



# Nogata City

## Disaster Readiness

### Guidebook

Archived  
Edition  
Keep this booklet somewhere easy to reach.



## Table of Contents

● How to Use This Disaster Readiness Guidebook.....	1	● Storms, Typhoons, Storm Surges, Lightning, and Tornadoes .....	15-16	● Preparing and Checking Your Emergency Kit and Stockpiles .....	25-26
● When to Evacuate .....	2	● Fires .....	17	● Creating My Timeline .....	27-30
● Evacuation Tips .....	3-4	● Watch Out for Other Hazards! .....	18	● Staying Informed About Disasters .....	31-32
● Infection Prevention.....	5-6	● Pet Safety and Readiness ...	19	● List of Evacuation Shelters .....	33-34
● How to Stay at Evacuation Shelters .....	7-8	● What to Do First When Your Home Is Damaged .....	20	● Our Family Emergency Information & Disaster Readiness Notes ...	Back cover
● Flooding .....	9-10	● Everyday Preparedness	21-22		
● Landslides .....	11-12	● Disaster Readiness & Checklist .....	23-24		
● Earthquakes .....	13-14				

# How to Use This Disaster Readiness Guidebook

# When to Evacuate

- Keep this Disaster Readiness Guidebook somewhere easy to see and check regularly.
- Hazard areas in this guidebook show locations at risk from inundation, landslides, storm surges, and similar disasters. Identify hazard areas around your home.
- In preparation for evacuation, identify your nearest designated evacuation shelter and the homes of relatives or friends where you could stay.

Step 1

**Be aware of the disaster risks around your home.**  
Check whether your home is in an inundation, storm surge, or landslide hazard area.

Step 2

**Identify your nearest evacuation shelter.**  
Check the list of evacuation shelters. ▶ Pages 33-34 List of Evacuation Shelters  
Check the hazard map as well.

Step 3

**Learn what to include in your emergency kit and home supplies.**  
Check your emergency kit and home supplies.  
Emergency kit items will vary based on your household and individual needs.  
▶ Pages 25-26 Preparing and checking your emergency kit and stockpiles

Step 4

**Check other disaster readiness information.**  
Confirm official information from City Hall and relevant agencies.  
▶ Pages 31-32 Staying Informed About Disasters

**Creating Your Own Readiness Map**

Based on your family discussions, create a custom map showing routes from your home to designated evacuation shelters or relatives' and friends' homes. Mark any hazardous areas along the way, and share the map with your family.

**Designated evacuation shelters**  
Decide in advance where you'll evacuate in case of a disaster.

**Hazardous areas**  
Mark areas that could be dangerous during flooding, such as locations near rivers, and avoid those routes.

**Landmark**  
Mark a landmark along your evacuation route. Mark clear landmarks, especially at turns or intersections.

**Evacuation route**  
Mark the route to your designated evacuation shelter.

**Home**  
Mark your home.

## Making the Decision to Evacuate

You are the one who must decide when to evacuate. Don't assume you'll be safe just because past disasters didn't affect you. Understand that evacuating can save your life.

**Check Your Hazard Map!**

☐ **If You Live In or Near a Hazard Area**  
Check the nearest evacuation shelters and routes in advance.

☐ **If You Live Outside a Hazard Area**  
Prepare to stay safe at home, and check nearby evacuation shelters and routes in advance.

☐ **Alternative Evacuation Options**  
Designated evacuation shelters like schools and community centers aren't your only option. Consider staying with relatives or friends nearby, or at a hotel if it's safer.

**Evacuation Actions**

There are two main ways to take action during an evacuation.

**(1) Evacuating to a Safe Location (Horizontal Evacuation)**  
Move to a safer place away from danger.  
  
\*If heavy rain is expected at night, try to evacuate while it's still daylight.

**(2) Sheltering Indoors Safely (Vertical Evacuation)**  
Move to a higher floor or level inside your home.  
  
If you live near cliffs or hillsides, stay in a room away from them.

## Information for Deciding When to Evacuate (Alert Levels and Weather Advisories)

Alert levels use a five-stage system to tell residents what actions to take to prepare for floods or landslides. Local governments issue these alerts along with evacuation information.

