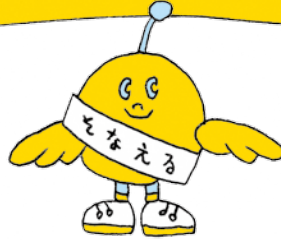


Disaster Preparedness  
Guidebook



Preparedness Fukushima Handbook

そなえる

ふくしま

ート

Please Call Me  
"Sonaekku Handbook"

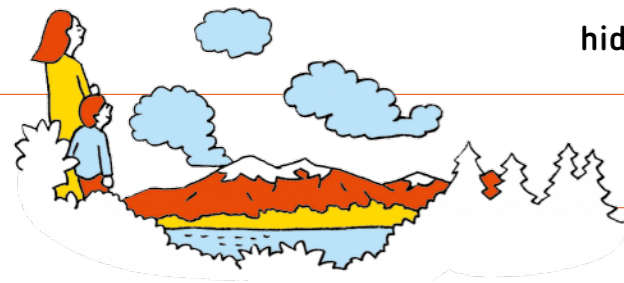


Fukushima Prefecture



## Introduction

There are a variety of disaster risks



hidden in nature-rich

Fukushima prefecture.



The Preparedness Fukushima Handbook,

or Sonafuku Handbook in short,

puts together what we need to prepare daily for disasters

and what we need to do in case of a disaster.



Let's check what to do and how to do it

to protect ourselves together with family

while reading the Sonafuku Handbook.



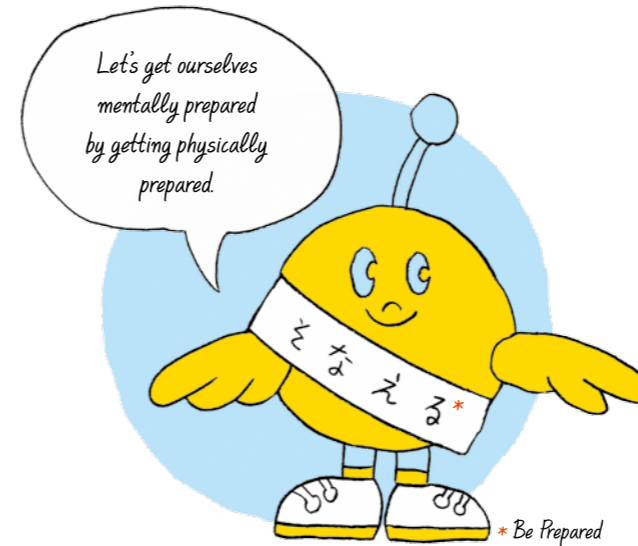
## Here are our Mascots.

“Future from Fukushima! Kibitan”

is our mascot that symbolizes reconstruction of Fukushima.

“Bekotaro” is the Fukushima Map Navigator.

These two mascots guide you through the Sonafuku Handbook.



### Kibitan

Kibitan is named after Kibitaki (*Ficedula narcissina*), or narcissus flycatcher in English, which is the bird of Fukushima prefecture. He is actively working in and out of the prefecture as a bridge linking citizens and Fukushima. He provides information on “what is great about Fukushima and what is happening now in Fukushima” through his antenna on his head. Serious Kibitan explains the major points of the Handbook in an easy-to-understand manner.



### Bekotaro

Bekotaro is created based on “Akabeko,” a traditional papier-mâché toy shaped like a red cow, unique to the Aizu area in Fukushima. Bekotaro is the mascot for the prefecture’s general information magazine “Fukushima Map.” Enjoying growing popularity among citizens, Bekotaro is a merry character who tends to be easily flattered. Bekotaro plays the main character in the Handbook and teaches important things in the event of a disaster.

## Be Prepared

The first thing to remember about disasters is to be prepared. Let's think about how to protect ourselves in the event of a disaster on a daily basis and talk about it with your family and community members.



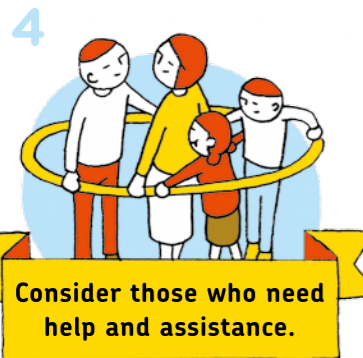
6 page



7 page



8 page



9 page



10 page



12 page



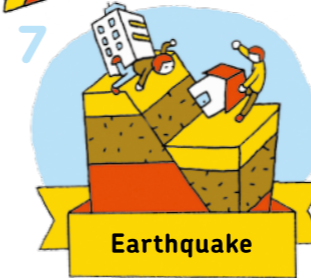
If a disaster happens, we will make the utmost efforts to help you.

Masao Uchibori  
Governor, Fukushima Prefecture



## Protect Yourself.

Here is a guideline about what you should do in the event of a disaster. Check what to do if a disaster occurs.



14 page



20 page



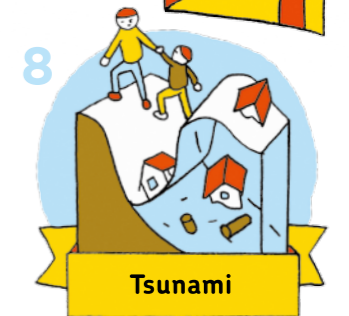
28 page



22 page



30 page



18 page



26 page



32 page

This information is also available on the prefecture's website.

For your reference, the information is available in digital format on the Risk Management Section's webpage.

<https://www.pref.fukushima.lg.jp/sec/01010a/sonafukunote.html>

Sonafuku Handbook

Search

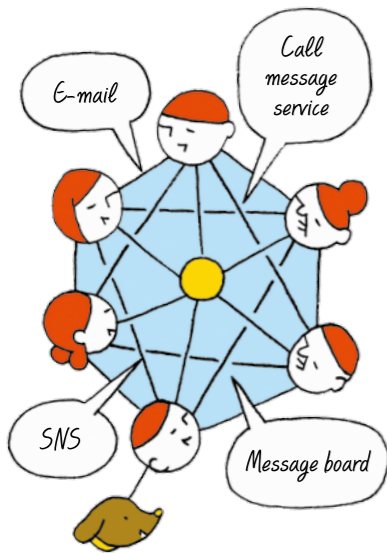
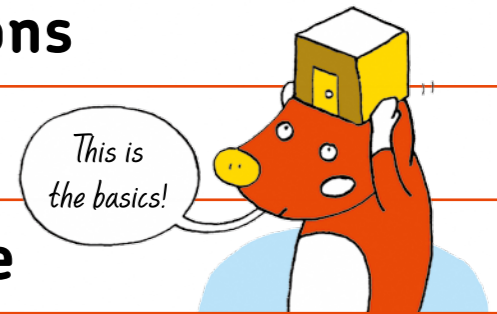




## Check with Your Family Members.



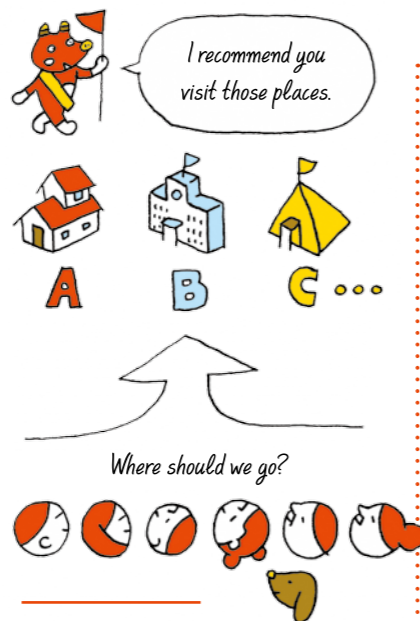
## Preparations for Your Home



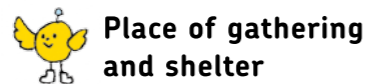
### CHECK 1



Confirm ways to communicate with your family members, such as the emergency call message service (p.34), SNS and message boards in shelters, other than telephone and e-mail.



