

# Disaster Prevention Handbook for Non-Japanese

~ Let's Prepare NOW ~



English Version



**Fukuoka Prefecture**

This Disaster Prevention Handbook outlines what Non-Japanese should do when disaster occurs in Japan. Disasters refer to Earthquakes, Heavy Rains, Typhoons, Landslides and Fire and so on. Read this handbook and be prepared in case of a disaster.

## Table of Contents

### Before the Disaster

- Things To Do beforehand . . . 1
- Things To Prepare beforehand . . . 3



### When a Disaster Occurs

- Flow of Evacuation . . . 4
- Earthquake . . . 6



- Heavy rains and Typhoon . . . 10



- Fire . . . 12



- Disaster Prevention Memo . . . 15
- Disaster Information and Consultation Centers . . . 16
- Important things to remember . . . 18

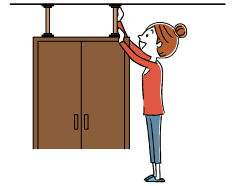
## Things to do beforehand

### Talk and discuss with family and friends.

Talk and discuss with everybody about your designated evacuation areas and ways on how to contact each other.

### Make the interior of the house Secure and Safe

- ① Stabilize all the furnitures and household appliances in your home to prevent from falling.
- ② Do not put objects in the passages, entrances or exits.



### Prepare the emergency supplies in the event of an Emergency Evacuation.

※ Refer to page 3 for the list of things to be prepared in case of emergency evacuation.



### Check the designated evacuation area and make a map near your house.

Evacuation centers are schools, community center and civic centers.

※ Refer to page 2 for map making.



### To gather informations about the Evacuation centers, access the website of [Fukuokaken Hinanjo Hinanjouhou].

<https://ken-bousai.pref.fukuoka.lg.jp/bousai/index.html?mode=0>

### Evacuaton Center

There are provided food in the evacuation centers.

There is a place to sleep.

You will stay together with a lot of people.

Bring your own important things.

Follow the rules.

Help each other



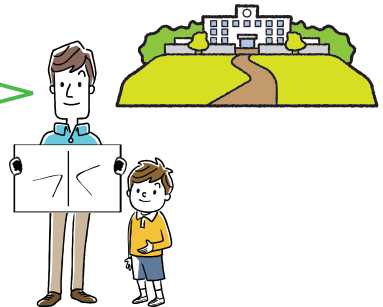
Make a map from your home to the evacuation center.



## Map

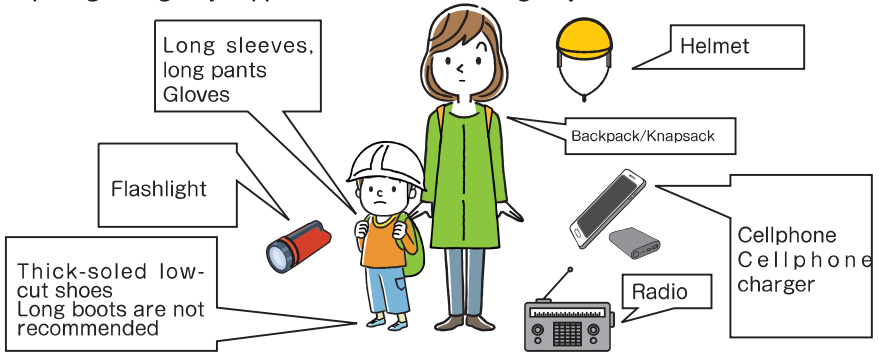


- Check the Hazard map of the town where you live. Actually walk the route.
- Determine a safe route to your nearest evacuation area.



# Things to prepare beforehand

**Preparing emergency supplies in case of an Emergency Evacuation.**






※ There are also other things and supplies needed to be prepared for an emergency evacuation.

**Prepare food and water supplies for 3 days or more.**

Food	Water Food Foods that can be eaten as it is and won't spoil such as canned goods, retort, biscuits etc.	Clothes	Clothes (including underwear) Towel Rainwear (umbrella, raincoat) Winter clother
Medical Supplies	First Aid kit (Medicine in case of an emergency) Current medications	Daily Necessities	Tissue Battery Blanket Writing materials (pencil, pen, memo) Plastic bag Slippers
Valuables	Cash, Cashcard, Bankbook, Personal Seal Health Insurance, ID cards Passport		

The things to be prepared depend on the needs of each member of your household. See the list below for some reference.