Evacuation Information (Alert Levels)				River and Rainfall Information (Equivalent Alert Level Information)	
Alert Level	Situation	Recommended Actions for Residents	Evacuation Information	Disaster-Related Weather Information (Equivalent Alert Level Information)	
				Inundation Information (Rivers)	Landslide Information (Rain)
5	Disaster occurring or imminent	<b>Threat to life — Take immediate action to stay safe!</b> • Alert Level 5 means conditions are too dangerous for safe evacuation—your life is in danger. • Don't wait for Alert Level 5—by then, it may be too late! • Local governments issue Alert Level 5 only when they can confirm a disaster is occurring or imminent, so it may not always be announced.	<b>Protect yourself immediately</b>	Level 5 or equivalent <b>Flood event report</b>	<b>Heavy rain emergency warning (Landslides)</b>
<Evacuate by Alert Level 4!>				<Evacuate by Alert Level 4!>	
4	High risk of disaster	<b>Evacuate everyone from hazardous areas.</b> • An Alert Level 4 evacuation order is issued with factors such as evacuation time and sunset in mind. When this level is announced, evacuate immediately from hazardous areas.	<b>Evacuation order</b>	Level 4 or equivalent <b>Flood risk information</b>	<b>Landslides Alert information</b>
3	Risk of disaster	<b>Older adults and others at risk should evacuate.</b> • "Older adults and others at risk" includes people with disabilities and those assisting them during evacuation. • This is also the time for others to start limiting nonessential activities, prepare to evacuate, or evacuate voluntarily if needed.	<b>Evacuation for older adults, etc.</b>	Level 3 or equivalent <b>Flood alert information Floor warning</b>	<b>Heavy rain warning</b>
2	Worsening weather conditions	<b>Review your evacuation actions</b>	<b>Heavy rain, flood, and storm surge advisories</b>	Level 2 or equivalent <b>Flood warning information</b>	???
1	Weather conditions may worsen	<b>Strengthen your disaster readiness</b>	<b>Early warning information</b>	Level 1 or equivalent ???	???

\*Local government officials issue alert levels based on multiple factors: river and rainfall data (equivalent alert level information), local land use, and past disaster history. Because they consider all these factors together, alert levels and weather information may not always be issued at the same time or for the same areas.

Adapted from the official websites of the Cabinet Office and the Japan Meteorological Agency (JMA)

# Evacuation Tips

## Evacuation Guidelines

### Decide for Yourself When to Evacuate

When disaster approaches, everyone's situation is different. Make your own decisions and act with the awareness that **your safety is your responsibility**.

For example

- You live in a landslide hazard area.
- You live in an inundation-prone area near rivers.
- You have family members who need assistance, such as children or older adults.



Monitor weather alerts and local evacuation information, and evacuate early.

### Take Minimum Actions to Protect Your Life

If conditions are too dangerous to evacuate, stay where you are and focus on staying safe. If danger is imminent, you may need to take immediate life-saving actions rather than trying to reach a designated evacuation shelter.

For example

- Dangerous spots along evacuation routes may be hard to see at night or during sudden heavy rain.
- Water is above knee height (over 50 cm).
- Water is about 20 cm deep, but the current is strong.
- Water is about 10 cm deep, but canals or ditches may be hidden, creating a risk of falling in.



It's too dangerous to go outside. If necessary, take temporary shelter on the second floor or higher of your home or a nearby building. For landslides, move to a room away from slopes and wait for rescue.

### Evacuation Guidelines

#### Keep your emergency kit light!

Pack essential supplies in a backpack and take only what you need to move easily.



#### Carry an emergency contact note with your family's address, names, and phone numbers!

Older adults and children should prepare a note in advance and keep it with them when evacuating.



#### Leave a note for family members who are out!

Before evacuating, turn off the gas and electricity at the main switches. Leave a note letting them know where you've gone—for example, "Evacuated to [shelter name]."



#### When evacuating to an evacuation shelter

Bring water, food, prescription medications, and warm clothing. Also pack a thermometer and hand sanitizer for infection prevention. Before going to the evacuation shelter, be sure to take your temperature and wear a mask.



## Evacuation Tips

#### Before evacuating

Turn off the circuit breaker, shut off the gas and other heat sources, and let relatives or friends know that you're evacuating.

#### Navigating flooded roads

Watch out for canals and ditches, and stick to higher ground whenever possible.

