedness - Be prepared to protect yourself

This is to prepare for disaster by yourself for individuals and households.

When a big disaster occurs, it is important for you to take actions to protect yourself.

※ Examples of usual action to protect yourself

- ① Stockpiling of foods and drinks.
- ② Fixing furniture and home appliances.
- ③ Sharing several ways to communicate among your family members when a disaster occurs.
- ④ Checking evacuation routes and places.



■ Mutual help - Help each other in your community

This is achieved by working of neighbors and people in the region together.

The life of many people were saved by help of inhabitants who were in the region when disasters occurred. So it is important for you to make relation with neighbors by greetings regularly or joining events of the region so that everybody can confirm the safe each other or can help each other smoothly when a disaster occurs.

In addition, when you receive an announcement of a self emergency drill at a *Kominkan* or so on which is carried out by your regional association, please participate in it actively. If you do not know whether the emergency drill is done in the region or if you do not know how you can participate in it, please ask the town hall, the multi-cultural community center, or the leader of the association (*Jichikai-cho*).



■ Public Assistance

- Receive support from local authorities and emergency services

This is the support by public authorities such as the town hall, the police, the fire fighting, and Self- Defense Forces.

However there is a limit to aid the injured by the public support when a big disaster occurs. So your usual preparation is important.



Check emergency supplies to carry [非常持ち出し品をチェックしよう]



- ☐ Valuables (Cash, Residence Card(*Zairyu Card*), Health Insurance Card, Passport, Credit Cards, etc.)
- ☐ Blankets, Clothes (Innerwears, Outerwears, Towels)
- ☐ A Flashlight (prepare enough batteries)
- ☐ A Portable Radio
- ☐ Can opener, Rope, Work gloves, Plastic sheets, etc.
- ☐ Medicine (Household Medicines, Disinfectants, Sticking plasters, Medicine for the digestive, Eyedrops, etc.)
- ☐ Diapers, Milk, Goods for babies or infants
- ☐ Food/Drink (Dried bread, Canning, Bottles of water, etc.)

■ Rolling Stock (Stockpile Rotation) - Buy・Use・Replace -

Rolling Stock means stock and rotation of foods. This is a way of keeping a constant supply of new foods at home, by buying extra foods that you usually eat, such as canned foods and/or boil in the bag foods, and buying the new foods as replacement when the old foods were used.

■ Points of Rolling Stock



① Use older foods first

Consume older foods first so that emerging food stocks do not become old. Put foods in order with a way that you can understand old or new easily.

② Replenish foods that were used

Keep in mind to replenish the foods as soon as possible when you used them, because a disaster may occur while you forget to do.

■ In the event of a heavy rain

A heavy rain in a short hour such as sudden intense downpours, torrential showers, or typhoons falls occasionally. Since a disaster, such as flooding of rivers, landslides, or flooded houses, may occur due to a heavy rain, daily preparations are important.

→ Oizumi town has provided "Oizumi-machi Comprehensive Disaster-preparedness Map (Oizumi-machi Sogo Bosai Map)" which shows expected areas of flooding and estimated depth of flooding by using different colors when the Tone-river, Watarase-river and Kyuhaku-river are overflowed.

→ You can get the Oizumi-machi Comprehensive Disaster-preparedness Map at: Oizumi Town Hall and Multicultural Community Center, and the soft-copy has been uploaded in the web-site of the Town Hall.

Please take a look at it and check risk level around your house.

You can access to the website of the Map from here ▶



- Even if the weather is fine where you are, if it is raining upstream, the river level may rise or flash floods (sudden flooding) may come. When you are near the river or enjoying leisure activities on the riverbank, please pay attention to the weather upstream and stay away from sandbars and far from the current!

Alert Level

Evacuation Information, etc. (Alert Levels)

Risk Level	Alert Level	Actions that residents should take	Evacuation Information, etc.
High Alert Level Low	5	Life in danger, Secure safety immediately!	Emergency Safety Measure *1
	~~ Must Evacuate Before Reaching Level 4 ~~		
	4	Everyone must evacuate from dangerous locations	Evacuation Order *2
	3	The elderly etc., must evacuate from dangerous locations	Evacuation of the Elderly, etc. *3
	2	Check your own evacuation action	Heavy Rain Advisory Flood advisory
	1	Prepare yourself for disaster	Early Caution Information

*1 Alert level 5 may not always be announced, because at that level of disaster the municipality may not be functional enough to grasp the actual situation.

*2 Evacuation Order will be announced at the same timing as the previous Evacuation Advisory were announced.

*3 Alert level 3 is the timing for people other than the elderly etc., also to start to suspend usual activities, prepare to evacuate, voluntarily as necessary.

■ Useful Apps

The country and several companies develop multilingual apps to notify further information of disaster prevention for foreigners living in Japan. By installing apps into your smart phone, you can gather information whatever you want when an unexpected occurs. Please use them effectively.

[Example of Useful Apps against the disaster]

Name of Apps	Contents	Number of Languages supported	QR
Safety Tips	The application to notify disaster information such as the Earthquake Early Warning or Flowchart of evacuation measure for unexpected.	15	
NICT Voice Tra	Multilingual translation application developed by the country.	33	
NHK World	The application to distribute the Earthquake Early Warning or news of NHK's international broadcasting in multilingual.	19	
CLAIR	The application to collect necessary information including disaster for the life in Japan.	15	

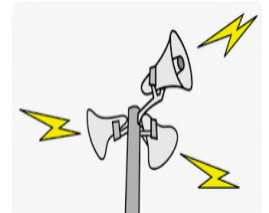
■ Disaster Prevention Administrative Radio

The town broadcasts evacuation information in Japanese and Portuguese through 53 points of speakers in the town when a disaster occurs.

Please listen to it carefully.

When it was hard for you to listen to it, you can get the same information by calling to the following numbers within 24 hours from the broadcasting.

0120-313-141 (Toll-free number)



■ Oizumi Multicultural Community Center

Necessary Information for foreign residents, such as rules for daily life, government systems and procedures, emergency announcements, monthly newsletters, etc. can be found on our website.

Access to our website from Here →



Tips for evacuation behavior [避難行動について]

■ Considering evacuation shelters

Staying at a hotel in a safe location or seeking shelter at a relative's or friend's home are effective ways to prevent the spread of infectious diseases.

Also, if you plan to go to a town's evacuation shelter, be sure to check the website of the town or other sources to confirm which shelters are open before heading there.



■ Things to bring to evacuation shelters

The risk of infectious diseases is also high in evacuation shelters where a variety of people, from children to the elderly, gather.

Therefore, wear a mask and disinfect your hands at the shelter.

Also, town stockpiles are limited, so if possible, bring masks, disinfectant, and a day's worth of water and food.

