

Disaster Prevention Pamphlet for Foreign Residents (English)

This pamphlet is also available in Japanese, Chinese and Korean.

A digital version can be downloaded from the website of the Miyazaki International Foundation (<https://www.mif.or.jp>).

※ This pamphlet has been updated from the previous version published in 2012.



When a disaster happens, the first thing you should do is PROTECT YOURSELF.

Miyazaki Prefecture, and Japan as a whole, is well-known for its beautiful natural scenery. However, it is also prone to frequent natural disasters.

In response to the increased number of natural disasters occurring in recent years, a number of strategies to cope with and prepare for a natural disaster have been put in place. The most important thing when thinking about what to do if a disaster strikes is “self-preservation” – everyone should take care to protect themselves first in the event of a disaster. In this pamphlet, we will give you some information on how to prepare for natural disasters.

※ The information written in this pamphlet is considered to be the bare minimum of information necessary to educate people about natural disasters. It is very important for everyone to seriously consider what kind of natural disasters may occur in their surrounding area and take every action possible to lessen the potential damage in such an event.

Be Prepared ①

If a serious natural disaster occurs, there is a danger that major lifelines such as communications, electricity, gas and water supplies may be cut off. Also, if your home gets damaged in a disaster, you may have to evacuate and live for a while in an emergency shelter.

Things you should bring with you when you evacuate



Water
At least 3 (500ml) bottles



Food
Canned food / chocolate, etc.



Medicine
Make sure you have any medicine you have been prescribed, as well as any you usually take regularly!



Bank passbook / Personal stamp / Cash / Health Insurance Card



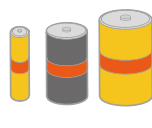
Passport / Residence Card



Flashlight (Torch)
One per person



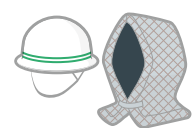
Portable radio



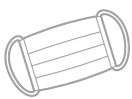
Batteries / Charger



Whistle



Helmet / Padded headgear



Masks



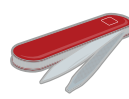
Gloves



Pocket body warmers



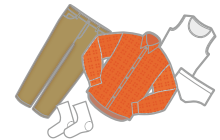
Lighter



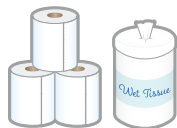
Knife



Rain gear
Umbrella, Raincoat, etc.



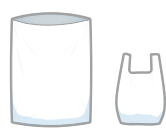
Clothes / Underwear / Socks



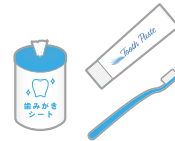
Tissues
(Including wet tissues / wipes)



Towels



Plastic bags



Toothbrush and Toothpaste



Slippers



Writing utensils

Things you should always have prepared



Water
(3 days' worth)



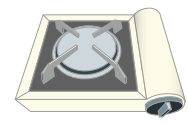
Food
(3 days' worth)



Plastic wrap



Paper plates / Paper cups / Disposable chopsticks



Portable stove



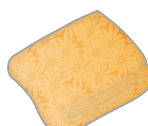
Portable toilet



Flashlight (Torch)



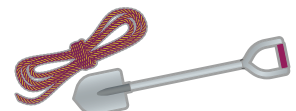
Shoes



Blanket



Newspaper



Tools (Shovel, Rope, etc.)

These products can be found at Home Centers (DIY Stores) or supermarkets, or purchased online.

※ Depending on where you live and who you live with, you may require different things. For example, you will need to prepare different items if you have a family that contains newborn children or elderly relatives that need care, if you or any of your family have any requirements such as food allergies, or whether you are keeping any pets.

Make sure to come up with a disaster preparedness checklist that perfectly suits your home!

※ It is recommended that people gather a week's worth of supplies to prepare for a possible large earthquake that could potentially occur in the Nankai Trough.

Be Prepared ②

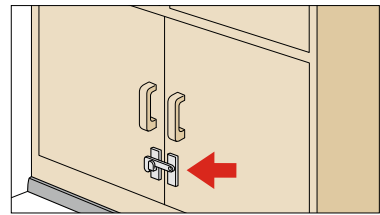
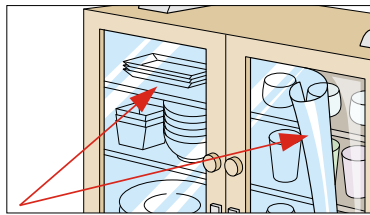
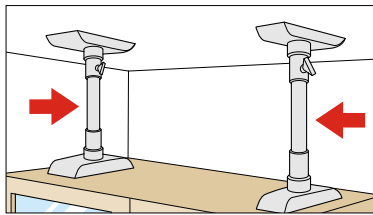
Make sure to prepare in advance to ensure your safety in the event of a large earthquake – it's important to make sure your home is safe and that you can evacuate quickly.

Furniture Can Collapse, Fall over and Move Around – and it's Surprisingly Dangerous!

In the event of a serious earthquake, items of furniture around the house can fall over, glass from windows and cabinets can break and get scattered over the floor, books and items can fall off of shelves, and smaller items like TVs and microwaves can be thrown around the room!



Secure your furniture to prevent it falling over or moving around!



(These items can be purchased at DIY stores.)