If there is a pregnant woman	If there are elderly people
Sanitary pads, gauze, antiseptic tissue wipes, newly born baby care products, maternal handbook, etc.	Nursing care products, denture and cleaner, Adult diapers, Medicine box, etc.
If you have a baby 	
 Powdered milk, milk bottle, diapers, Maternal handbook, etc.	

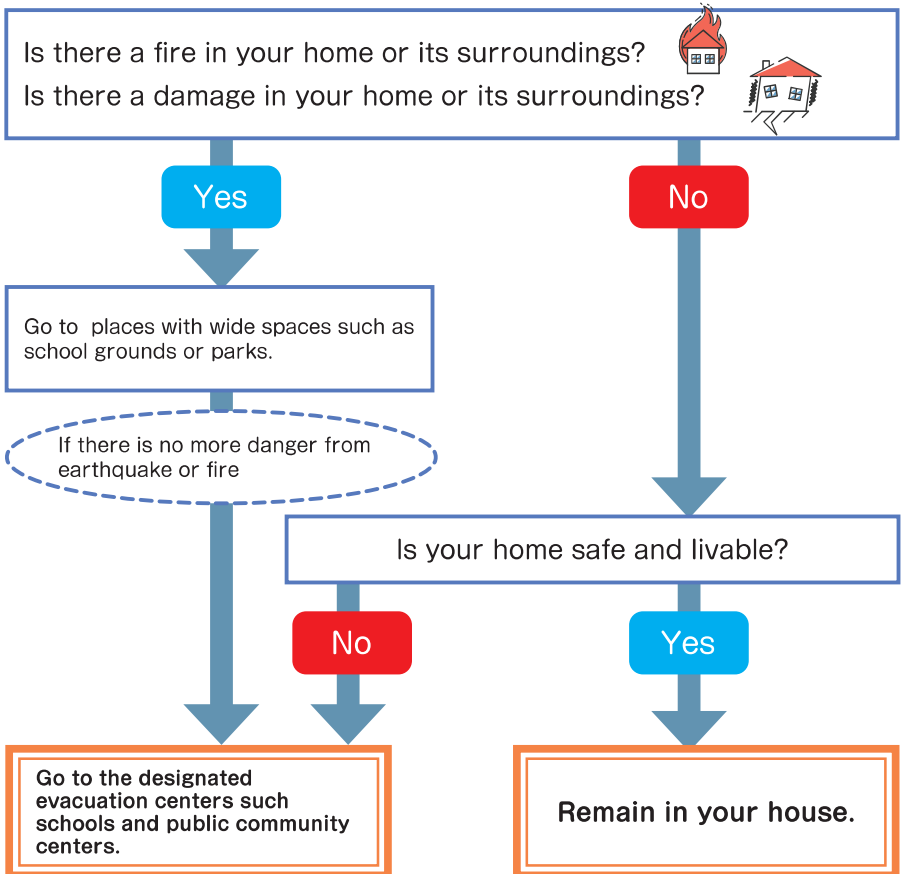
## Flow of Evacuation

Refer the flow chart below for evacuation when a disaster occurs while you are at home.

### Earthquake

Occurrence of an earthquake  
Secure your own safety first.

※ Through the Earthquake Early Warning system, people are notified of the incoming earthquake via television or cellphones.



※ Refer to page 6 ~ 9 with regard to earthquake.

## Heavy Rains and Typhoons

**Heavy Rains and Typhoons is approaching**  
**First, check the latest weather informations**  
**on the news and internet .**

Do you receive weather informations such as warnings in your area.

Yes

Is there an information  
on evacuation  
(warning level 3,4,5) ?

No

Continue to check and  
gather the latest weather  
informations.  
Prepare for an immediate  
evacuation.

