

Disaster Prevention Handbook

English

ぼうさいが い ど えいごばん
防災ガイド／英語版



Nara Prefecture

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【Last Page】 Disaster Prevention Pocket Guidebook

ぼうさいほけつがいで
防災ポケットガイド

Print it out and fill in the necessary information.

Fold it up, put it in your wallet etc., and keep it with you at all times.

Image Sources:

Cover Photos: From “Our Disaster Prevention Strategies”, Nara Prefecture, Tenkawa Village (Top left); Ōtōchō, Gojo City (Center right) (Both taken during the 2011 Kii Peninsula Great Flooding)

出典 表紙写真 奈良県「わが家の防災対策」より左上 天川村、右中 五條市大塔町(いずれも紀伊半島大水害当時)

Seeking Disaster Language Volunteers!

For more information, visit <https://www.pref.nara.jp/67810.htm>



About Disasters

さいがい 災害について

Japan is a country with a lot of natural disasters including earthquakes, heavy rains and typhoons. Here in Nara Prefecture, various types of disasters have also occurred.

In order to minimize damage during natural disasters, it is important to be prepared on a daily basis, and act calmly in case of an emergency.

● Earthquakes じしん 地震

An earthquake is a shaking of the ground. Earthquakes that occur directly below Nara Prefecture can create strong local quakes. If a large earthquake does occur, buildings can collapse and many people can be killed or injured. It can also cause damage to roads, making travel by vehicles impossible. There may also be water, gas and power cuts, with people being cut off from food supplies or other life necessities.

Furthermore, earthquakes that occur at plate boundaries off the coast of the Japanese archipelago (such as the anticipated Nankai Trough Megaquake) may lead to quakes affecting large areas and could cause tsunami on the coast.

The probability of the Nankai Trough earthquake is estimated at around 60 to 90% or higher within the next 30 years.



和歌山県「津波から逃げ切るために」を編集
Revision of "To Outrun a Tsunami", Wakayama Prefecture



気象庁「阪神・淡路大震災写真集」より
Source: "Great Hanshin-Awaji Earthquake", Japan Meteorological Agency

● Rainstorms/Typhoons おおあめ たいふう 大雨・台風

Typhoons are a combination of strong winds and heavy rainfall that can lead to flooding and landslides. It is important to pay attention to weather broadcasts to ensure early action is taken when required.

● Landslides どしやさいがい 土砂災害

Landslides can occur along with heavy rainfall, typhoons and earthquakes. Large amounts of earth and rocks from mountains or valleys mixes with water and flows down the slope.



↑ Landslide in Nosegawa Village

Photos of the Kii Peninsula
Great Flooding (2011)



↑ Flooding in Tenkawa Village

奈良県「紀伊半島大水害の記録」より
Source: "Record of the Kii Peninsula Great Flooding", Nara Prefecture.

《Evacuation Sites/Centers》 ひなんばしょ 避難場所(にげるところ)を知る

- Evacuate to a “Designated Emergency Evacuation Site” or a “Designated Evacuation Center” if an evacuation order, etc. (→p12) is issued or your home is no longer safe to stay in due to a disaster.
- Obtain a disaster prevention map from your municipal office. Check in advance the location of the evacuation sites/centers in your area, and record their names in the Disaster Prevention Pocket Guidebook on the last page of this book.

Designated Emergency Evacuation Site

A place you can go to in case of an emergency caused by a natural disaster.

An open space, park, etc.



Designated Evacuation Center

A place you can stay for a certain period until it is safe again.

Buildings such as primary schools, middle schools, high schools, community centers, etc.



★An evacuation center is a location where many people can live together and receive water, food, and important information.

People have different lifestyles, so we should do our best to prevent the spread of infection and respect each other's customs while at the evacuation centers.

《Helpful Apps and Websites in the Event of Disaster》

ぼうさいあぷり うえぶさいと しら
防災アプリやウェブサイトを調べましょう

● App あぷり アプリ

Download the app for disaster preparation.