### CHECK 2



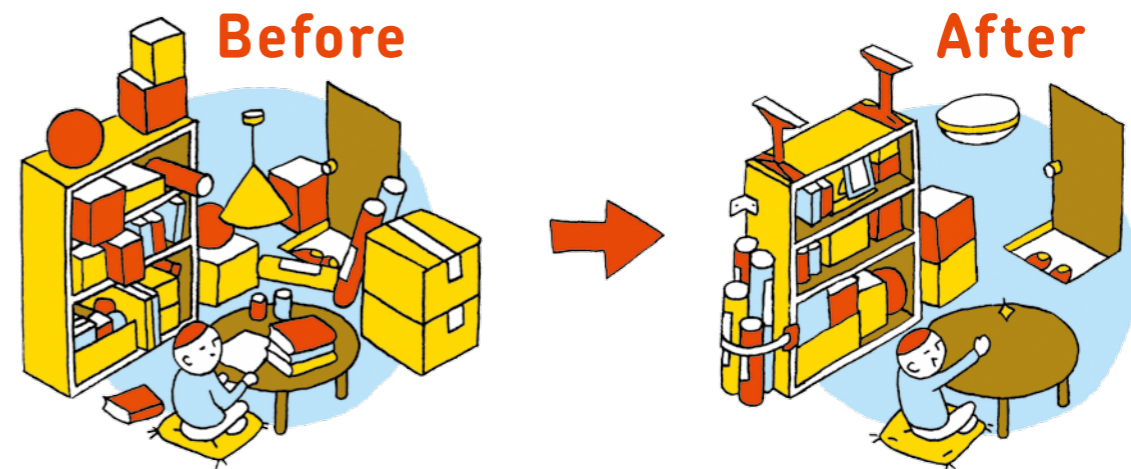
Assume a variety of disasters and imagine what could happen. Prioritize places of gathering or shelter, choose about three, and visit them for confirmation.



### CHECK 3



Determine what each family member should do in advance, such as check for the source of a fire, prepare a disaster kit, prevent furniture from falling, and check the safety and whereabouts of your relatives and neighbors.



### Always keep your room neat.

Protect yourself by avoiding things that fall from a high place or fall down on you. To do this, always keep things in order and secure a safe place.



**POINT 1**  
Don't place big furniture near doors.



**POINT 2**  
Don't place big furniture along the evacuation route.



**POINT 3**  
Ensure that nothing will fall on your bed.



**POINT 4**  
Don't place sofas against glass windows.



## Help Each Other



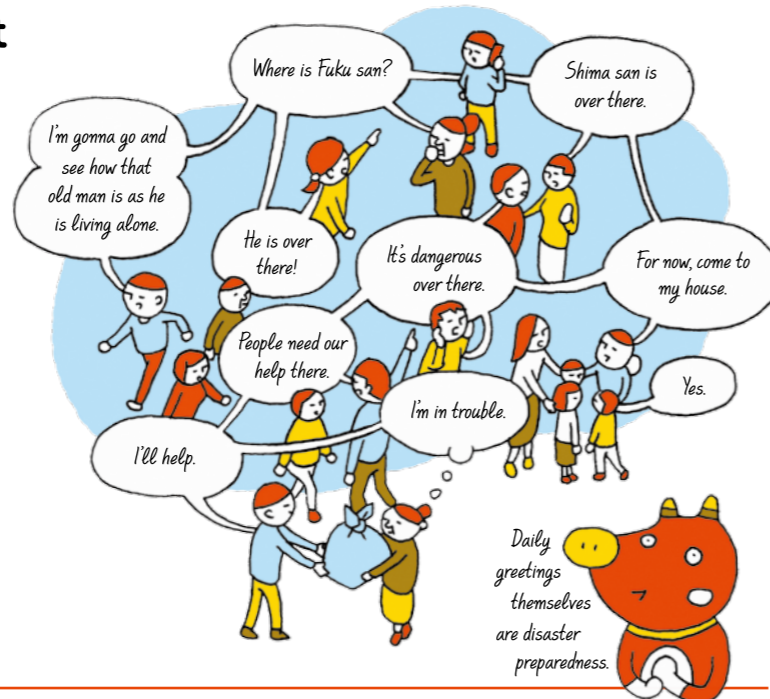
### Mutual Help is Important.

In the event of a major disaster, both “self-help,” which is keeping you and your family members safe, and “mutual help,” which is cooperation of you and your neighbors to help as many people as possible, are important.



### Disaster Management Network with Neighbors

Cooperation of neighboring residents is necessary in the event of a disaster. You need to say hello to each other and get to know as many neighbors as possible on a daily basis. You also need to be conscious that “We protect our town by ourselves” and work together with your neighbors through the residents’ association or community association. These activities will enhance your community’s disaster resilience.



## Consider Those Who Need Assistance.



People who need assistance include elderly people, children, and people with disabilities. Let’s be considerate of these people who feel more concern than others and think about helping them.



Some elderly people cannot express what they want even though they have problems. Let’s talk to them merrily and often.



Children tend to feel more stress than adults imagine in the event of a disaster. Let them play to release their pent-up stress.



People with disabilities cannot easily cope with disaster situations by themselves. Let’s talk to them kindly and help them.



It is necessary to particularly consider the health and privacy of pregnant women and mothers soon after delivery.



It is often the case that somebody needs to take care of people requiring nursing care and that medical service arrangements may also be necessary for them.



Let’s talk with them using simple language such as “stop” or “go,” pointing, or gestures to guide them to a safe place and ensure their safety.



# Make a Disaster Kit Available.

Think up what kind of disaster kit is necessary for each home and yourself.

## Things that should be stored at home (for protection of your family members)



Put them in a backpack so that you can pick them up as soon as you evacuate.



**Plastic bag**  
(a few bags of different sizes, - large, medium, and small)



**Emergency food and water**



**Wrapping film**



**Wet towel for body cleaning**



**Wet tissues and liquid tooth paste for oral care**



**Portable toilet**



**Blankets**



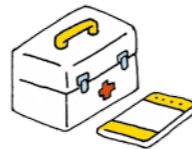
**Battery-operated charger**



**Large handkerchief (towel)**



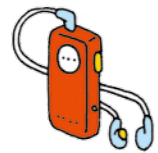
**Newspapers**



**First aid kit (including drug history notebook)**



**Cool box (including refrigerant)**



**Portable radio**



**Bankbook, personal stamp, (inkan) credit cards**



**Portable gas table and gas canister**



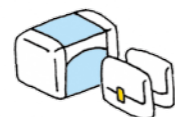
**Dry batteries**



**Headlight**



**Lantern and flashlight**



**Sanitary goods**



**Raincoat**

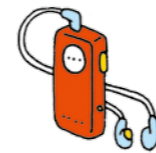


**Leather gloves**



## Things to Carry (for Your Own Protection)

You never know when a disaster will happen. Carry them in your pouch when you go out.



**Portable radio**



**Headlight**



**Mask**



**Wet tissues**



**Plastic bag or plastic shopping bag**



**Map to help you get back home**



**Whistle**



**Portable toilet**



**Large handkerchief**



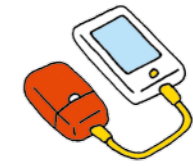
**Drinking water**



**Emergency food, chocolate or candy**



**Blanket**



**Rechargeable charger**



**Household medicine**



## Things to Keep at Work (in case you cannot go home)



**Battery-operated charger**



**Dry battery**



**Underwear**



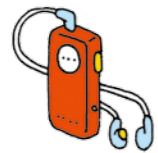
**Household medicine**



**Tooth brush and liquid tooth paste**



**Cool box (including refrigerant)**



**Portable radio**



**Bankbook, personal stamp, (inkan) credit cards**



**Portable gas table and gas canister**



**Dry batteries**



**Emergency food and water**



**Raincoat**



**Blanket**



**Headlights**



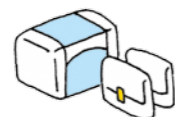
**Hard hat**



**Headlight**



**Lantern and flashlight**



**Sanitary goods**



**Raincoat**



**Leather gloves**



**Easy-to-wear shoes**



**Portable toilet**

**72 hours**

When a disaster happens, you may not be able to go home so easily. You will feel safe if you keep emergency reserves for three days at work.





