

# Useful disaster prevention tips everyone should know

## 1 Keywords

漢字	Romanji	English
自然災害	Shizen Saigai	Natural Disaster
地震	Jishin	Earthquake
津波	Tsunami	Tsunami
台風	Taifū	Typhoon
雨	Ame	Rain
豪雨	Gōu	Heavy Rain
被害想定	Higai Sōtei	Estimated Damage

漢字	Romaji	English
注意報	chuihō	Advisories
警報	Keihō	Alerts
特別警報	Tokubetsukeihō	High-level Alerts
緊急地震速報	Kinkyū Jishin Sokuhō	Earthquake Early Warning
避難勧告	Hinan Kankoku	Evacuate Advisory
緊急避難	Kinkyū Hinan	Emergency Evacuation
避難所	Hinanjo	Shelter

## 2 Where to find information

In case of natural disasters such as earthquake, typhoon or heavy rain, try to get information on TV, radio or websites.



Nagoya International Center	Telephone Service	Nagoya Evacuation Guide & Hazard Map
<p>NIC Official Website</p>  <ul style="list-style-type: none"> <li>• Consultation in multiple languages</li> </ul> <p><b>TEL : 052-581-0100</b> →English, Chinese, Korean, Spanish, Portuguese, Filipino, Vietnamese, Nepalese, and Plain Japanese <ul style="list-style-type: none"> <li>• Evacuation information in multiple languages</li> </ul> <p>NIC Evacuation Information</p>  <ul style="list-style-type: none"> <li>• Information is also available on Facebook.</li> </ul> <p>NIC ひなんしょうほう 🔍</p> </p>	<p>You can hear information that is broadcasted through disaster prevention speakers with your phone.</p>  <p>Alert Level 4 Evacuation Advisory</p> <p>Japanese : 0180-995-926 English : 052-957-9260 Chinese : 052-957-9261 Korean : 052-957-9262</p>	<p>Maps showing areas you should avoid and areas you should evacuate to.</p>  <p>Nagoya City Disaster Prevention Map 🔍</p>
	<p>Safety Tips</p> <p>Emergency information in 14 languages including English, Chinese, Korean, Spanish and Portuguese is available on the Safety Tips App.</p> <p>App Store Google Play</p>  	<p>Nagoya City Disaster Prevention App</p> <p>You can use the map also on your smartphone. Also available in English and Chinese</p>  <p>Free download. App Store Google Play</p>  

### 3 Earthquakes: since Japan is prone to earthquakes; always be prepared

#### ○Earthquake Advisory

You will be informed of a quake threat on TV or by email just before the earthquake occurs. After receiving an earthquake advisory, protect yourself by hiding under a table.



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#### (1) What to do in case of an earthquake

##### ●When you are home

- Protect your head from falling objects by hiding under a table or putting cushions, books or bags on your head.
- Keep your distance from glass such as windows and doors.
- Evacuate outside when the quake has stopped.
- Stop the gas and flip the breaker to avoid fires.



##### ●When you are outside

- Glass, brick walls or signs may fall. Keep your distance from buildings.



##### ●When you are near the sea or a river

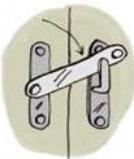
- A tsunami may hit your area. Move away from the sea and rivers immediately. Evacuate to a higher area or a building such as a Tsunami Evacuation Building (A building designated to shelter you when a tsunami hits)



#### (2) Make sure that TVs, furniture and other objects in your house will not fall

You are advised not to place large furniture in your bed room.

- ① Fix a metal fitting on the door to prevent objects stored inside from falling.



- ② Outfit your refrigerator with a stabilizing device.