Safety Tips ... Disaster information app for foreigners provided by the Japanese Government

iOS



Android



Available Languages:

English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese, and Mongolian

● Websites うえぶさいと ウェブサイト

Bookmark the following websites for disaster information.

Nara Prefecture Homepage Disaster Prevention Portal

... Provides information on weather, disasters, roads, etc. for Nara Prefecture. Information is available in multiple languages including English and Indonesian.

<http://www.bosai.pref.nara.jp/pc/topdis-nara.htm>



Japan Meteorological Agency Homepage

... Provides weather and disaster information for the entire country. Information is available in multiple languages including English and Indonesian.

<https://www.jma.go.jp/jma/indexe.html>



NHK WORLD JAPAN

... Provides the latest news and emergency information about earthquakes and tsunami in 21 languages including easy Japanese, English and Indonesian.

https://www3.nhk.or.jp/nhkworld/en/multilingual_links/



Community FM Channels

NHK-FM	87.4MHz (Nara City area), 83.4 MHz (Ikoma City area), 89.0 MHz (Gojo City area), 88.5 MHz (Uda City area), etc.
Nara Dot FM	78.4MHz (Northern part of Nara Pref. (Around Nara City, Ikoma City, Yamatokoriyama City and Tenri City))
FM 81.4 (haiho)	81.4MHz (Oji Town area)
FM Gojo	78.0MHz (Gojo City area)
FM YAMATO	77.5MHz (Around Yamato-Takada City, Kashihara City, Gose City, Katsuragi City, Kashiba City and Koryo Town)
FM Mahoroba	79.5MHz (Around Tenri City, Kashihara City, Sakurai City, Kawanishi Town, Miyake Town, Tawaramoto Town, Takatori Town and Asuka Village)

and more.

Safety Confirmation

《Decide in Advance How to Contact Each Other》

れんらく ほうほう き

連絡をとる方法を決めておきましょう

Discuss with your family, friends, etc. in advance about how to contact each other in the event of a disaster.

●Disaster Message Board (Mobile phone, Smartphone, PC)

In the event of a major disaster, such as an earthquake with a seismic intensity of 6 or above, you can use the Disaster Message Board provided by mobile carriers, allowing you to confirm the safety of your family members, relatives and friends using your smartphone or PC.

Please check the details of the service on the website of each carrier.

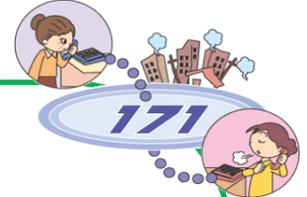
(Available languages: Japanese, English, Chinese, Korean)

<p>NTT Disaster Message Board (web171)</p>	<p>https://www.web171.jp</p> 
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This is a message board where you can post and check safety status and other information in text format over the Internet.

NTT Disaster Emergency Message Dial (171)

This service will be available when phone service is down during disasters. If you cannot contact your family members, call 171 to leave or listen to a voice message.



Dial **1** **7** **1**

▼ Listen to the prompt (Japanese only) ▼

To record, dial **1**

To play back (listen to the message), dial **2**

▼ Listen to the prompt (Japanese only) ▼

Dial the telephone number of the person in the disaster-stricken area that you want to contact (For landlines, start with the area code).

(0000) 00 - 0000

▼ Listen to the prompt (Japanese only) ▼

1 (Record or play back)

▼ Listen to the prompt (Japanese only) ▼

9 (End)

8 (Repeat the message (only when the message is being played back))

《Item Checklist for Evacuation and Stockpile》

に 逃げる とき に 持つ 物 ・ 家庭 に 備蓄 する 物

Prepare enough emergency food/water/supplies for all family members to survive for at least three days. Check your stockpiles at least once a year.