## Participate in Disaster Drills

### Let's participate in local disaster drills.

It is important to participate in local disaster drills frequently so you can feel calm in the event of a disaster and act to minimize damage. Drills may be held by the area or large drills may be held by the municipality or prefecture.



**POINT!**

Many lives were saved by local volunteers including volunteer fire corps after the Hanshin Awaji Earthquake.

## Let's Join ShakeOut Drill.

ShakeOut drill is a type of earthquake drill in which you act to protect yourself in the event of an earthquake. It is composed of three actions: Drop, Protect your head, and Hold on. While you practice these actions, let's review emergency actions and disaster kits and check safety actions to prevent you from getting injured when alone or at your community, school, or workplace.



**What is ShakeOut?**  
This is a phrase that symbolizes the shout for safe action or "Get ready for the earthquake!"

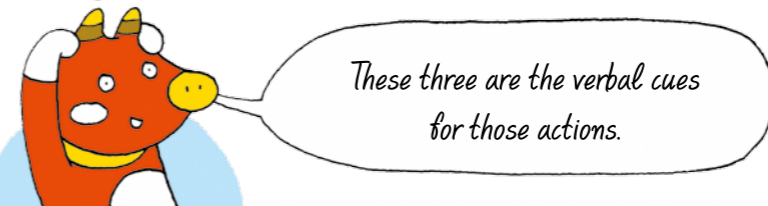
**STEP 1**  
**DROP!**



**STEP 2**  
**COVER!**



**STEP 3**  
**HOLD ON!**



Please check the prefecture's website for the ShakeOut drill schedule.

ShakeOut Fukushima

Search





# When an Earthquake Disaster Occurs

It is extremely difficult to do many things simultaneously or make appropriate judgment in the moment a big earthquake occurs. Just start making preparations by thinking "There is nothing you can do."

Don't think of doing everything you think is necessary. This is also part of disaster preparedness.



## What you can do from your hearing an Earthquake Early Warning (EEW) to its actual occurrence

It is from about a few seconds to a dozen or so seconds from when you receive an EEW to when the earthquake actually occurs. While it is important to always imagine what you can do in the moment of such an emergency, the first think you should do is to stay calm and move to a safer place.



### Things you can do when you have time



1. Turn off everything that may cause a fire.



2. Open the door to secure a way out from your room.



3. Close the curtains to protect yourself from scattered pieces of broken window glass.

### What you must do



Quickly move to a safer place.



Quakes of a seismic intensity of 4 or higher continued for 190 seconds in Onahama, Iwaki city, when the Great East Japan Earthquake occurred (at 14:46, March 11, 2011) (source: Meteorological Agency).

# Cautions Just After the Earthquake

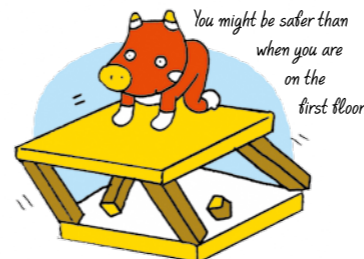
The Top Priority is to Protect Yourself and Your Family.

Move into action after the quake settles down.



If you go out in a hurry, you may tumble or get hurt by fallen objects or glass shards. Be careful!

What if an earthquake occurs when you are upstairs?



The first floor of an old house may collapse and that can crush you if you are on the first floor. Do not hastily go downstairs.

Secure an exit to outside.



Open the windows, doors, and entrance door and secure exits so that you can evacuate at any time.

What if you are locked in?

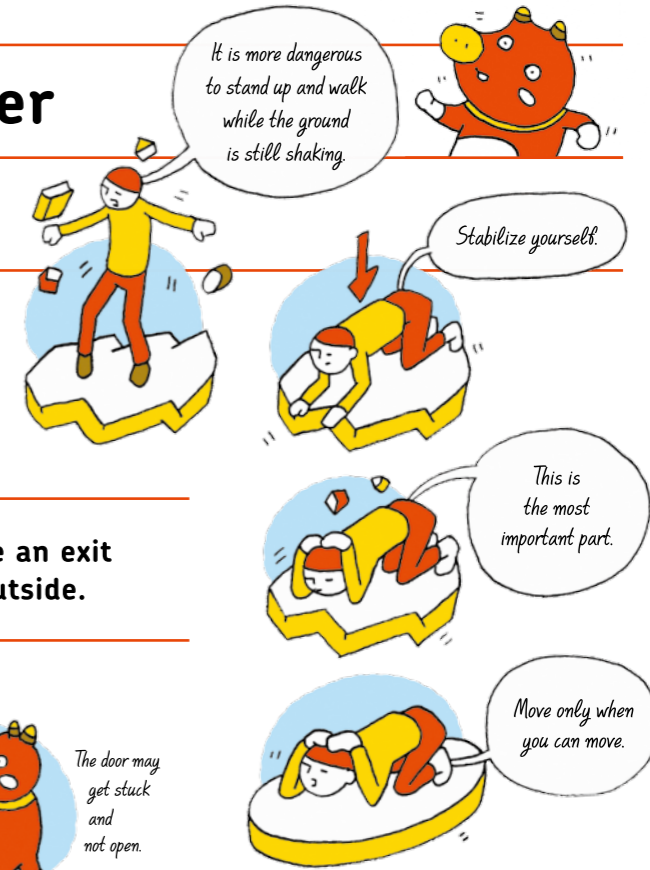


If you keep shouting in a loud voice, you will exhaust yourself. So hit the door or wall or make a big sound with your mobile phone or other means to let others know where you are.

What if you are driving?



Pull over to the left side of the road, stop the engine and wait. When you evacuate, leave the key in the ignition, leave the car unlocked and leave the car so that your car can be moved in an emergency situation.



Having said that, there are cases when you need to move quickly depending on the situation.



# Evacuation during Earthquake Disaster

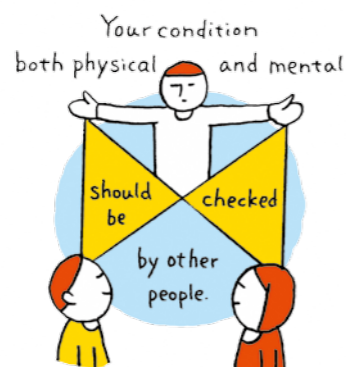
## Stay Calm When You Make a Judgment About Evacuation.

Your life could be on the line when you make a judgment about evacuation. Check reliable information and make a judgment calmly.



### Beware of false information.

When a big earthquake occurs, false information without any reliable grounds may spread and confuse people. Check disaster information from reliable and multiple sources such as TV, radio and the administration and do not be confused by false information.



### Check the condition of your family members.

In the event of a disaster, you may not realize you are bleeding from your hand or leg or somebody else is injured. When a major earthquake occurs while you are at home, you and your family members should examine each other to check if you are okay or if your house is in danger or not and judge what action to take next.



### Stay in a safe place.

Immediately after the occurrence of a major earthquake, confusion and congestion will be everywhere including roads and areas around railroad stations, and you may be involved in a secondary disaster such as the collapse of a building. If you are sure the place you are in is safe, such as at an office or school, do not hurriedly decide to return home but stay there for a while to check how things are going.

Take a deep breath and look around you rather than thinking of calming yourself.



**When a major earthquake occurred in Kumamoto** (21:26, April 14, 2016, with a seismic intensity of 7 recorded at Mashiki town), **another major earthquake of similar intensity occurred 28 hours later** (seismic intensity of 7 at Mashiki town).

# Cautions about Evacuation after Earthquake



Mutual help among neighbors is important. Mutually check on each other to see if somebody is locked in, buried, or injured.