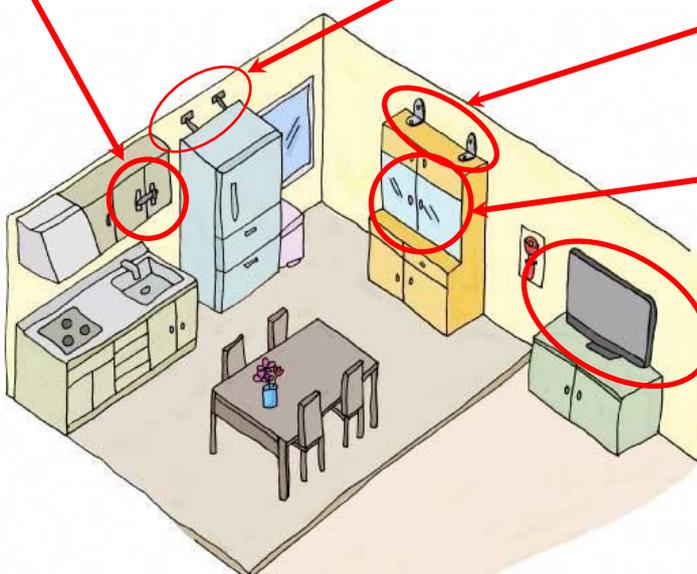
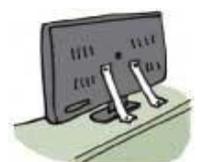
Stabilizing devices are available at home centers.

- ③ Fix large furniture on the wall and ceiling with L-shaped guides to prevent them from falling.

- ④ Fix a special film to prevent glass from shattering.



- ⑤ Fasten belts and sticky mats to prevent your television from falling.



## 4 Typhoon and Heavy Rain Disasters

During the period between June and October, Japan is often inundated with heavy rains and typhoons. Torrential rain will be expected within a short period of time. Learn what you should do when it rains heavily or strong winds hit your area. Be prepared for typhoons and heavy rains.



- Check the latest news and weather information to know when a typhoon hits your area and when the rain and wind become strong.

### <Weather Advisories and warnings>

Advisory	An advisory will be issued when there is a threat of disasters. Check the latest news and pay attention to the outside. Check your evacuation kit, evacuation shelter and way to evacuate. Make sure you have moved all objects you placed outside. Prevent the strong wind from blowing them away.
Warning	A warning will be issued when there is a threat of severe disaster.
High-level Alerts	A high-level alert will be issued when a massive earthquake, heavy rain, strong wind or high tide could occur. Be prepared for a tremendous disaster.

- Check the latest news on TV, radio or websites if you need to evacuate.

### <Evacuation Information>

【Alert Level 3】 Evacuation Preparation & Evacuation of High- Risk Persons	The elderly, children, and others who may take time to evacuate should begin evacuation. Others should prepare for evacuation.
【Alert Level 4】 Evacuation Advisory	This alert will be broadcasted over a siren. Everyone should evacuate to a safe location as soon as possible..
【Alert Level 4】 Evacuation Order	Everyone must evacuate to a safe location immediately.
【Alert Level 5】 Natural Disaster Alert	Take immediate life-saving measures. Evacuate to as high of a location as possible within your, or a nearby, house.

- Remove lightweight objects placed outside and put important objects on a higher place.



## 5 Important tips for evacuating

- Evacuate to a park or a tall building when you are not safe at home.
- DO NOT drive your car to evacuate. Walk to evacuate.
- Evacuation shelter is available to everyone. There, you can receive food, water and the latest information on disasters.
- Elementary and junior high schools are used as evacuation shelters. Check in advance where your nearest designated emergency evacuation shelter and designated evacuation shelter is. Talk about where you evacuate in your family.

 Designated emergency evacuation shelter	 Designated evacuation shelter
<p>First place to go to protect your life from disasters                      &lt;Evacuation Shelter Signs&gt;</p>  <p>Evacuation shelters are:</p> <ul style="list-style-type: none"> <li>• vast parks in case of earthquake or fire</li> <li>• the top of schools or tall buildings in case of tsunami or floods.</li> </ul>	<p>A place you can stay at when your home not livable after disasters such as: earthquakes, tsunamis, and floods.</p> 

## 6 Stock up on Food and Water

You may lose: electricity, gas, and water during a natural disaster. Trains and buses may also become out of service. Stock up on enough food and water at home to last you for a week. Prepare a backpack with 3 days' worth of meals to bring with you during an evacuation.

<Items to have>

Food (Canned foods, non-perishables)

Water (3L per person per day)

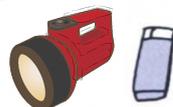
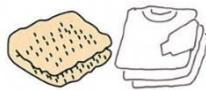
Medicine

Passport, Residence Card (外国人登録証), Health Insurance Card

Money, Copy of your checkbook, seal

Clothes, Towels

Flashlight, Lighter



Work gloves, Masks

Portable Radio

Portable Battery Pack

Wet wipes



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