<input type="checkbox"/>	Drinking water (about 3L per person per day) の みず 飲み水(1人1日3リットルくらい)	<input type="checkbox"/>	Cash かね お金
<input type="checkbox"/>	Vacuum-packed food, canned food, snacks, etc. れ と り と し ゃ く ひ ん か ん づ め か し レトルト食品/缶詰/お菓子	<input type="checkbox"/>	Cash card, bankbook, stamp き や つ し ゅ か ー ど ・ つ う ち ょ う ・ い ん か ん キャッシュカード・通帳・印鑑
<input type="checkbox"/>	Mobile batteries, smartphone chargers も ば い る ば っ て り ー す ま ー と ふ お ん じ ゅ う で ん き モバイルバッテリー、スマートフォンの充電器	<input type="checkbox"/>	Copy of insurance card け ん こ う ほ けん し ょ う こ ぴ ー 健康保険証のコピー
<input type="checkbox"/>	Batteries で ん ち 電池	<input type="checkbox"/>	Passport ぱ す ぽ ー と パスポート
<input type="checkbox"/>	Gloves (work gloves) て ぶ くる ぐ ん て 手袋(軍手)	<input type="checkbox"/>	ID (Residence card, etc.) ざ い り ゅ う か ー ど 在留カードなどのID
<input type="checkbox"/>	Household medicines く す り じ ょ う び や く い ち ょ う や く き ず ぐ す り 薬(常備薬・胃腸薬・傷薬)	<input type="checkbox"/>	Toothbrush, toothpaste は 歯 ぶ ら し は み が こ 歯ブラシ・歯磨き粉
<input type="checkbox"/>	Thermometer たい お ん け い 体温計	<input type="checkbox"/>	Wet wipes う え っ と て い っ し ゅ ウェットティッシュ
<input type="checkbox"/>	Flashlight かい ち ゅ う で ん とう 懐中電灯	<input type="checkbox"/>	Emergency toilet kits け い たい と い れ 携帯トイレ
<input type="checkbox"/>	Aluminum emergency blankets ほ お ん あ る み し ー と 保温アルミシート	<input type="checkbox"/>	Duct tape/curing tape が む て ー ぶ よ う じ ょ う て ー ぶ ガムテープ・養生テープ
<input type="checkbox"/>	Towels た お る タオル	<input type="checkbox"/>	Candle, lighter, a box of matches ろう そ く ・ ラ イ タ ー ・ マ ッ チ ろうそく・ライター・マッチ
<input type="checkbox"/>	Clothes (winter clothes, etc.), underwear ふ く ぼ う か ん ぎ し た ぎ 服(防寒着など)・下着	<input type="checkbox"/>	Memo pad, pen め も よ う し ぺ ん メモ用紙・ペン
<input type="checkbox"/>	Sanitary items, first aid kit せ い り よ う ひ ん き ゅ う き ゅ う よ う ひ ん 生理用品・救急用品	<input type="checkbox"/>	Knife な い ぶ ナイフ
<input type="checkbox"/>	Plastic bags び に ー る ぶ くる ビニール袋	<input type="checkbox"/>	Can/bottle opener か ん き せ ん ぬ 缶切り・栓抜き
<input type="checkbox"/>	Masks, hand sanitizer ま す く し ゅ し し ょ う ど く ざ い マスク・手指消毒剤	<input type="checkbox"/>	Newspaper し ん ぶん し 新聞紙
<input type="checkbox"/>	Blankets も う ふ 毛布	<input type="checkbox"/>	Radio ら じ お ラジオ

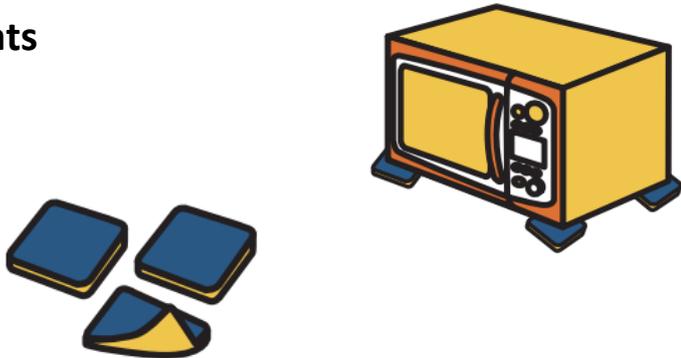
If you have a baby, your emergency kit should include: diapers, baby wipes, the Maternal and Child Health Handbook, baby food and formula.