#### Evacuate on foot!

Driving can block emergency vehicles and cause traffic jams. Evacuate on foot unless you need to shelter in your vehicle.

#### Check on older adults and others who live alone.

If older adults or people with medical conditions live alone in your neighborhood, check on them and evacuate together. Talk with your neighbors regularly about evacuation plans.



#### Evacuate immediately

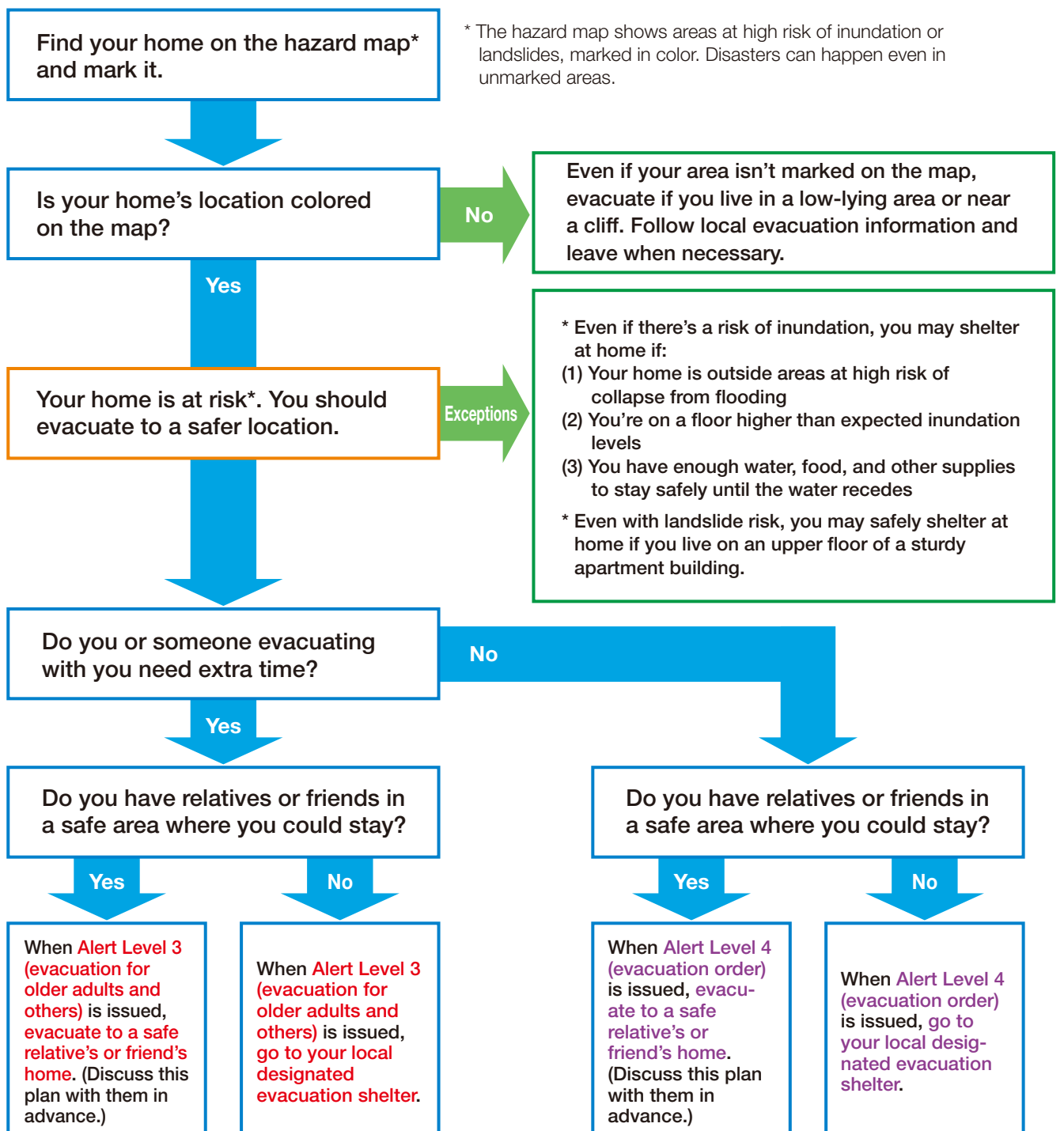
When evacuation information is issued, evacuate immediately.