In order to evacuate quickly:



1 Make sure to confirm the location of your nearest emergency shelter, and how to get there.

In order to be able to evacuate quickly and smoothly in the event of a disaster, check local and hazard maps and work out the location of your nearest emergency shelter. Ensure that everyone in your family knows where it is and the safest route to get there – try actually walking the route, too.

*A disaster could happen at any time, so your family might not be all together if it does. Make sure you also know what to do if an earthquake happens while you are at work or school.

2 Be sure to stay up to date and get the latest information from the TV, Radio and Internet!

Information available on TV, on the radio and online:



• [Safety Tips]

– the Japanese Government's (free) official disaster preparedness app for people from overseas

<http://www.rcsc.co.jp/safety>



• [NHK WORLD]

<https://www3.nhk.or.jp/nhkworld/ja/>



• CLAIR <http://www.clair.or.jp/j/clair/index.html>

Multilingual Living Guide app



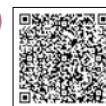
• Japan Metrological Agency

<http://www.jma.go.jp/jma/index.html>



Disaster Preparedness and Crime Prevention Information Email Service offered by the Miyazaki Prefectural Government (Free of charge, Japanese only)

<https://www.pref.miyazaki.lg.jp/kiki-kikikanri/kurashi/bosai/manual.html>



Evacuation Shelters

An evacuation shelter (避難所 -hinanjo) is a place where people can live temporarily if their home is destroyed, or if it is dangerous for them to be at home during a disaster.



- Make sure to turn off the gas supply at the mains before you evacuate.**
- Turn off the electricity supply at the breaker.**
- Take the items you prepared (see p.2) with you when you evacuate.**

About evacuation shelters

- Shelters can be used free of charge
- Shoes cannot be worn inside an evacuation shelter.
- Toilets can be used.
- You can sleep there.
- Depending on the circumstances, you may be able to receive water, food and blankets, etc. However, what you can receive, the amount or number and the hours you can receive them may be limited, please follow the instructions at the shelter.
- Information can be obtained at shelters. **For accurate information, enquire at the municipal office.**
- **Garbage disposal rules are decided**, so be sure you know them.
- Since many people use the shelter, confirm how you can use the facilities.
- Try not to cause trouble for people around you.
- If there is something you don't know, ask someone near you, and **if there is something you cannot do, consult someone.**
- **Actively participate in the running of the evacuation shelter.**
- **Take care of your health** while in a shelter. Be sure to get enough sleep and ensure there is adequate ventilation. Take care to prevent injuries. Also, be careful to avoid heat-related ailments (i.e. dehydration, etc.), economy-class syndrome and infectious diseases (i.e. colds, etc.)



conditions at an evacuation shelter when Shinmoedake volcano erupted in January 2011 (from Takaharu Town's Website)

Japanese words, phrases, etc. used in times of disaster

Write down some information about yourself and some contacts in case of emergency:

Personal Information:			Emergency Contacts:		
na 名	mae 前	Name	tai shi kan ryou ji kan 大使館・領事館	Embassy / Consulate	
ju 住	syo 所	Address			
den wa 電話番 番号	go 号	Telephone No.	ka zoku shinseki 家族・親戚・ tomodachi na do no 友達などの ren rakusaki 連絡先	Family / Relatives / Friends, etc.	
sei 生	nen ga 年月日	Date of birth			
koku 国	seki 籍	Nationality			
pa su po - to パスポート	No.	Passport No.	gyousha byou in 業者・病院 na do no などの ren rakusaki 連絡先	Service providers, Hospitals, etc.	
zai ryou si kaku 在留資格	No.	Residence Card No.			
ketsu 血	eki 液	Blood type			

Earthquakes (地震)		
shin 震	do 度	Strength of the earthquake
tou 倒	kai 壊	Buildings have collapsed and broken
ji 地	sube 滑り	Soil and rocks slide down sloping areas (hills, etc.)
ji 地	wa 割れ	Cracks appear in the surface of the land
tei 停	den 電	Electricity cannot be used
dan 断	sui 水	No water running from faucets, etc.
ga ガ	su mo 漏れ	Gas leaking from gas pipes
ta chi i ri kin shi 立ち入り禁止		A place where entry is prohibited
hu 復	kkyu 旧	Return of essential services (water, electricity, gas, etc.) and public transportation to their original condition

Typhoons (台風)	
tai fu ga jyo riku su ru 台風が上陸する	The center of the typhoon reaches the coast of Hokkaido, Honshu, Shikoku, Kyushu
tai fu no shin ro 台風の進路	The direction the typhoon will take
si ke しけ	Sea becomes very rough due to strong wind
taka shio 高潮	Surface of the sea rises abnormally due to strong wind and air pressure caused by the typhoon
ka sen no ha n ran 河川のはん濫	Rivers overflow due to heavy rainfall
ka sen no zou sui 河川の増水	River water level rises abnormally
tei bou no ke kikai 堤防の決壊	Sea walls / River banks burst/break
ki ken sui i 危険水位	The level (height) of the water in a river which has increased to an almost overflowing level. The level (height) of the water which is an indicator to evacuate.
sin sui 浸水	Structures, etc. become immersed in water, water enters buildings, etc.