Yes

Is it safe to go to the evacuation center?  
E.g. Your home is already flooded with water.  
It is evening, you could hardly see the surroundings.

Yes



Take refuge in safe, tall  
buildings with 2 or more  
floors. Wait for rescue.

No



Evacuate to a safe place  
like the Evacuation  
center.

- ※ Refer to page 10、 11 with regard to Heavy rains and typhoon.
- ※ Refer to page 11 with regard to Warning and Alert levels.

## About the Earthquake

What is an earthquake?

Japan is a country with numerous earthquakes.

Nobody knows when and where will an earthquake occurs.

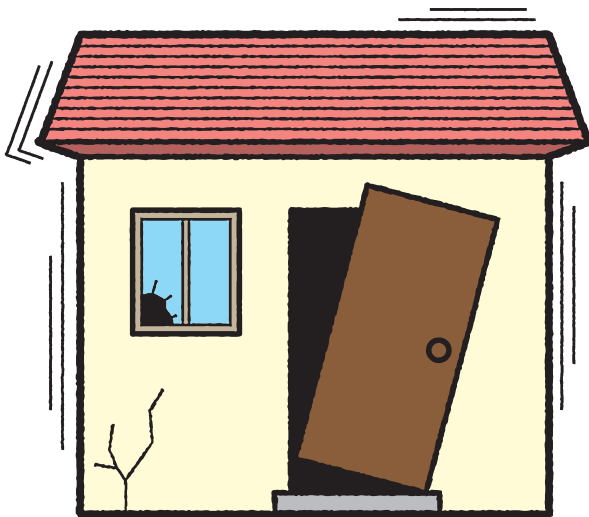
Aftershocks may occur after an earthquake.

The water, electricity and gas supplies might be cut off.

A tsunami might occur especially in places near the seashores.





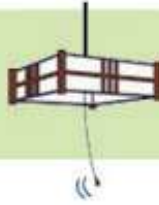





The ground may shake so hard that houses and buildings might be damaged.

Even if there's an earthquake stay calm.





In Japan, the scale of the shake is represented by a number.

	<p>[Seismic intensity 0] People don't feel the shaking.</p>		<p>[Seismic intensity 5 Lower] Most people try to be safe. Some people find it difficult to move.</p>
	<p>[Seismic intensity 1] Some people inside the room or building feel it.</p>		<p>[Seismic intensity 5 Upper] Most people are extremely frightened and find it hard to move.</p>
	<p>[Seismic intensity 2] Many people inside the room or building feel it. Some people who are sleeping will be awoken.</p>		<p>[Seismic intensity 6 Lower] Difficult to stand.</p>
	<p>[Seismic intensity 3] Felt by most people inside the room or building. Some people are frightened.</p>		<p>[Seismic intensity 6 Upper] Unable to stand and cannot move without crawling.</p>
	<p>[Seismic intensity 4] There is considerable sense of fear. Some people try to be safe. Most people who are sleeping will be awoken.</p>		<p>[Seismic intensity 7] Thrown around by the shaking and unable to move as you like.</p>

Fire and Disaster Management Agency' s Disaster Prevention Manual:  
Educational material on countermeasures against earthquake disasters

## When an Earthquake occurs

### Inside the room

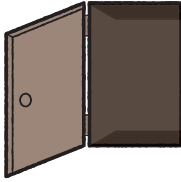
Stay away from bookshelves and windows, and hide under the table.



After the shaking subsides, turn off the fire.



Open the door and secure a way out.



Put on shoes to prevent injury.



During evacuation, bring the Emergency supplies.

※ Refer to page 3 for the list of things to be prepared in case of emergency evacuation.

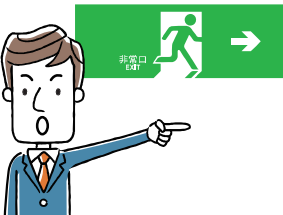


Confirm the safety of your surroundings first before going out.



### Inside the shop

Follow the instructions of the store clerk.



### In an elevator

If the elevator does not stop automatically, press the buttons for every floor and get off as soon as the door opens.



### On a train or bus

Follow the instructions of the staff, and refrain from rushing out of the door.