《Furniture Fall Prevention Goods》かぐこていぐっずしょうかい家具固定グッズの紹介

The following items are designed to prevent furniture from falling over when the house shakes due to an earthquake.

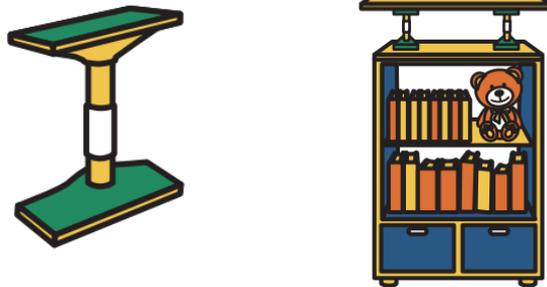
●Earthquake-resistant gel mats

These are adhesive mats. Attach them to the bottom of appliances etc. that may fall over to hold them in place.



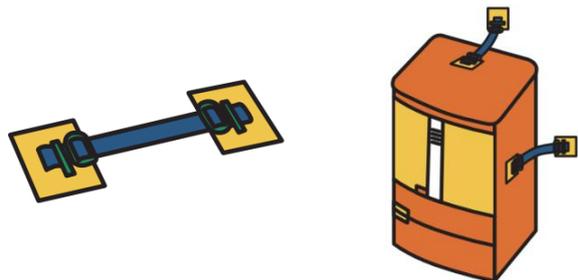
●Tension Poles

Install the poles between the ceiling and the furniture to keep the furniture in place.



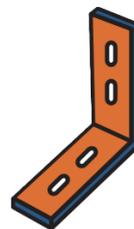
●Fall Prevention Belts

Use to affix the sides and top of furniture to the wall.



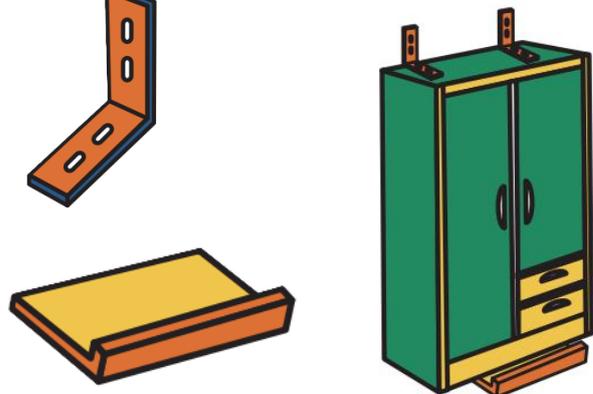
●L-shaped metal bracket

Use to affix furniture to the wall with screws.



●Stopper

Place under furniture to prevent falling.



○In addition to installing the above, participate in disaster drills to be sure about what to do in the event of a disaster.

What to Do in a Disaster さいがい お 災害が起きたら

《Tips to Protect Yourself during an Earthquake》 じしん 地震

Earthquake Early Warnings (EEW)

Earthquake Early Warnings are prompt alerts issued by JMA. The warning is provided through the disaster prevention administration radio system (large speakers set up in towns), TV, radio, smartphones, etc. Just before an earthquake, your smartphone will play a warning: “Mamonaku ookina yure ga toutatsu shimasu” (There will be a large quake shortly). When you hear this warning, please evacuate to a safe location.