Evacuation Shelters (避難所)		
kyu sui sha 給水車		Water distribution wagon
kyu sui sei gen 給水制限		Hours when tap water can be used are limited
kyu sui ba syo 給水場所		Place where water is distributed
kyu go sho 救護所		Place where injuries are attended to
hi sai sha 被災者		People who are victims of a disaster
sei katsu so dan 生活相談		Consultation on everyday life troubles
ken kou so dan 健康相談		Consultation on health problems
shoku ryo hai kyu 食糧配給		Place where food is distributed
ta ki da shi 炊き出し		Food is cooked and distributed
go mi syu syu ゴミ収集		Collection garbage
gu ra n do グラウンド		An outdoor spacious place for sports
tai iku kan 体育館		A building for sports
kou min kan 公民館		A building in a city, town or village where people in the community participate in learning and exchange activities

Transportation (交通)	
un kyu 運休	Bus or train service stopped for some reason
ke kko 欠航	Flights or passenger boat (ferry) services cancelled for some reason
fu tsu 不通	Cannot pass through the road
tsu kou do me 通行止め	Not allowed to pass through the road
un ten wo mi a wa se ru 運転を見合わせる	Bus or train service, etc. temporarily stopped for some reason
o ri kae shi un ten 折り返し運転	Train or bus, etc. returning to its departure station / stop because of some reason which prevents it reaching its destination
do ro no kan botu 道路の陥没	A large hole or crater has formed in the road surface
u kai ro 迂回路	A detour to get to your destination when a road has become impassable for some reason
tsu ko ki sei 通行規制	Limitations on passage through roads enforced in times of danger such as disasters, etc.

Take Part in Disaster Preparedness Drills and Events

Disaster prevention drills are held for people in the communities of the cities, towns and villages in Miyazaki Prefecture.

Take part in disaster preparedness drills and events! -----

If you have previous experience and practice, it will greatly increase your ability to PROTECT YOURSELF. By participating in such drills, you will also be more connected with the local people.

*After the 1995 Great Hanshin (Kobe) Earthquake, nearly 70% of the survivors had taken the initiative and protected themselves. The remaining 30% were assisted by people at their school or place of work.



Local Events and Festivals -----

Events and festivals that are held in your local area are a great opportunity to get to know the people who live around you.


*Local Municipal Governments, as well as the Prefectural Government, the Miyazaki International Foundation and the Miyazaki City International Association, all organize various Disaster Preparedness events.



Did you know about the Miyazaki Support Center for Foreign Residents?

At the Miyazaki Support Center for Foreign Residents, staff are available for consultation, discussion, help and advice on any questions or problems you might face but are having difficulty talking to someone about due to the language barrier. (For example, problems relating to daily life here in Miyazaki, visa-related concerns and procedures, work, medical care, welfare, education, childcare, natural disasters or anything else that may be bothering you). You can get in touch via phone, email or in person – any consultations are **free** and entirely confidential.

B1, Carino Miyazaki Building, Tachibanadori-Higashi 4-8-1, Miyazaki City, 880-0805

 **0985-41-5901**

 **support@mif.or.jp**

Open: **Tuesday ~ Saturday**

(Except national holidays and December 29th ~ January 3rd)

Languages Available: Japanese/English/Chinese/Korean/Thai/
Vietnamese/Indonesian/Malay/Tagalog/Nepali/
Portuguese/Spanish/French/Russian/German/
Italian/Myanmar/Mongolian/Khmer



Informing People of your Safety

It is important to stay calm if a disaster strikes. Make sure to always keep the phone number and contact address for your home country's embassy in Japan handy. Also, think about how you might get in touch with people and charge the battery of your mobile phone if the electricity supply were cut off.

In areas where a major disaster has occurred, telephone connections may be difficult or impossible. The following are ways you can let people here in Japan and abroad know you are safe.

Telephone message service in times of disaster (voice message)

- This service is available only within Japan.
- Public telephones / fixed telephones / mobile phones / PHS
(When a disaster occurs, public telephones are usually first and easier to get a connection on.)

This is a voice message service provided free of charge to allow people to inform others if they are safe or not.

Recording a message
171 → 1 → your phone number → leave your message

Listening to a message
171 → 2 → the phone number of the person whose message you want to hear → listen to the message



Text message service in times of disaster [written messages]

- Written messages can be seen from overseas
- [Text message service in times of disaster] (web 171) in English, Korean and Chinese
<https://www.web171.jp>
- When an earthquake measuring 6-lower or above on the Japanese seismic intensity scale occurs, the following mobile phone companies' Saigai-yō Dengonban' service can be used.



You can register on a mobile phone Saigai-yo Dengonban site.

NTTdocomo <http://dengon.docomo.ne.jp/top.cgi>

SoftBank <http://dengon.softbank.ne.jp/J>

au <http://dengon.ezweb.ne.jp/>



NTTdocomo



SoftBank



au

There are also disaster preparedness apps available for smartphones that allow you to input a written message which friends and relatives abroad can read to confirm your safety. Some services allow the use of English and Japanese, and some providers also cooperate with Google's "Person Finder" service. The individual content and features of each app and service varies depending on the provider, so make sure to check with your mobile phone service provider about the content of their Saigai-yō dengonban service.

※ You can try out the Saigai-yō Dengonban service on the 1st & 15th of every month (24 hours), as well as January 1~3, Disaster Prevention Week (9:00, August 30~17:00, September 5) and Disaster Prevention and Volunteer Week (9:00, January 15~17:00, January 21). Give it a try!