### Near the Sea

A tsunami might occur, run away to a high place away from the sea.



### Near a Building

Buildings might be broken and things will fall so stay away from it.



### When driving a vehicle

Pull over the car on the left side of the road and stop the engine.

Leave the key in the ignition and evacuate.



### Near a Mountain

Evacuate to a safe place as a mountain or a cliff may collapse.



## About the Heavy Rain and Typhoon

### What is Heavy Rain, Typhoon?

#### Heavy Rains

Heavy Rains mean more rain will fall than usual.  
Heavy rains occur during the rainy season (June to July) and during typhoons.  
The water level of the rivers may rise and overflow.  
Roads may overflow with water and it may enter the houses.  
The cliffs may collapse.

#### Typhoon

Typhoons mostly occur from July to September.  
It will rain heavily and strong winds will occur.  
The water level of the rivers may rise and overflow.  
The sea may be rough and the waves will rise.  
The operations of trains, buses, and subways may stop.  
The billboards and roof tiles may be blown away because of the strong winds.

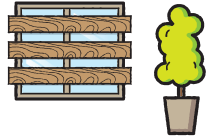
※ Heavy rains and typhoons can be predicted. Make it a habit to always check the internet and the television for the latest weather news updates.



## When Heavy Rain or Typhoon occurs

**Always check the television and internet for the latest news.**

Prepare the Outside of the House  
Secure everything that might be blown away.  
Shut all the windows and shutters.



**Prepare the necessary things in case of Evacuation.**

※ Refer to page 3 for the things to be prepared in case of evacuation.



**Stay away from dangerous places.**

Dangerous places may include rivers, seashores and mountain slopes.

**Landslides may occur.**






Heavy rains and Typhoon may cause the soil to soften.

Cliffs may collapse.

People living in houses near cliffs should evacuate immediately.



## Warning Levels and Proper Actions to Take

Warning Level	Actions to Take	
1	Heavy rains might occur. Check the latest news carefully through the television and internet.	
2	Prepare to evacuate. Check the hazard map.	
3	Healthy and able persons prepare for evacuation. Elderly and expectant mothers should evacuate.	
4	Everyone should evacuate to a safe place.	
5	Life is in danger. Take measures to protect life.	

# Fire



## When a fire occurs

1. Let the people around you know by shouting [KAJI DA] ( there's a fire).

### Residential Fire Alarm

A device that produces a loud noise when it detects smoke and heat.

2. Contact the fire department by dialing 119. (free of charge)

### How to contact 119

- ① Dial 119 and clearly say [kaji desu] "Fire"
- ② Tell the location . OO ward, OO block , the house number OO mansion , next to the OO community center. [OOku OOchoume Ooban, OOGO; OO mansion, OO no tonari desu]
- ③ OO is burning. [OO ga moeteimasu].
- ④ My name is. [Watashi no namae wa OO desu].  
My phone number is. [Denwa bangou wa OOO-O000 desu].



3. Put out the fire with fire extinguisher or water.

If you don't have a fire extinguisher, put out the fire by beating it with a cushion or by covering the flames with a wet towel or blanket.

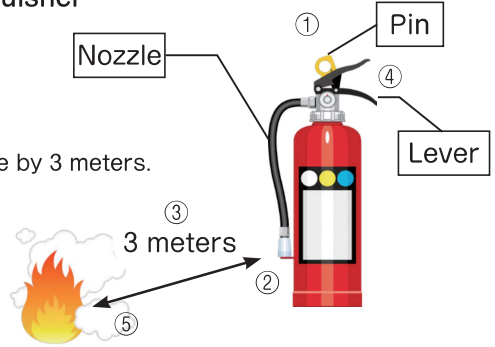


**Never water the pans that has oil in it, kerosene stoves and electrical appliances.**



## How to use the fire extinguisher

- ① Pull out the pin.
- ② Hold the end of the nozzle.
- ③ Distance yourself from the fire by 3 meters.
- ④ Squeeze the lever tightly.
- ⑤ Aim and spray the nozzle at the base of the fire.