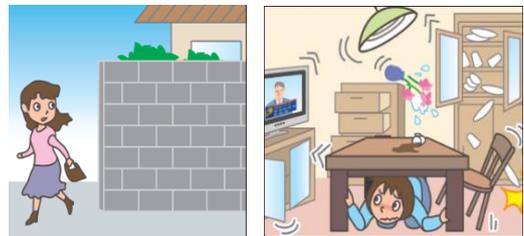
au: Sample alarm sound when receiving the EEW (with guidance) for smartphones (https://www.youtube.com/watch?v=0DGAuxO_YWE)

●At Home

- Protect your head and seek shelter under a table while shaking is occurring.
- Wait until shaking stops, then check the gas valves and stove.
- Don't rush outside.

●Outdoors

- Stay away from concrete-block walls, as they may collapse.
- Watch out for falling signs and broken glass.



●In Public Buildings

- Follow the instructions of facility staff. •Don't rush for the exit.

●In the Car

- Carefully stop the car on the left side of the road to leave room for any ambulances or fire trucks.
- Leave the car keys inside and, without locking the doors, get out and walk to safety.

●On Buses or Trains

- Follow the instructions of the driver(s) and conductor(s).

●In the Case of Fire

- Put out the fire with water or an extinguisher if it is not too dangerous to do so. If you feel you are in danger, evacuate immediately.
- Inform people around you about the fire.

気象庁「地震と津波 その監視と 防災情報」(R6.2)

気象庁「地震と津波(防災と減災のために)」より

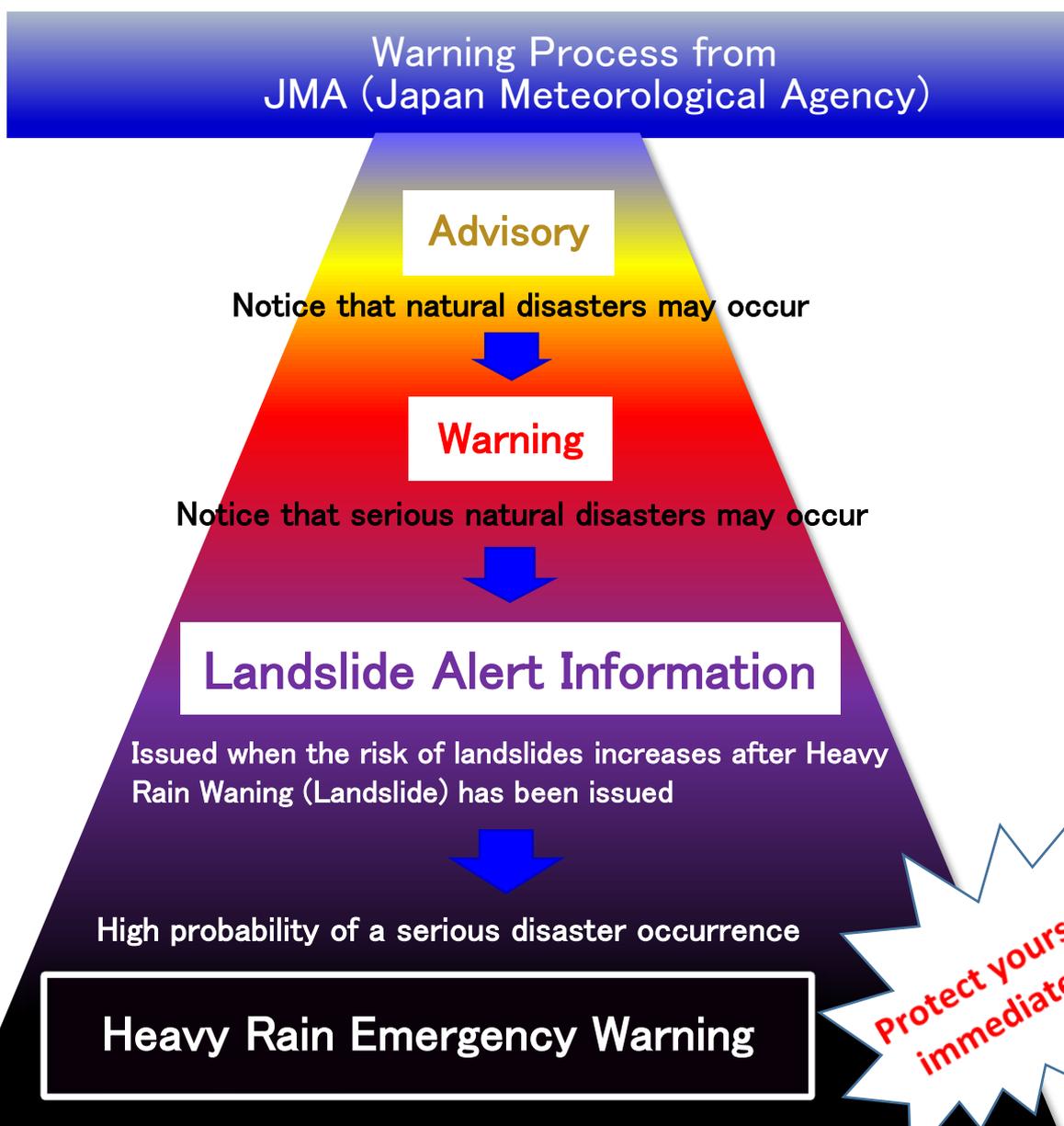
"Earthquakes and Tsunami - Observations and Disaster Prevention Information" (Feb 2024).