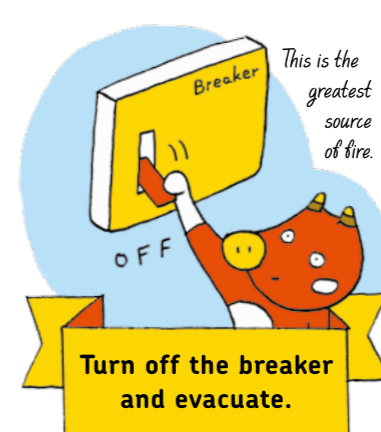
Avoid placing a message to a family member or a notice showing the shelter location on the outside of the door. If a home is declared to be empty, it will beckon sneaky thieves.



At night time, visibility is poor, and there are a lot of risks, such as tumbling on the ground or falling into a side gutter. During a power outage, evacuate while watching your step with a flashlight.



After a major earthquake, debris and many other things are scattered over the ground to create poor footing. To protect your feet or shoes, attach something hard like a wooden board under your sole, and firmly tie it to your shoes with strings to guard your feet.



When the power goes back on after an earthquake, a fire may occur once the power is on if the breaker is kept on. When you evacuate, turn off the breaker.



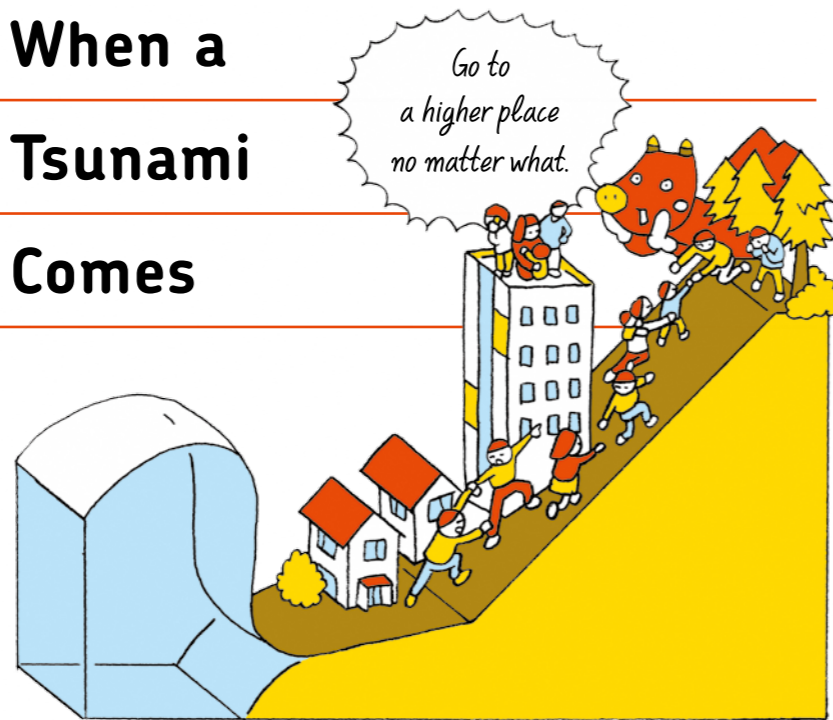
After a major earthquake, aftershocks will occur. If your house is not safe in terms of seismic resistance, take shelter at a safe place before an aftershock comes.



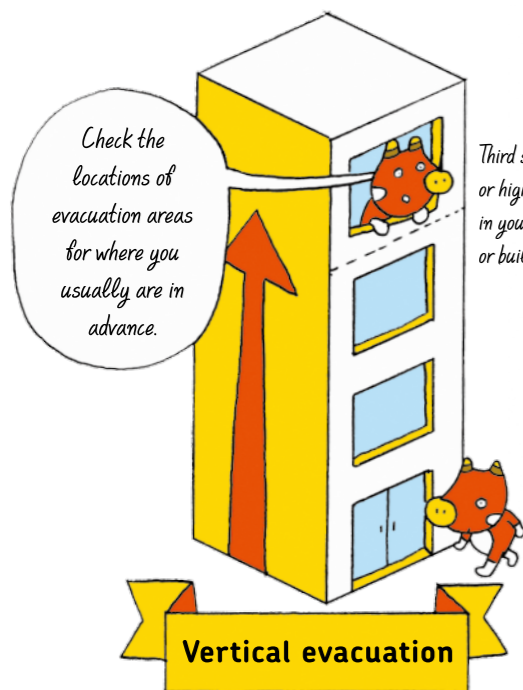
## When a Tsunami Comes

### Running Away from a Tsunami

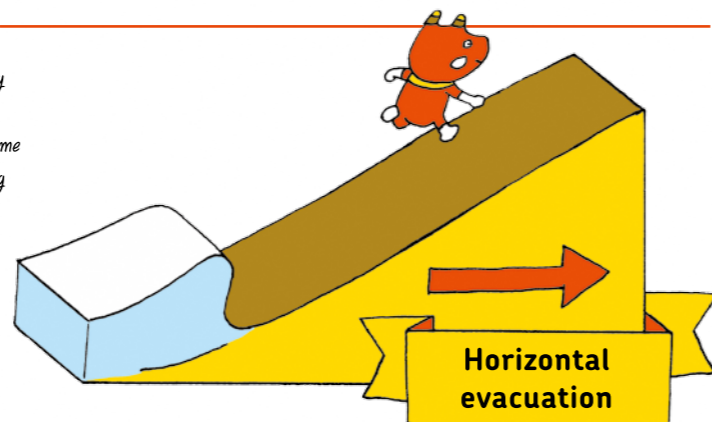
A tsunami can hit your place less than 5 minutes after an earthquake. When you feel a strong quake near the sea, run up to a higher place on the landside. Tsunamis also run up the river, so run away from rivers, too.



### Evacuate to a higher place!



When you cannot choose horizontal evacuation or going out is dangerous, move to a higher place.



When there is impending danger at your present location, move to a different safer location.

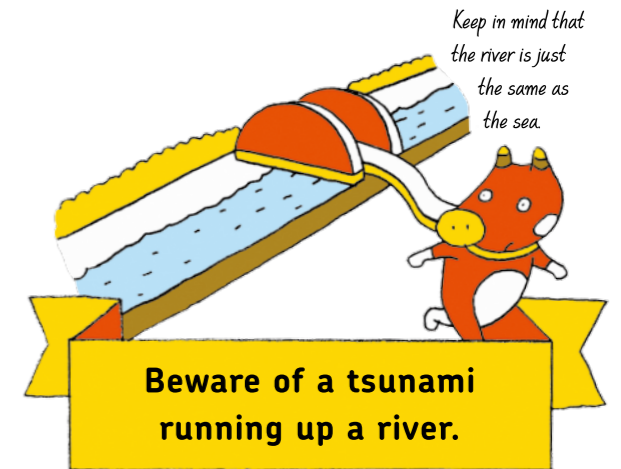
**POINT!**

A tsunami with an inundation height (height from the ground to the water surface) of nearly 10m hit the coast from Sendai city to Soma city in Fukushima prefecture, at the time of the Great East Japan Earthquake.