## 4. Evacuate immediately when you fail to extinguish the fire.

Make sure not to inhale the smoke from the fire when evacuating.



The smoke from the fire contains hazardous chemicals or gas.

Cover your mouth and nose with a wet towel or wet handkerchief. Posture yourself low and evacuate.



Always use the stairs when evacuating from tall buildings (mansions and department stores).

Never use the elevators,

## 5. You must not go back once you are already outside.

## Preventing a fire.

Do not leave anything that easily catches fire around the house.



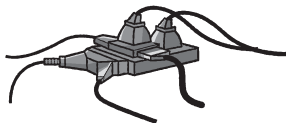
When you leave the kitchen, turn off the fire.



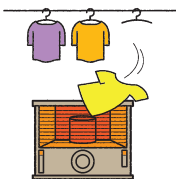
After smoking a cigarette, extinguish it properly.



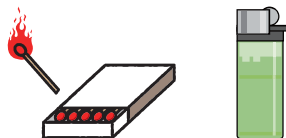
Do not connect a lot of electrical appliances to one outlet.



Do not leave things that easily catches fire near the stove.



Do not place matches or lighters where children can reach them.





# Disaster Prevention Memo

Fill it up by yourself and bring it with you.

119 Fire department and Ambulance



110 Police department



## Personal memo

Name		Contact number
Nationality	Passport number	Residence card number
Address in Japan		

Contact information of family, relatives, friends, co-workers, school

Name	Telephone Number

Contact person	Telephone Number	Contact person	Telephone Number
Gas company		Embassy, Consulate	
Electric company		Hospital	

Evacuation center	
When earthquake occurs	When heavy rains and typhoon occur

## Disaster Information Sources and Consultation Centers

Fukuoka Prefecture, Consultation Center for  
Non-japanese (Gaikokujin Soudan Senta-)

0120-279-906 (free of charge)

Office hours: 10AM ~ 7 PM (except December 29 ~ January 3)

Provide services in the following 19 languages:

Japanese, English, Chinese, Korean, Vietnamese, Nepalese,  
Indonesian, Tagalog, Thai, Malay, Spanish, French, German,  
Italian, Russian, Portuguese, Myanmar, Khmer, Mongolian



### VoiceTra

VoiceTra is a voice translation app that translates into foreign languages.

It can be downloaded by accessing the respective App Stores of Iphone or Android.

<https://voicetra.nict.go.jp/>

### Japan Meteorological Agency homepage

Informations about the earthquakes, heavy rains, typhoons, etc. can be accessed here.

<https://www.jma.go.jp/jma/kokusai/multi.html>



### NHK World Japan

The latest news about the disaster in Japan can be viewed here.

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

### LOVE FM

This FM station also broadcasts in foreign languages.

Provides informations about earthquake, typhoon, heavy rain and other disasters in various languages.

Fukuoka 76.1MH z Fukuoka West 82.5MH z Kitakyushu 82.7MH z

During a disaster, there are also informations dissiminated from the municipality to the residents. (e.g. Informations about the Evacuation centers.)

Check the homepage of the area you are residing.

## How to use the emergency app

- “Disaster Prevention Information Fukuoka MAMORU-Kun” is an emergency app for Fukuoka Prefecture.
- It provides information about typhoons, heavy rainfall, earthquakes, and tsunami.
- You can also view nearby evacuation areas on a map.

Japanese, English, Chinese (simplified and traditional), Korean, and Vietnamese are supported.

You can download the app using the QR code below.



(App Store)



(Google Play)



You can find out about emergency information near your current location



Map shows you the evacuation areas



Pictures show you what to do in the event of an emergency

Important things to  
remember



- When a disaster occurs, let us Cooperate together.
- Greet your neighbors. Let them remember you.
- You are not alone. Let us help each other in times of difficult situations.

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Fukuoka Prefecture  
7-7 Higashi-koen, Hakata-ku, Fukuoka-shi  
(International Affairs Bureau)  
TEL : 092-643-3201 FAX : 092-643-3224  
(Disaster Prevention Crisis Management Bureau Disaster  
Prevention Planning Division)  
TEL:092-643-3112 FAX:092-643-3117