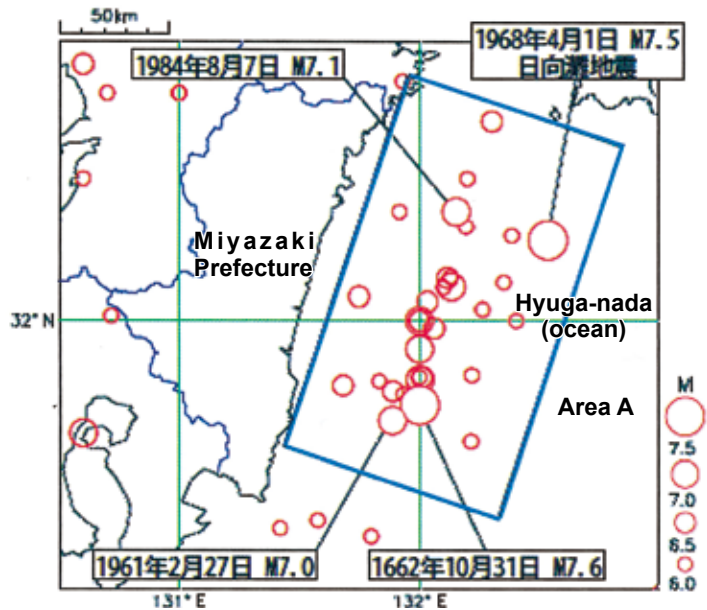


Earthquakes

An earthquake of category "7" on the Japanese "Shindo" seismic intensity scale is predicted to possibly hit Miyazaki Prefecture.

This map shows the earthquakes with a magnitude (measure of the energy created by an earthquake) of 6 or higher since the year 1600. Earthquakes with a magnitude over 7.5 occurred in 1662 and 1968. Both these earthquakes caused tsunami (tidal waves), which killed and injured many people.

Earthquakes with a magnitude 7 which also caused tsunami have repeatedly occurred in Hyuga-nada between intervals of a few years and a few decades. However, there have been no earthquakes since the earthquake of August 7, 1984 (magnitude 7.1). Because of this, a major earthquake is expected because an enormous amount of energy which can trigger an earthquake has built up in the rock stratum around Hyuga-nada's continental plate.



From: *Anata wo mamoru bōsai jōhō* ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office

There is also another reason to be concerned about earthquakes: Experts have predicted that a large earthquake may occur along the Nankai Trough, which stretches from the ocean off of Suruga Bay (in Shizuoka Prefecture) along the ocean by Shikoku, to the Hyuga-nada Sea.

With this giant earthquake of magnitude 9, violent tremors of intensity level [Shindo] 7 are expected to hit Miyazaki City and Hyuga City. In the worst scenario, if the earthquake happens in mid-winter in the middle of the night, over 40,000 people are expected to die.

For more information about the effects of earthquakes or the potential height of a tsunami following a major earthquake, contact the local government where you live.

Earthquakes can also occur inland in Miyazaki Prefecture: This photograph was taken following the Ebino Earthquake in 1968.



[Photo from *Ebino jishin no kiroku* ("A Record of the Ebino Earthquake"), published in 1969 by the Fire and Disaster Prevention Division, General Affairs Department, Miyazaki Prefectural Government]

Earthquakes - degree of shaking and effects (outline)

Intensity Level 3 shin do san 震度 3	Most people indoors can feel the shaking.	Intensity Level 6-lower shin do nita jūku 震度 6 弱	You may find it difficult to stand / Most unsecured furniture moves and falls over / Doors may not be able to be opened / Wall tiles and window glass may break or fall down. / Roof tiles may fall off of wooden buildings with low earthquake resistance, and the buildings themselves may lean or collapse.
Intensity Level 4 shin do yon 震度 4	Most people are surprised. / Lighting, etc. hanging from the ceiling sway. / Unstable items fall over.	Intensity Level 6-upper shin do nita jūyū 震度 6 強	You may be unable to move except by crawling. / You may be thrown about. / More unsecured furniture falls over. / More wooden buildings and structures of low earthquake resistance may lean and collapse. / It is also possible that large cracks may open up in the ground, and there is a risk of large-scale landslides and cave-ins.
Intensity Level 5-lower shin do go jūku 震度 5 弱	Most people experience fear and want to hold onto something. / Dishes and books on shelves fall over. / Furniture that is not secured could move around or fall down.	Intensity Level 7 shin do nana 震度 7	More wooden buildings and structures of low earthquake resistance may lean and collapse. / Wooden structures of high earthquake resistance may lean over. / More concrete buildings of low earthquake resistance collapse.
Intensity Level 5-upper shin do go jūyū 震度 5 強	You may find it difficult to walk without holding onto something. / Dishes, books and many other items on shelves fall over. / Furniture that is not secured may fall over. / Block walls that are not reinforced may fall over.	From: <i>Anata wo mamoru bōsai jōhō</i> ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office	

An earthquake has happened. What to do ...

An earthquake has happened. What to do...

Inside a building



Hide under a desk, etc. to protect your head.



Secure your exit! (Doors can warp in a strong earthquake and become difficult to open.)



Don't panic and rush to switch off the gas! (Turn off the gas at the mains after the shaking has stopped)



Do not rush outside. When you evacuate, make sure to put on shoes!

An earthquake has happened. What to do...

In a vehicle



Do not reduce your speed suddenly



Move over to the left of the road and switch off the engine.



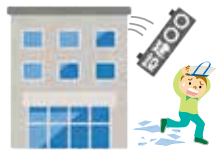
Leave the key in the ignition switch.