## Cautions about Tsunamis



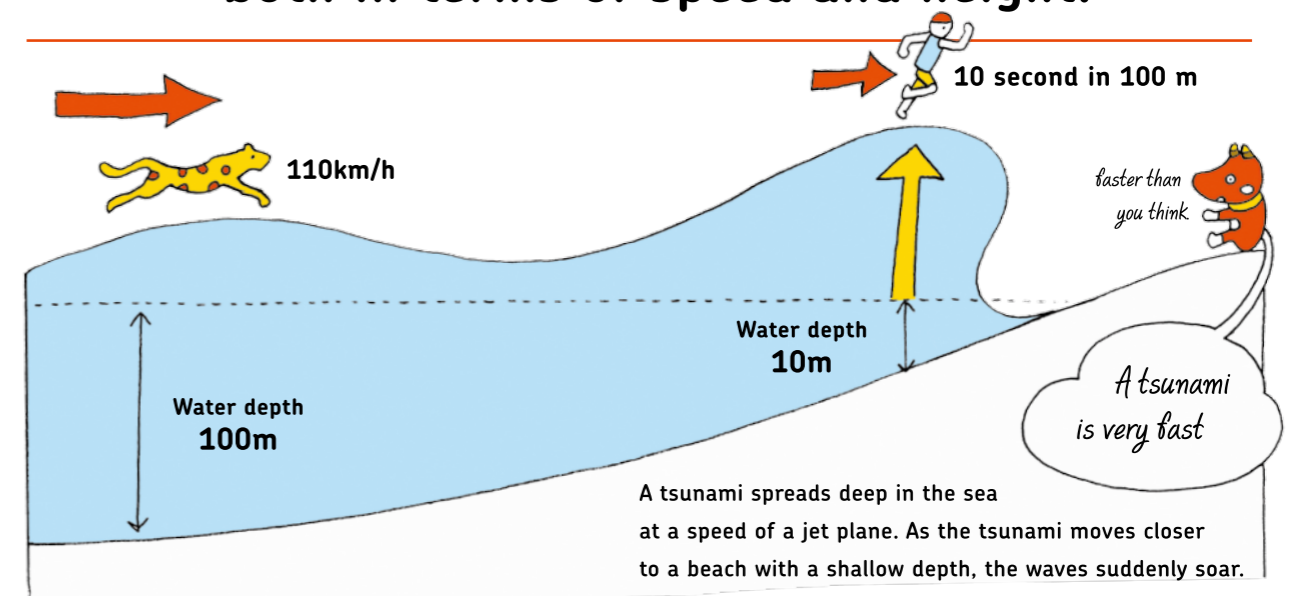
Even if you didn't feel shaking, when a tsunami warning is issued, quickly run away to a safe place. A big tsunami may come.



A tsunami runs up a river channel or water channel from an estuary, runs over levees and may inundate urban areas or farm land. Swelling river water can run up so fast that it spreads deep in land before the main tsunami comes.

## A tsunami is beyond your imagination

### both in terms of speed and height.

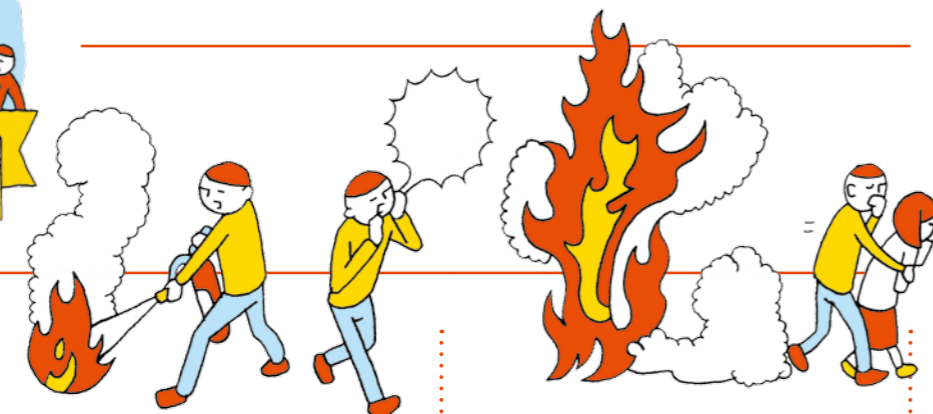


A tsunami spreads deep in the sea at a speed of a jet plane. As the tsunami moves closer to a beach with a shallow depth, the waves suddenly soar.



## When a Fire Occurs

### What if a fire occurs



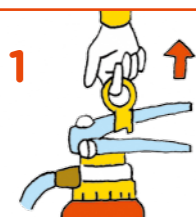
Call for help from people in the neighborhood by hollering. Start initial fire-fighting using a fire extinguisher at hand.

If the fire has already spread to the ceiling, give up (initial) firefighting, secure your safety and run away without delay.



### How to Use Fire Extinguisher (initial fire-fighting procedure)

Understand the proper use of a fire extinguisher and place it in an easy-to-use place for a rainy day. A fire extinguisher has an expiration date. Check it in advance.



1 Hook your finger in the safety pin and pull it out.



2 Remove the hose and point the nozzle to the base of the fire.



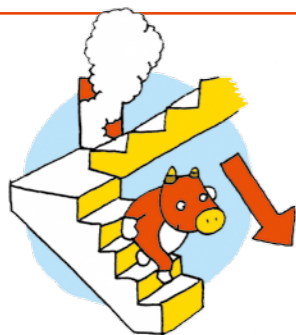
3 Firmly hold the hose and release the extinguishing agent.



### Cautions about Evacuation from Fire



Run away from the fire when the smoke is white.



Run away downstairs, not upstairs.



When the smoke is around you, move away by crawling.



Cover your nose and mouth with a handkerchief, towel or plastic bag and evacuate.



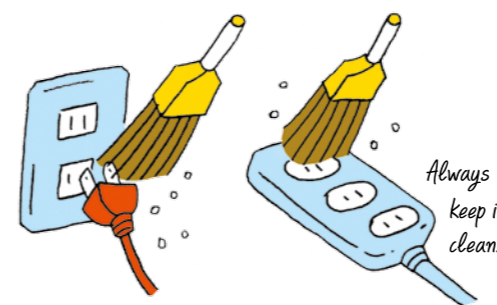
## Daily Cautions

### Preventing fires caused by earthquakes



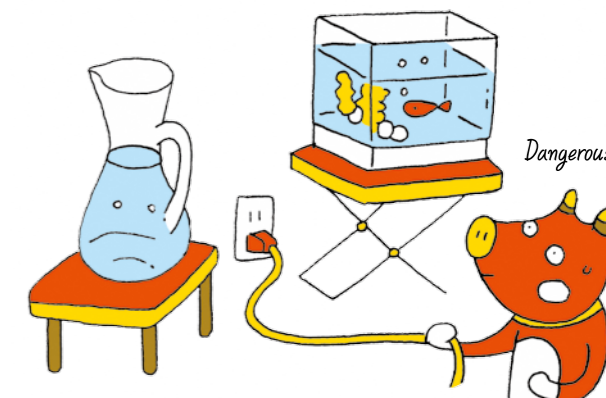
Major fire breakout sources include electric appliances, gas appliances, and kerosene stoves. Check operation from time to time to ensure the equipment can be safely used. Do not place things or materials that catch fire easily around such equipment and use nonflammable curtains and carpets.

### How to use a power point



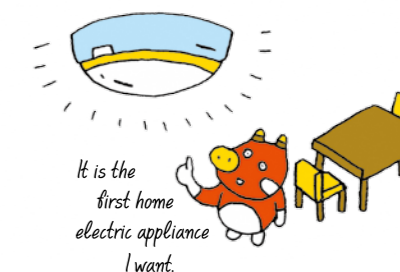
A power point may ignite if a slot fills with dust or dirt. Constantly clean the area around a power point. Be careful not to piggyback many appliances on a single power point. In addition, when a power point has been used for many years, it may get hot during use.

### Do not place water near home electric appliances.



Avoid placing water-filled containers such as a vase or water container near an electric appliance. If water covers the power point, it may ignite a fire.

### Home-use fire alarms



When you install a fire alarm on the ceiling of your bedroom or kitchen, it detects smoke or heat generated from a fire and notifies there is a fire by giving off a warning sound or voice. Check the battery or expiration date of the alarm and regularly examine its operation so that it works at the moment it should work.



# Storm and Flood Damage and Sediment-related Disasters



## Three Keys to Protection of Yourself from Storm, Flood, and Sediment Disasters



Check the hazard map of your municipality.



Pay attention to disaster-related information such as heavy rainfall warnings, flood warnings, and sediment disaster warnings.



Whenever you feel danger, start evacuation sooner.



## Check Evacuation Information Issued in Three Stages.



[People who need time to evacuate]  
**Start evacuation**  
[Others]  
**Get ready so that you can evacuate any time soon.**



**Swiftly evacuate to an evacuation site.**  
When heavy rain suddenly starts to fall, the condition will greatly change in a short time. Therefore, start evacuation early.



**Start evacuation right now.**  
If it is dangerous to go out (p.23), stay in a safe place in your home for shelter.



## Cautions about Evacuation



**Wear sports shoes.**  
You may find it difficult to walk in long boots as water tends to get inside the boots. Wear sports shoes that you can fasten with shoelaces.