## Review the Evacuation Action Decision Flow and hazard maps to prepare for typhoons and heavy rain.

Plan Ahead

Take responsibility for your own safety. Identify disaster risks at your home and know what actions to take.

### Evacuation Action Decision Flow



Adapted from the Cabinet Office website

# Infection Prevention

To prevent infectious diseases like influenza and COVID-19, practice good hand hygiene, cough etiquette (including wearing a mask), and ensure proper ventilation. Older adults and people with underlying health conditions are at higher risk of severe illness from infection. When visiting older adults or gathering in large groups, please take infection prevention measures, including wearing a mask.

## ! Help Prevent the Spread of Infection

### ① Handwashing How to wash your hands properly

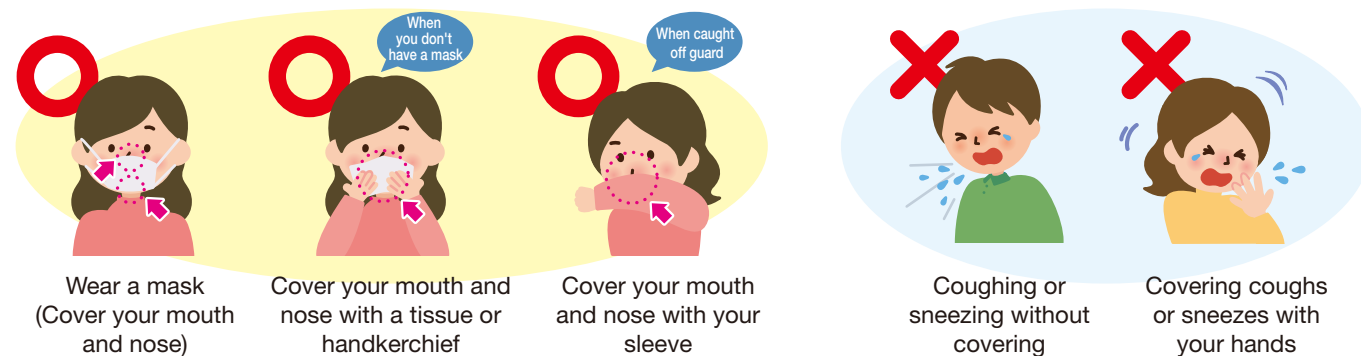
[Before Washing Your Hands] · Trim your nails short · Remove your watches and rings

- 1 Wet your hands thoroughly with running water, apply soap, and rub your palms together.
- 2 Rub the backs of your hands and up to your wrists.
- 3 Thoroughly rub your fingertips and the areas under your nails.
- 4 Wash between the fingers.
- 5 Rub your thumbs and palms using a rotating motion.
- 6 Don't forget to wash your wrists.

After washing with soap, rinse thoroughly with water and dry your hands with a clean towel or paper towel.

### ② Cough Etiquette

**3 Cough Etiquette Tips** Follow these tips in crowded places such as trains, workplaces, and schools.



#### Proper Mask Wearing

- 1 Cover both your nose and mouth fully
- 2 Hook the elastic bands over your ears
- 3 Ensure the mask fits snugly over your nose

Adapted from the website of the Ministry of Health, Labour and Welfare

To Prevent Disease Clusters

### Avoid the 3Cs

1. **Closed spaces** (poor ventilation)
2. **Crowded places**
3. **Close contact** (especially when talking)

## Evacuation Tips for Infectious Disease Situations

### 5 Key Points

1. Evacuation means avoiding danger. **If you're already in a safe location, you don't need to go to an evacuation shelter.**
2. You have evacuation options beyond schools and community centers. **Consider staying with relatives or friends in safe areas, or at a hotel.**
3. **Masks, hand sanitizer, and thermometers** may be limited. Please **bring your own.**
4. Your **local designated evacuation shelters may change, or new ones may open** during emergencies. **Check the city website** for current information.
5. Traveling outside during heavy rain is **extremely dangerous, even in a vehicle.** **If you must shelter in your car**, choose a **location carefully to avoid inundation.**