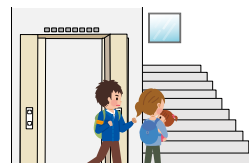
Get out of the car and evacuate on foot.

An earthquake has happened. What to do...

In town



Protect your head. Beware of glass and falling signs!



If you are in an elevator, get out at the nearest floor.



Evacuate to a wide open space. Walls and vending machines can also be dangerous



Do not go near cut or disconnected electric cables.

Take Extra Care After a Serious Earthquake

For 7-10 days after a strong earthquake, there is a higher risk that another earthquake of similar strength can follow, so be extra careful! Earthquakes also raise the danger of landslides and rockslides. An earthquake of 6-Lower on the shindo scale also poses a risk of landslides and causing buildings to collapse.

Early earthquake warning

The early earthquake warning (*kinkyū jishin sokuho*) is a system that tries to warn the public as early as possible of a possible major tremor caused by an earthquake that has just occurred. You should think about what you can do in the short space of time from when you see or hear an early earthquake warning (*kinkyū jishin sokuho*). There are only a few seconds or tens of seconds from the time you hear or see a warning until the major tremor begins. The warning together with a warning signal is given on TV, radio and on mobile phones which can receive the warning and on your municipality's disaster prevention radio warning system. You should protect yourself as best as possible for as long as the strong tremors continue. After the tremors have subsided, act as calmly as possible.



Tsunami

A tsunami is a large wave caused by an earthquake. If an earthquake occurs in the Hyuga-nada Sea or in the Nankai or Tōnankai trough areas (or in all three at the same time), there is a strong possibility that the resulting tsunami could cause serious damage along the coast of Miyazaki.

If an earthquake happens and causes a tsunami to approach the coast of Miyazaki Prefecture, depending on the location of the earthquake, the tsunami would typically hit the coast within a few to 10-15 minutes. If an earthquake occurs in the ocean, the following warnings will be issued:

	Tsunami's expected height		Action that should be taken
	Numerical Indicator Announcement (Announcement Standard)	Announcement when an enormous earthquake occurs	
Large tsunami warning <small>tsu nami kei hou</small> 大津波警報	Over 10m (height > 10m)	Giant <small>kyo dai</small> 巨大	People along the coast or on riverbanks should immediately evacuate to higher ground (takadai), or the roof of a tall building. Since several tsunami can strike one after the other, remain on high ground until the tsunami warning has been lifted.
	10m (height > 5m, ≤ 10m)		
	5m (height > 3m, ≤ 5m)		
Tsunami warning <small>tsu nami kei hou</small> 津波警報	3m (height > 1m, ≤ 3m)	High <small>taka i</small> 高い	<div style="background-color: red; color: yellow; padding: 5px; text-align: center;"> Do not think that where you are is safe. Evacuate to a higher place. </div> People who are in the sea should immediately get out and evacuate from the seaside. Do not enter the sea or go near the seaside until after the tsunami caution has been cancelled.
Tsunami caution <small>tsu nami chu i ho</small> 津波注意報	1m (height ≥ 20cm, ≤ 1m)	Not given	

From: *Tsunami keihō ga kawarimasu* ("Tsunami Warnings will Change"), published by the Japan Meteorological Agency

Don't look back! Don't go back! Keep both hands free! Don't go to look at the sea!

If you are on the seafont and feel a large tremor or shaking



If you are on the coast when an earthquake happens, it is better to get somewhere higher up than to move further away

If you hear a tsunami warning (*tsunami keihō*) or siren:



If a tsunami warning is announced but you don't feel a tremor (shaking), evacuate as quickly as possible

If you hear a call to evacuate ...



Since several tsunami can strike one after the other, even if you have evacuated to higher ground, do not immediately assume that where you are is safe.

If you come to the seafont ...



Check where evacuation areas are and routes to them.



Confirm how you can obtain information from the TV, radio or local authority's disaster prevention warning radio system, and pay attention to the information.

From: *Anata wo mamoru bōsai jōhō* ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office

If you live by the sea, check your local area's hazard map and find out where the tsunami evacuation areas are! Look for these signs:



Tsunami caution

A warning for an area where there is a danger of a tsunami because an earthquake has happened.

Tsu nami chu i ho
津波注意報



Tsunami evacuation area

An elevated area which is safe to evacuate to if there is a tsunami

Tsu nami hi nan ba syo
津波避難場所



Tsunami evacuation building

These are buildings in area where there are no elevated places, such as hills, etc, in which you can evacuate