**Minimize the number of things to carry.**  
Minimize the number of things to carry, put them in a backpack, and carry the backpack on your back so that you can use both hands.



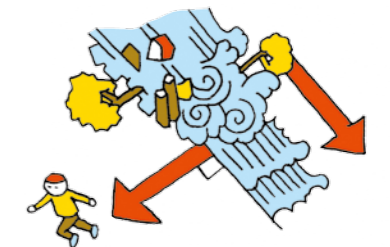
**Never get close to a river.**  
Do not attempt to check rivers, irrigation canals, or paddy fields. Avoid going close to bridges where possible, as well.



**Don't use cars.**  
When a traffic jam occurs, you cannot move your car. Avoid using cars as they may disturb evacuation or movement of other evacuees or emergency vehicles.



**Walk with a long stick as a cane.**  
Use a long stick as a cane and check the road to see if there is, for example, a gutter while walking.



**Run away from a debris flow in a direction at right angles to the flow of the debris.**  
Run away from a debris flow in a direction at right angles to the flow and go up a higher place.



## Avoid going outside in those cases.

### Danger due to water depth

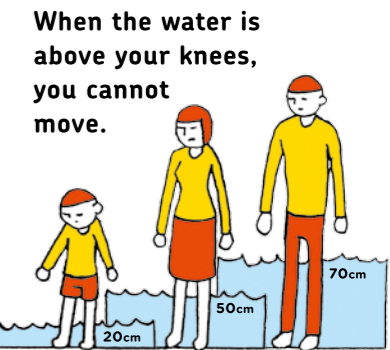
**10cm**  
You can't see where a side gutter or any other hole in the ground is and you may fall into it.

**20cm**  
You may tumble as the water flow is very fast.

**50cm or higher**  
You cannot easily walk and are very likely to drown.



It is also dangerous when you go out at night time or when you cannot easily see dangerous locations on the evacuation route under heavy rainfall.

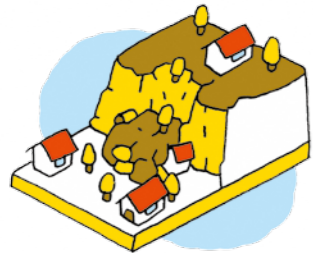


The water depth where the water is above your knees is roughly 20 cm for children, 50 cm for adult women, and 70 cm for adult men.



# Premonitory Phenomena of Sediment-related Disaster

## Slope failure



The subsurface of a slope becomes loose due to rainwater permeation or an earthquake and suddenly fails. The time until the slope fails is very short.

### Premonition



- 1 The earth rumbles.
- 2 Water springs up from the slope surface.
- 3 Spring water stops or becomes turbid.
- 4 Cracks appear on the slope surface.
- 5 Pebbles are sprinkling down.

## Landslide



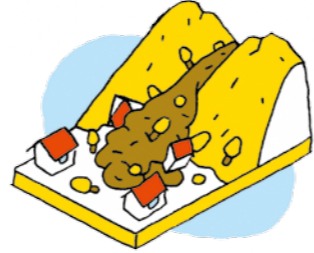
Part or all of the slope gradually moves downward because of the influence of groundwater and by gravity (movement of earth mass is very big).

### Premonition



- 1 The earth or mountain rumbles.
- 2 Well water or mountain stream water becomes turbid.
- 3 The ground cracks or caves in.
- 4 Cracking or level differences occur.
- 5 Trees slant.
- 6 Water gushes out from a cliff or slope.

## Debris flow



Stones or sediment on a mountain slope or the bottom of a river are suddenly pushed downstream in one go because of a long spell of rain or concentrated rainfall.

### Premonition



- 1 The mountain rumbles.
- 2 The sound of standing trees snapping or stones hitting each other is heard.
- 3 The river water suddenly gets muddy, and woody debris starts to be seen.
- 4 A rotten soil smell occurs.
- 5 The water level decreases despite continuing rainfall.



# When a Heavy Rainfall Warning is Issued (or is Likely to be Issued)

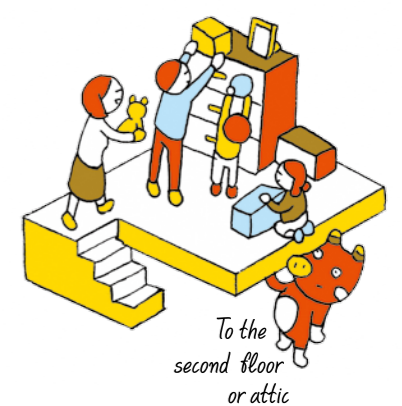
## Actions to Take Indoors



Avoid going out unless absolutely necessary.

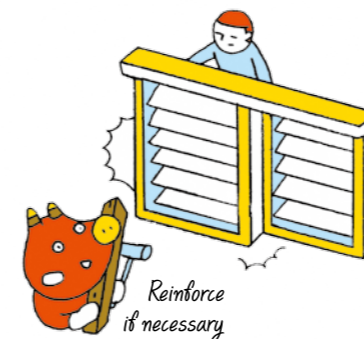


Select the items to be put in an emergency kit you carry with you as you evacuate and put the kit ready in a bag.



Move important items to a higher place to protect them from flooding

## Actions to Take Outdoors



Firmly lock windows and shutters and reinforce them as required.



Move laundry poles, plant pots or other items that are likely to be blown away by wind to indoors.



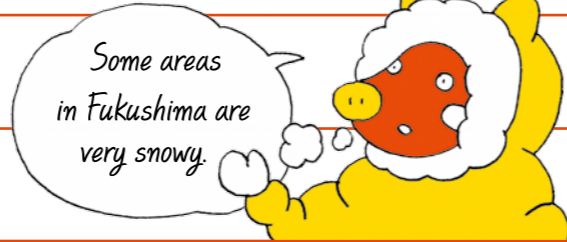
Regularly clean rain gutters and side gutters and maintain good drainage.

When a rainstorm intensifies, do not ever try to reinforce windows or get close to a river, beach or canal.





## Actions against Snow Damage



### What if Heavy Snow Falls?

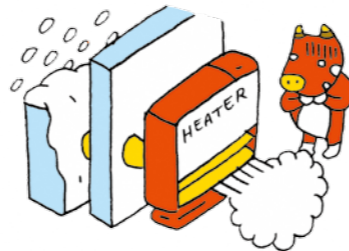
#### Avoid going out.

When snow falls very heavily, it is likely that public transportation stops, expressways are closed, and that general roads cannot be used. When heavy snow is forecast, return home early and avoid going out.



#### When you are indoors

When you are indoors, check the air inlet/outlet of the heater as it may cause carbon monoxide poisoning if it is blocked by snow.



#### While you are driving

You may lose visibility because of blown-up snow on the road. Check the weather forecast and road information and go home early.



#### While you are walking or working outdoors

You may lose your sense of direction and fail to sense where you are because of poor visibility. Evacuate to a safe place early.



### Preparations for Heavy Snowfall

#### Inside your home

When heavy snowfall is predicted by the weather forecast, store food so that you don't need to go out and make heating means available to warm yourself without power in case of a power outage.



#### Inside your car

When you have to go out for an unavoidable reason, make the things you need in case your car stops (such as water, food, and clothes or protection against cold weather) available inside your car and check the fuel in advance.



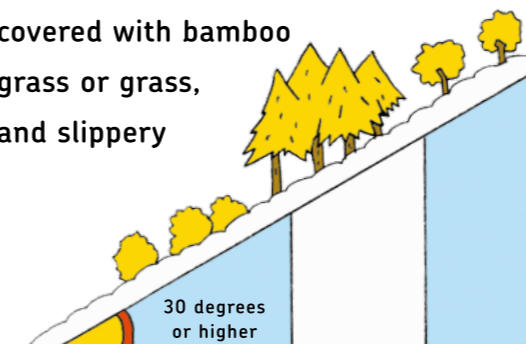
## Cautions about Snow Shoveling and Removal



## Cautions regarding Avalanches

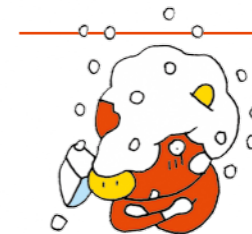
### Places Prone to Avalanches

Slopes with less trees, covered with bamboo grass or grass, and slippery



The most dangerous type of slope is one with a gradient of about 35 to 45 degrees (slope on which experienced skiers can ski).