From "Earthquakes and Tsunami (For Disaster Prevention and Mitigation)", JMA.

《What to Do When a Rainstorm/Typhoon is Coming》

おおあめ たいふう
大雨や台風

- Check the TV and/or internet for the most recent weather information from the Meteorological Agency if a rainstorm is forecast or a typhoon is heading your way.
- Make sure to access evacuation information from your municipal government.



- During a typhoon, strong winds can blow away loose objects.
- Clean up your gardens and balconies, and move all loose objects inside in advance.
- Stay at home during strong winds.
- Do not go near mountains, rivers or oceans.

Evacuation Information ひなんじょうほう 避難情報

Information about evacuation may be issued from your municipal government, so be sure to check it on your smartphone or the TV (→ p4). Even if no information has been issued by your municipal government, rivers can overflow due to rain, houses can be flooded and landslides may occur. If it happens, evacuate to a safe place such as an evacuation site (→ p3).

Alert Level	Information	Action to be Taken
Level 5	Emergency Safety Measures	Life-threatening situation, ensure safety immediately!
<Be sure to evacuate before the Alert Level reaches 4!>		
Level 4	Evacuation Order	All residents should evacuate from affected areas immediately.
Level 3	Evacuation of the Elderly, etc.	Elderly people, those with disabilities, and others who may need more time to evacuate should evacuate from affected areas.
Level 2	Heavy Rain/Flood Warning	Check the hazard map to verify how and where you should evacuate in the case of an emergency.
Level 1	Early Warning Information	Enhance readiness for the disaster.

- **Once an evacuation order is issued, evacuate immediately to a safe place such as an evacuation site (→ p3).**
- **When leaving the home is dangerous, move to the safest part of your house (2nd floor, etc.).**
- **Do not go near windows if inside a building!**

Disaster Terminology

さいがいようご さいがい
災害用語(災害のことば)