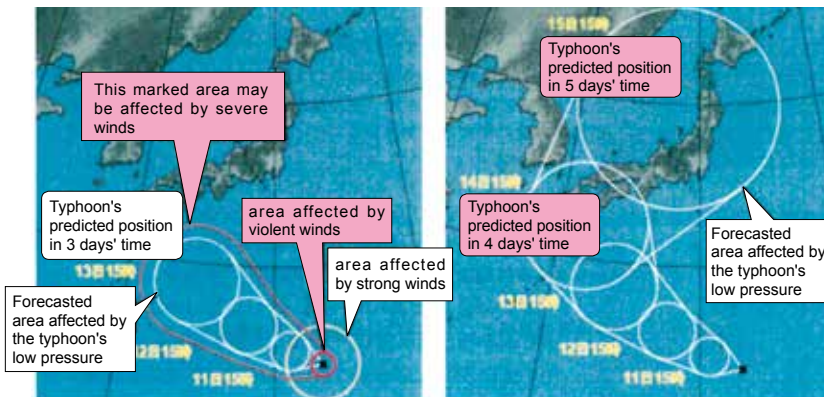
Tsu nami hi nan bi ru
津波避難ビル

Typhoons

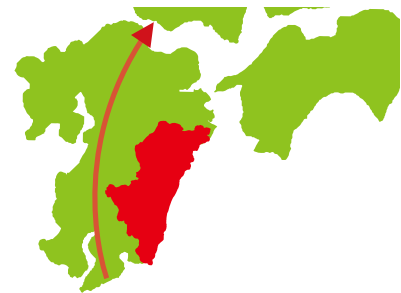
A typhoon is a tropical storm system that brings strong winds and heavy rain. Typhoons frequently hit Japan during the Summer and Autumn, coming from the south and progressing in a northeasterly direction. Miyazaki Prefecture gets a lot of typhoons, and almost every year they cause damage.

Almost every year, heavy rain and strong winds brought by typhoons cause damage in Miyazaki Prefecture. The size of a typhoon is defined as the radius of the area affected by winds of 15m/s or more - this area is referred to as *kyōfū iki* in Japanese.

The 'strength' of a typhoon is defined by the maximum speed of the wind around the inner part of this area. An area with severe winds (of over 25m/s) is called a *bōfū iki*. The very center of a typhoon is called the "eye" ("*taifū no me*" in Japanese). There is almost no rain or wind in the eye of a typhoon, but the area directly around it contains a lot of strong wind and rain, so it is important to stay alert until the typhoon has passed completely.



From: *Anata wo mamoru bōsai jōhō* ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office



If a typhoon passes through Miyazaki Prefecture from the west (following the arrow in the diagram), it brings a lot more rain than usual, so make sure to take precautions. You can check the typhoon's position and predicted course on the weather forecast.

The weather forecast shows the typhoon's predicted path and position in 3 and 5 days' time

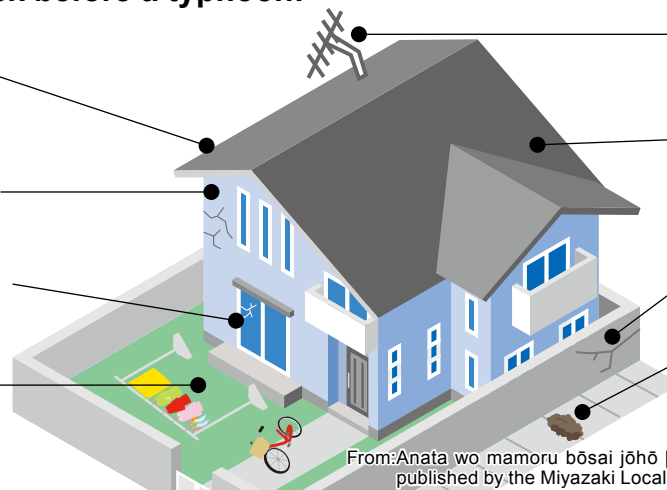
Things to check before a typhoon:

Are gutters clear of leaves and soil?

Are there any cracks in outer walls or are any parts of them ready to peel off?

Are there any cracks in the window glass? Is the frame secure?

Are there any items on the balcony (veranda) or in the garden that may be blown away?



Is the TV antenna securely fixed?

Are the roof tiles in the right position? Are any of them loose or cracked?

Are there any cracks or is there any damage in brick walls?

Is there any garbage or soil blocking the drains?

From: *Anata wo mamoru bōsai jōhō* ["Disaster Information to Protect You"], published by the Miyazaki Local Meteorological Observatory/Earthquake

If a Typhoon Approaches...

- Before the wind picks up, make sure to clear away and secure anything around the outside of your home that may blow away (such as potted plants or clotheslines).
- Close storm shutters
- Fill the kettle, bathtub and any plastic tanks or similar containers you may have with water in case the supply is cut off.
- If there is a risk of flooding, make sure to move any important items as high up as possible.
- Avoid going outside unless absolutely necessary. In particular, stay away from rivers, gutters, drains and cliff edges.

※ If you feel in any danger, evacuate right away.

Heavy rain

Attention must be paid to heavy rain, too. The amount of rain that falls during the rainy season (June July), as well as that with typhoons in September and October is much heavier compared with long ago.

Rain from typhoons and the rainy season has caused serious damage in Miyazaki, such as causing rivers to overflow, houses to flood, and landslides on mountains and hillsides.



Oyodo River overflow (Miyazaki City)



Along National Route 269, Yamanokuchi

(Photo provided by the Crisis Management Division, Miyazaki Prefectural Government)

Pay attention to any information from the Japan Meteorological Agency and your Local Government, and act quickly to ensure your safety and protect those around you!

<p>Regularly;</p> <p>Potentially heavy rain starts falling</p>	<ul style="list-style-type: none"> • Check the weather forecast and local conditions. • Be aware of possible dangerous spots. • Make sure you know the location of your nearest emergency shelter and how to get there. 	
<p>If the rain gets heavier...</p> <p>Advisory chu i ho 注意報</p>	<ul style="list-style-type: none"> • Pay close attention to the latest updates, and prepare for the worst. • People in areas that are strongly by the wind and rain, and those who need more time to evacuate should act quickly! • Check your emergency supplies, where your nearest emergency shelter is and how to get there. 	
<p>If heavy rain continues...</p> <p>Warning kei ho 警報</p>	<ul style="list-style-type: none"> • Pay attention to any announcements about evacuation from your local Government, and evacuate quickly if asked to do so. 	
<p>If condition do not improve, or get worse... State of Emergency</p> <p>Emergency Warning tokubetsu kei ho 特別警報</p>	<ul style="list-style-type: none"> • Take whatever action is necessary to ensure your safety! • Follow any evacuation orders or advisories from your local Government, and head straight to your nearest emergency shelter! • If it is too dangerous to go outside, move to the safest place in your home. 	