### Premonitions of an Avalanche



A large amount of snow has newly fallen in one single event of heavy snowfall.



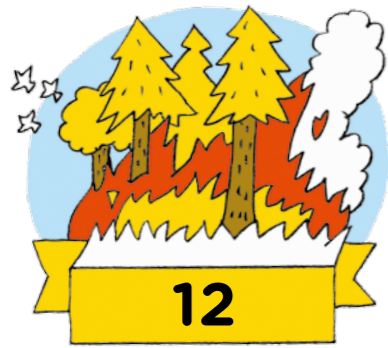
The daytime temperature is rising to start snow melting.



Snow balls are rolling down.



The ground is exposed in a parting in the snow cover.



## Actions against Forest Fires

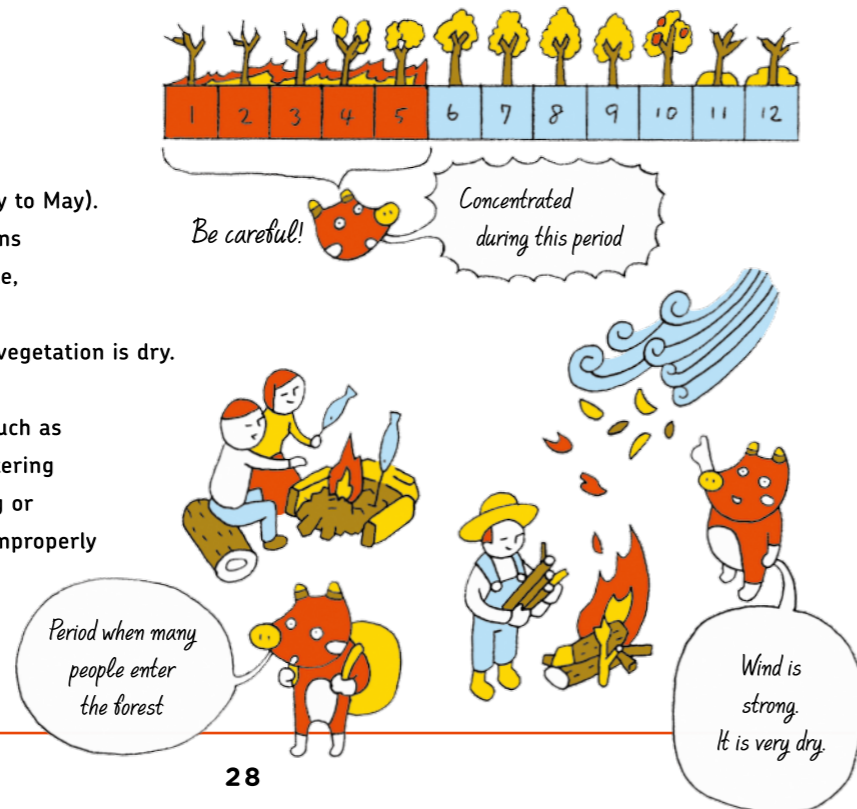
### What if a forest fire occurs?

Call for help from people nearby in a loud voice and swiftly call 119. Use water you can find nearby and try to extinguish the fire. When the fire has already spread, secure your own safety by running away quickly.



### Causes of Forest Fire

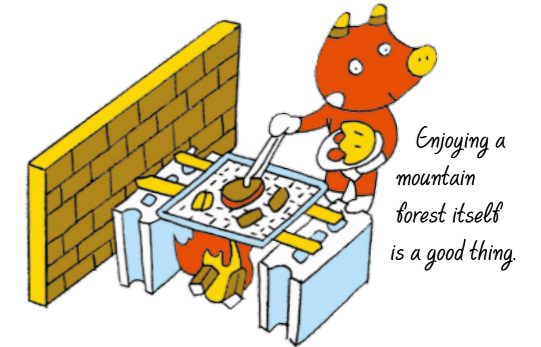
About 70% of forest fires occur from winter to spring (from January to May). During this period, natural conditions are likely to cause fires. For example, fallen leaves are easily ignited, a strong seasonal wind blows, and vegetation is dry. Forest fires are mainly caused by the careless actions of people, such as an increasing number of people entering the mountain for spring sightseeing or gathering of edible wild plants or improperly treated incense sticks as people visit family graves on windy days.



## How to Prevent Forest Fires



When you use fire, check the wind direction.



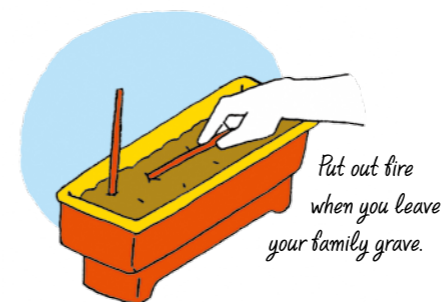
When you have a barbecue, do it at a designated place and completely extinguish the fire when you leave.



Do not make a bonfire or play with fire at places where there is dead grass or branches.



Smoke at the designated places and don't discard cigarette butts.

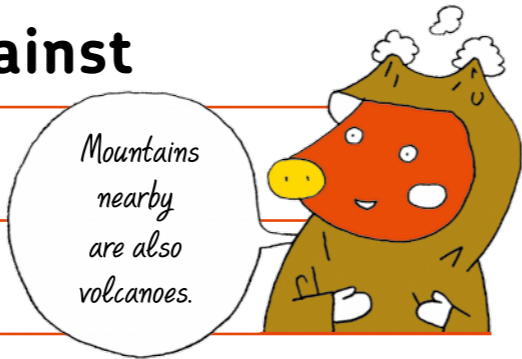


Be sure to put out the fire of incense sticks offered at the grave.

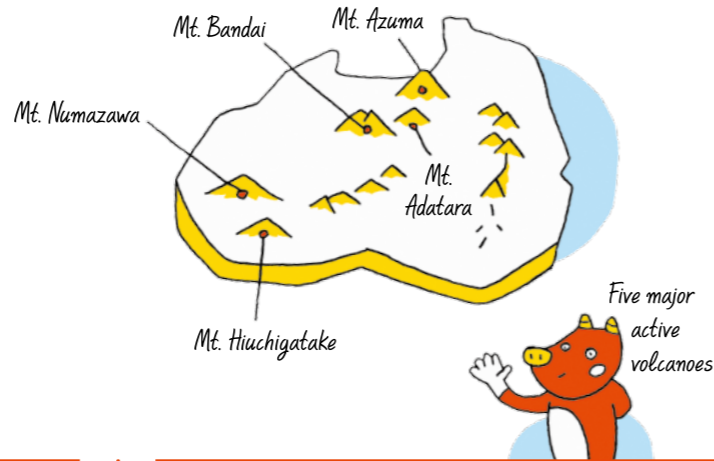




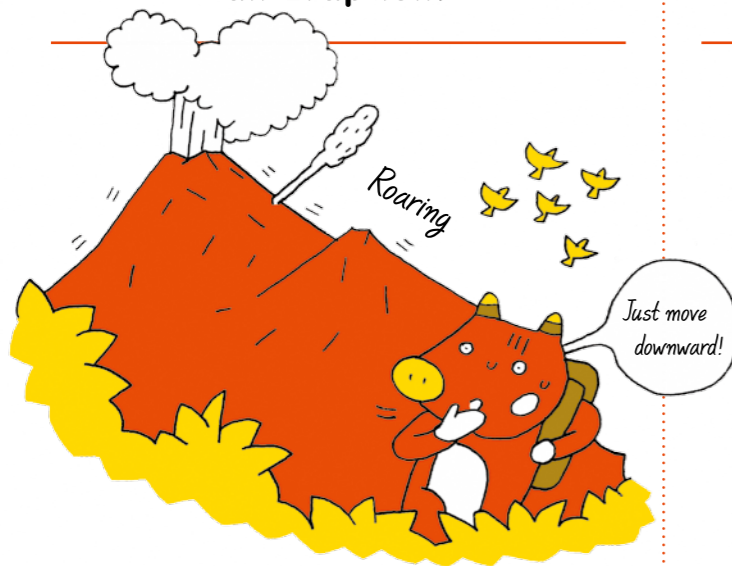
## Actions against Volcano Eruption



There are five active volcanoes in our prefecture, Mt. Azuma, Mt. Adatara, Mt. Bandai, Mt. Hiuchigatake, and Mt. Numazawa. Mt. Nasudake is also located nearby. These volcanoes erupted and caused damage in the past. Prepare yourself on a daily basis in case they erupt.