Category 区分	Japanese 日本語			English 英語	
		Pronunciation よみ方	Easy Japanese やさしい日本語		
In cases where danger is imminent 危険がせまった時	避難	ひなん	Hinan	にげること	Evacuation
	避難指示	ひなんしじ	Hinan-Shiji	にげてください	Evacuation order
	避難場所	ひなんばしょ	Hinanbasho	さいがいのとき、にげるところ	Evacuation site/center
	避難所	ひなんじょ	Hinanjo	にげたあと せいかつできるところ	Evacuation center/shelter
	安否確認	あんぴ かくにん	Anpi-kakunin	そのひとが だいじょうぶか どうか しらべます	Safety confirmation
Weather 気象	早期注意情報	そうき ちゅうい じょうほう	Soki-chuijoho	「こんごの じょうきょうに ちゅうい」という おしらせ	Early Warning Information
	注意報	ちゅういほう	Chuihou	あめ、かぜ、つなみ などが「あぶない」という おしらせ	Advisory
	警報	けいほう	Keihou	あめ、かぜ、つなみ などが「とても あぶない」という おしらせ	Warning
	危険警報	きけん けいほう	Kiken-keiho	「ぜんいん あぶないところ から にげて」という おしらせ	Urgent Warning
	特別警報	とくべつけいほう	Tokubetsu-Keihou	「けいほうより とてもあぶない とくに きをつけてください」という おしらせ	Emergency Warning
	暴風雨	ぼうふうう	Boufuu-u	とても つよい あめと かぜ	Severe rainstorm
	暴風域	ぼうふういき	Boufuuiki	とても つよい かぜが ふく ところ	Severe storm area
Earthquakes 地震	震源	しんげん	Shingen	じしんが おきた ところ	Epicenter
	震度	しんど	Shindo	じしんの ゆれの つよさ・おおきさ (0~7まで あって 7が いちばん つよい・おおきい)	Seismic intensity (Scale/magnitude of an earthquake)
	余震	よしん	Yoshin	おおきな じしんの あとに おこる じしん	Aftershock
	耐震性	たいしんせい	Taishinsei	じしんに たえる ちから	Earthquake resistance

Category 区分	Japanese 日本語			English 英語	
		Pronunciation よみ方	Easy Japanese やさしい日本語		
Rainstorms/ Typhoons 大雨・台風	崖崩れ	がけ くずれ	Gake- kuzure	やまで、つちや いしが おちます	Landslide, Massive collapses
	土砂 崩れ	どしゃ くずれ	Dosha- kuzure	じしん、あめで やまの つち が きゆうに くずれおちること	Landslide, Rock/mudslide
	洪水	こうずい	Kouzui	あめが たくさんふり、かわ のみずが あふれること	Flood
	氾濫	はんらん	Hanran	あめが たくさんふり、かわ の みずが あふれること	Flooding
	浸水	しんすい	Shinsui	いえの なかに みずが はいること	Inundation
Life 生活	ライフ ライン	らいふ らいん	Lifeline	すいどう、でんき、 がす、でんわなど	Essential utilities, necessities
	断水	だんすい	Dansui	すいどうを つかうことが できません	Water outage
	給水	きゆうすい	Kyuusui	みずを もらう ことが できます	Water supply /water service
	非常食	ひじょう しょく	Hijou- shoku	さいがいの ときの ために じゅんぴしておく たべもの	Emergency food
	救援 物資	きゆうえん ぶっし	Kyuen- busshi	さいがいなどで こまった ときに、ただで もらえる もの	Relief supplies
	炊き出し	たきだし	Takidashi	ごはんや あたたかい のみものを もらうことが できます	Soup kitchen/ food provision
	配給	はいきゆう	Haikyuu	たべものなどを ただで くばること	Distribution of aid
	被災者	ひさいしゃ	Hisaisha	さいがいを うけたひと	Disaster victim
	罹災 証明	りさい しょうめい	Risai- shoumei	さいがいに あったことを しょうめいするもの	Proof of being affected by a disaster
	仮設 住宅	かせつ じゅうたく	Kasetsu jyutaku	さいがいで いえが なくなっ たとき、いちじてきに すむことが できます	Provisional housing
備蓄品	びちくひん	Bichikuhin	さいがいの ときの ために じゅんぴしておくもの	Emergency stockpile	

Languages Spoken

Nationality

Name



Fill in the necessary information and keep this book with you at all times.