Compiled based on the leaflet "Emergency Warning System," published by the Japan Meteorological Agency.



Please see the next page for a table showing what you should do in the event of heavy rain or a landslide.

Landslides

Japan has a lot of steep hills and mountains, which can be prone to dangerous landslides, rockslides and mudslides after typhoons, heavy rain or earthquakes.

Learn the warning signs that indicate a potential landslide.

If you notice anything unusual, don't wait for an advisory or order - evacuate immediately.

These things indicate a potential risk of a rockslide from a cliff:



- Small stones roll down the cliff.
- Water flows from the face of the cliff.
- Cracks appear in the cliff.

These things indicate a potential risk of a landslide:



- A rumbling sound is heard from the hill or mountain.
- River water becomes murky and branches and tree trunks flow down from upstream.
- The water level in the river falls suddenly.

These things indicate a potential risk of a mudslide:



- Well water becomes murky.
- Cracks and collapsing occur in the ground surface.
- Water in lakes or marshes changes.

From: *Anata wo mamoru bōsai jōhō* ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office

Make sure to check if there are any areas at high risk of landslides near where you live.

*You can check the hazard map from your local city, town or village hall.

The new warning level system for floods and landslides:

Everyone should evacuate if you see a level 4 warning!

Warning Level:	Official Instructions:	What you should do:
Warning Level 1	Early Warning Information [Issued by the Japan Meteorological Agency] so ki chu i jō hō 早期注意情報	Be aware and alert for possible disasters
Warning Level 2	Rain/Flood Advisory [Issued by the Japan Meteorological Agency] ō-ame / kō zui chu i hō 大雨・洪水注意報	Check and prepare evacuation measures
Warning Level 3	Evacuation Preparation Information [Issued by Local Governments] hi nan jun bi / kō rei sha tō hi nan kai shi 避難準備・高齢者等避難開始 Heavy Rain/Flood Warning [Issued by the Japan Meteorological Agency] ō-ame / kō zui kei hō 大雨・洪水警報	Elderly people, those with disabilities, newborn children and those who look after them should evacuate. Everyone else should prepare to evacuate.
Warning Level 4	(Urgent) Evacuation Order [Issued by local Governments] hi nan shi jī kō kyū 避難指示(緊急) Evacuation Advisory [Issued by local Governments] hi nan kankoku 避難勧告 Landslide Warning [Issued by the Japan Meteorological Agency] do sha sai gai kei kai jō hō 土砂災害警戒情報	Everyone should evacuate!
Warning Level 5	Disaster Information [Issued by local Governments] sai gai ha ssei jō hō 災害発生情報 Heavy Rain Emergency Warning [Issued by the Japan Meteorological Agency] ō-ametokubetsu kei hō 大雨特別警報	Take whatever action is necessary to ensure your safety!

If a disaster occurs suddenly, it may not be possible to issue the warnings in the order they appear in this table, and so an Evacuation Advisory or (Urgent) Evacuation Order may be issued straight away.

Tornados

Miyazaki Prefecture has the fourth largest number of tornados (spiraling violent wind storms) in the country. Tornados have been increasing in the plains along the coast of the Prefecture.

In Miyazaki Prefecture, many tornados are caused by typhoons. The pictures below show the danger and destructive force tornados possess.



(Photo provided by the Crisis Management Division, Miyazaki Prefectural Government)

If you see Cumulonimbus (storm clouds) developing, or if the wind gets stronger, get inside a sturdy building, keep away from windows, close the curtains and protect yourself.

If the following conditions occur, cumulonimbi (clouds) conditions which cause tornados may be approaching you.



- Dark black clouds approach, and the area suddenly becomes dark.
- A cool, shivering breeze blows. ● You can hear thunder, and see lightning.
- Large drops of rain or hail fall.

If a tornado approaches

Act quickly to ensure your safety!

What to do to protect yourself

If you are outdoors Take shelter beside a strong building and hunker down to make yourself as small as possible.

If you are outdoors Close shutters.

If you are outdoors Utility poles and even thick trees are dangerous because even these may be blown over.

If you are outdoors Storerooms, sheds, carpports, prefabricated (temporary) buildings and structures can all be dangerous places in a tornado.

If you are indoors Move to a room without windows on the first floor.

If you are indoors Close windows and curtains.

If you are indoors Stay away from under and around windows.

If you are indoors Get under a desk or strong table and make yourself as small as possible.

From: *Anata wo mamoru bōsai jōhō* ("Disaster Information to Protect you"), published by the Miyazaki Meteorological Office

Volcanoes

Japan has a lot of volcanoes. The eruption of the volcano Shinmoedake in 2011 caused severe damage, and served as a reminder that volcanic eruptions are a close and present threat.