### What if You Encounter an Eruption?



When you feel danger, evacuate voluntarily. When you evacuate, cover your head with, for example, a cap, cover your mouth with a towel, and quickly run away from the crater.

### Watch out for Volcanic Ash



Volcanic ash causes coughing, breathing difficulty, and itchy, sore, or red eyes. Use a mask or goggles. Volcanic ash may fall thick on the ground, so drive carefully.

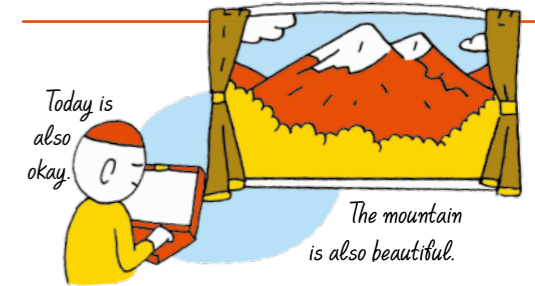
## Protect Yourself Against Volcano Eruptions

### Check Danger Zones and Shelters on a Hazard Map.



Check where danger zones and designated shelters are located with hazard maps published by your municipalities.

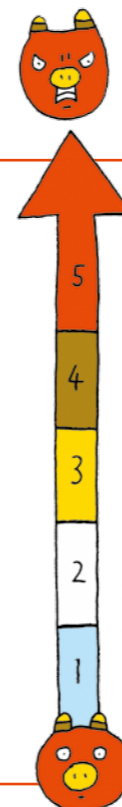
### Never Miss an Eruption Warning.



Constantly check the Volcanic Alert Level of volcanoes nearby. Whenever an evacuation advisory or order is issued following an eruption, quickly evacuate to the shelter designated by your municipality.

## Volcanic Alert Level

A Volcanic Alert Level is issued as part of the eruption warning or forecast in five levels, from 1 to 5. Take appropriate action according to the instruction of each level.



- Level **5** **Evacuate** from your residential area.
- Level **4** **Prepare to evacuate** from your residential area.
- Level **3** **Do not enter danger zones** near your residential area.
- Level **2** **Do not approach the area around the crater.**
- Level **1** **Caution is necessary** although no special response is necessary.





# Actions against Nuclear Disaster

Three Keys to Protection of Yourself  
from Nuclear Disaster

Stay calm when you evacuate. If you evacuate based on your own judgment, traffic congestion may occur, and it will take more time to evacuate or people in areas where evacuation is definitely necessary cannot evacuate.



## Point 1

### Get reliable information.

If a nuclear disaster occurs, the administration provides information in various ways.



Get accurate information from TV, radio, or government disaster management radio communications network.

## Point 2

### Evacuate indoors.

The administration will issue an instruction for indoor evacuation depending on the condition of the nuclear power plant.

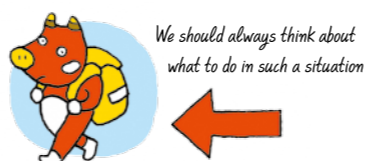


Indoor evacuation is defined as the evacuation activity of staying in a building including your home for evacuation.

## Point 3

### Wait for instructions on temporary relocation or evacuation.

The administration will issue instructions for temporary relocation or evacuation depending on the status of emission of radioactive substances.



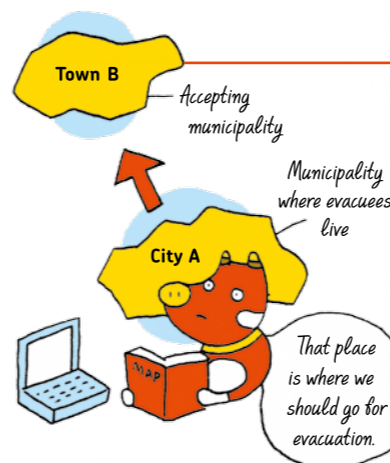
Temporary relocation or evacuation is defined as an evacuation activity that you should do if it is possible that you are exposed to a certain dose of radiation.



# Cautions about Evacuation

## Point 1

### Check Municipalities that accept evacuees.



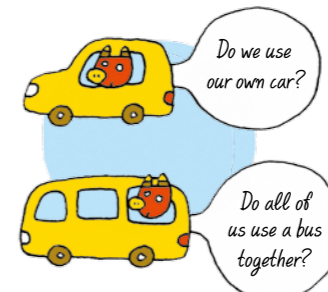
Municipalities where those residents should go for evacuation are already determined by the district in the event that temporary relocation or evacuation is necessary because of a nuclear disaster.  
(For residents in 13 municipalities close to nuclear power plants,)



For details, contact your municipal government.

## Point 2

### Check the means of evacuation, destination of evacuation, and evacuation routes.



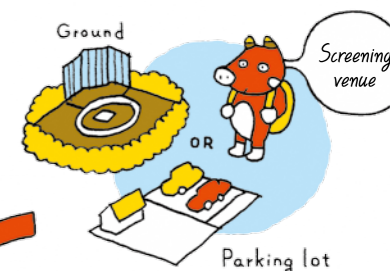
The standard means of evacuation for an individual citizen (family) is their own car. Collective evacuation by bus will also be conducted at a temporary gathering place designated by each municipality for those who cannot easily evacuate using their own car. Facilities of shelters and evacuation routes are also determined in advance.

## Point 3

### Receive screening before going to a shelter.



Screening is an inspection to check if radioactive substances are adhered to the surface of your clothes or body to prevent spreading of radiation contamination.



Once you leave an area where any instruction, including evacuation, has been issued, you will receive screening at a site set up by the national government or prefecture, then receive a "passage certificate" and head for your shelter.



## Temporary relocation

Leaving your area within a certain period of time



## Evacuation

Leaving your area quicker than in the case of temporary relocation

# Emergency Call Message Service

There are various kinds of emergency call message service.  
You may try it on the 1st and 15th of every month.

## Search for "web 171."



**Emergency message board service (PC)**

When you want to know the whereabouts or safety of two or more people at the same time

No. of telephone numbers you can register

**All telephone numbers**

Retention period

**Up to six months**

No. of entries you can register

**20**

No. of characters you can register

**100 characters per entry**

## From each provider's official menu or application



**Emergency message board service (mobile phone)**

When you, your family members, or friends make sure of each other's safety or whereabouts

No. of telephone numbers you can register

**Mobile phone number**

Retention period

**Until the end of service**

No. of entries you can register

**10**

(80 for Softbank)

No. of characters you can register

**100 characters per entry**

## Dial 171.



**Emergency call message service**

When the person you want to contact has no mobile phone

No. of telephone numbers you can register

**All telephone numbers**  
(area code of the afflicted area for land-line phones)

Retention period

**Until the end of service**

No. of entries you can register

**1 to 20**

(The message placed in web 171 may also be registered.)

No. of characters you can register

**30 secs per entry**

# Memo



## Determine How to Contact Your Family Members

Name

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Mobile phone number

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E-mail

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Others

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Name

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Mobile phone number

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E-mail

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Others

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Name

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Mobile phone number

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E-mail

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Others

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Name

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Mobile phone number

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E-mail

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Others

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## Determine Where to Gather

Name

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Phone number

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Name

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Phone number

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Name

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Phone number

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Name

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Phone number

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## Emergency Contact

Name

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Phone number

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Name

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Phone number

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Name

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Phone number

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