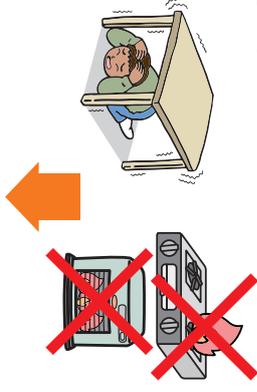
Disaster Prevention Pocket Guidebook

English

During an earthquake



- Get under something sturdy (a table, etc.) and protect your head/body.
- When shaking stops, turn off the gas (stoves, heaters, etc.).



Check your surroundings and, if it is no longer safe to stay in your home, evacuate.

Follow the instructions of the prompt

Play back the message

Enter your family's phone No.

Press 2

Dial 1 7 1

Confirm the Safety of Others

How to Use

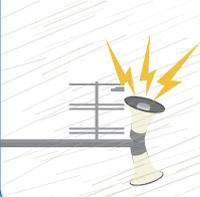
Confirm Your Safety

In times of disaster, you can use this to communicate with your family.

Disaster Emergency Message Dial (171)

During typhoons/ heavy rain/landslides

- Check local weather information.
- Put away anything that could be blown away by strong winds.
- Do not go outside.
- Do not go near mountains/riders.
- Check your location on a hazard map.



Evacuate if an evacuation order is issued.

FM Mahoroba 79.5MHz (Tawaramoto Town area)

FM YAMATO 77.5MHz (Chunanwa area)

FM814 (haiho) 81.4MHz (Oji Town area)

Nara Dot FM 78.4MHz

88.5MHz (Uda City area) etc.

89.0MHz (Gojo City area)

83.4MHz (Ikoma City area)

87.4MHz (Nara City area)

NHK-FM

Radio

Android



iOS/iPhone



Safety tips (Japan Tourism Agency)

Apps

Evacuation Sites/ Shelters



- Evacuation Site
A place you can evacuate to protect yourself during disasters
- Evacuation Shelter
A place you can evacuate to temporarily when your home becomes unsafe due to a disaster



Check a hazard map and record the name of your nearest evacuation site/shelter.

During an earthquake

During typhoons/heavy rain/landslides

Disaster Info (Japan Meteorological Agency)



Disaster Prevention Portal (Ministry of Land, Infrastructure, Transport and Tourism)



Nara Prefecture Disaster Prevention Portal



NHK WORLD JAPAN



Nara Prefecture International Citizens Center



Nara Prefecture Disaster Prevention Handbook



Internet

For Info Gathering

What to Bring to an Evacuation Site (Stockpile/Evacuation Kit)

- Drinking water
- Food
- Cash
- Passport
- Residence Card
- Flashlight
- Radio
- Charger, mobile battery, etc.



* Keep these items in a place you can easily access during a disaster.

Emergency Contact Info



● In case of fire/ medical emergency

Fire Dept./ Ambulance

1 1 9



● In case of an incident/accident

Police

1 1 0



● Phone No. of Local Municipal Office

Notes



Please use this space for other note-taking as needed.

My Info



Point-And-Speak Phrases ②



● Is there someone who can speak English?
英語を話せる人はいいますか?

● Please speak more slowly.
ゆっくり話してください

● Where is the restroom?
トイレはどこですか

● I have an allergy.
アレルギーがあります

● I have a chronic illness.
持病があります

● I am pregnant.
妊娠しています

Point-And-Speak Phrases ①



● Please take me to an evacuation shelter.
避難所に連れて行ってください

● Please help me.
助けてください

● I am hurt/injured.
けがをしています

● I feel sick.
体調が悪いです

● Please take me to a hospital.
病院に連れて行ってください

● Please call an ambulance.
救急車を呼んでください

Date of Birth

Blood Type

Chronic Conditions/Regular Medication(s)

Allergies/Food Restrictions (due to religion, etc.)

Other

● Emergency Contact (1)

Name

Telephone No.

Relationship

● Emergency Contact (2)

Name

Telephone No.

Relationship

Telephone No.

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Passport Number or Residence Card Number