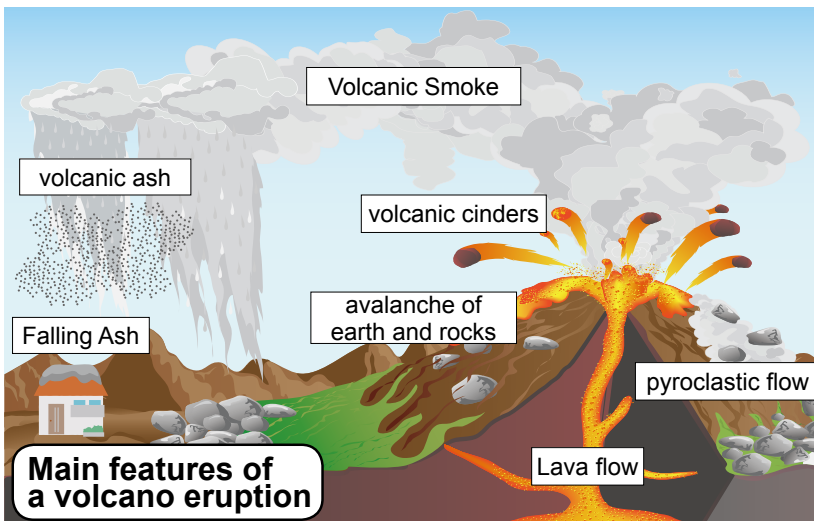
The most active volcanoes in Miyazaki are a group in the Kirishima mountain range on the border of Miyazaki and Kagoshima Prefectures. Among these, Ohachi and Shinmoedake are the most active. These photos show the situation in Takaharu when Shinmoedake erupted in January and February, 2011:



(from Takaharu Town's Website)

- The best way to protect yourself from a volcanic eruption is to stay informed with accurate, up-to-date information.
- Check for updates on the news on TV and on the radio, announcements from the Japan Meteorological Agency, and your local Government.
- Make sure you know where your nearest evacuation shelter is.
- Your local Government will make an announcement if it is necessary to evacuate or to prepare to do so.
- It is safer to remain indoors to avoid the danger of falling ash and **sonic vibrations** caused by the eruption.
- **Sonic vibrations** can break glass, so stay away from windows and doors.

After an explosive event like a volcanic eruption, sonic vibrations (called "kūshin" in Japanese) travel through the air and can shake or even smash windows. When Shinmoedake erupted in 2011, windows shook as far away as Miyazaki City.



When you go outdoors, wear a mask and goggles to protect your throat and eyes from volcanic ash. Also, you should wear a helmet to protect your head from falling stones shot into the air by the eruption.



Volcanic Eruption Warning Level 噴火警戒レベル

Forecast 予報 (yo hō)	Warning 警報 (kei hō)		Emergency Warning 特別警報 (tokubetsu kei hō)	
Volcanic Forecast	Volcanic Warning (Near Crater)		Volcanic Warning (for Residential Areas)	
Level 1	Level 2	Level 3	Level 4	Level 5
Be aware that the volcano is active	Do not approach the crater	Do not approach the volcano	Prepare to evacuate	Evacuate

📞 119 / Fire / Emergencies

If you see something on fire:

- Shout out in a loud voice to let the neighbors know there is a fire.
- If you can't shout, bang a bucket or something that will make a loud noise.
- Put out the fire as quickly as possible! But if you think it is impossible, get away quickly!
- Learn how to use a fire extinguisher at fire drills so you can use one when necessary!

● Call 119 (The number is the same for calling an ambulance) -----

- Take a long deep breath to calm yourself down before you make the call.
- You can also make a call from a mobile phone. The call is free of charge.
- The use of fire engines and ambulances is free of charge. Ambulances cannot be used for minor injuries or illnesses.

Calling 119 and What information to give



Kaji desu.

There is a fire.

Watashi no ie ga moeteimasu.

My house is on fire.

Biru ga moete imasu.

A building is on fire.



Kyu kyu desu.

This is an emergency.

Kazoku ga taore mashita.

A member of my family has collapsed.

Kega wo shita hito ga imasu.

There is an injured person.

1. Basyo wa XXXXXXXX.XXXXcho, XXXXshi desu. Chikakuni XXXXXXXX ga arimasu.

"The location is 0-00, XXXX-cho, Xxxx City. There is a _____ nearby."

(Inform the officer of your location, where the fire/accident occurred. If there is a building or other object nearby that would be a useful landmark, describe it.)

2. Watashi no namae wa XXXXXX. Denwa bango wa 000-0000-0000 desu.

"My name is Xxxxx. My phone number is 000-0000-0000."

● If you are caught in a fire .. -----

- When trying to escape a smoke-filled area, keep as low as possible and cover your nose and mouth with a towel or similar item.
- Let elderly people, small children and ill people escape first. Once you have escaped, do not return to get possessions!

📞 110 / Accidents / Crimes

● Call 110 (police) -----

- You can also make a call from a mobile phone. Making a 110 call is free of charge.
- When you make a 110 call, don't panic, remain calm. Ask someone nearby for help. It is important to give accurate information.

Calling 110 (police and what information to give)



1. Tell the officer what has happened to you. Ex. **Jiko desu.** (There's been an accident.)

2. Tell the officer when it happened. **Jiken desu.** (There's been a crime.)

3. Tell the officer where it happened. **Dorobo desu.** (There's been a robbery.)

Ex. **XXXXcho, XXXXshi desu.** (In Xxxx-cho, Xxx City.)