Adapted from the Cabinet Office website

## Additional Items for Your Emergency Kit (Infection Prevention)

- 1 Masks
- 2 Hand sanitizer
- 3 Hand soap or bar soap (Bring your own for your family—don't share at shelters)
- 4 Disposable gloves (to prevent infection from frequently touched surfaces such as doorknobs)
- 5 Disposable aprons or trash bags (for helping with shelter operations)
- 6 Thermometer (local authorities may not always provide these— bring one you're familiar with)
- 7 Indoor shoes (or slippers) (Protect against floor germs; non-slip soles prevent falls and reduce noise)
- 8 Tissues, wet wipes, paper towels, plastic bags (bring more than usual)
- 9 Portable toilet bags (don't wait to use the bathroom— have these ready if shelter toilets are unavailable)





# How to Stay at Evacuation Shelters

Evacuation shelters house many people in a limited space. Follow the rules, participate actively in shelter operations, and help maintain a positive environment for everyone.

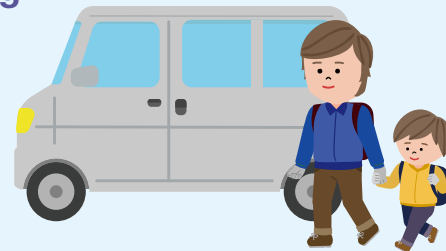
## ■ Confirm evacuation shelter locations

- Know where your local designated evacuation shelters are located.
- Depending on disaster conditions, your nearest designated evacuation shelter may not open. Check the city's website for current information.
- Participate in local disaster readiness drills and build relationships with neighbors so you can help each other in emergencies.



## ■ Important information about sheltering in your vehicle

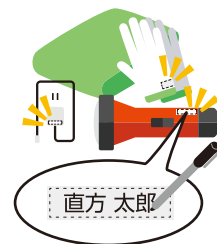
- Sheltering in your vehicle offers benefits like privacy, climate control, and access to information via radio, but it also carries health risks. Watch for serious risks, including blood clots from prolonged sitting (deep vein thrombosis) and carbon monoxide poisoning from vehicle exhaust.



## Shelter Life

### Follow Shelter Rules

- Keep your belongings together in one place so you can grab them quickly in an emergency.
- Label your belongings with your name to avoid confusion or disputes.
- Follow shelter rules, including wake-up and bedtime hours, restroom etiquette, and designated smoking areas.



### Take on Responsibilities and Help with Shelter Operations

- All residents should help as they're able with tasks like reception, cleaning, meal preparation, and distributing supplies.
- Let's help each other and participate in the management of the evacuation center.



### Keep the Environment Clean

- Dispose of trash in designated areas.
- Keep toilets and bathrooms clean. Keep portable toilet supplies on hand in case shelter toilets become unusable.
- Clean regularly to maintain sanitary conditions.

### Supporting Vulnerable Residents

- Offer assistance to people with disabilities, older adults, and pregnant or postpartum women.
- Keep pathways clear and accessible for wheelchair users.
- Provide privacy screens or curtains when people need to change diapers or use assistive devices.
- With small, thoughtful actions, we can create a comfortable environment for everyone.

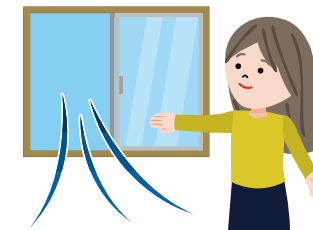
## Monitor Your Health

### ■ Carbon monoxide poisoning

If you're sheltering in your vehicle, running the engine for long periods to heat or cool it can increase the risk of carbon monoxide poisoning. The same risk applies when using heaters in confined indoor spaces. Make sure the area is well-ventilated with fresh air.

#### Prevention Tips

- Open windows frequently to ventilate.
- Check that the exhaust vents on heaters are working correctly.



### ■ Deep vein thrombosis (DVT)

Deep vein thrombosis (DVT), also known as traveler's thrombosis, is a condition where blood clots form in the leg veins from sitting still for extended periods, and when you start moving, these clots can travel through the bloodstream and block vessels in the lungs or brain. This can lead to serious complications such as pulmonary embolism or stroke. It's called traveler's thrombosis because it often occurs during long flights.

While at the shelter, make sure to move around regularly.

#### Prevention Tips

- Stay active and move around frequently.
- Even while seated, move your toes and flex your feet regularly.
- Stay hydrated by drinking plenty of water.
- Wear loose, comfortable clothing.



## Infection Prevention

Evacuation shelters during disasters can increase the risk of infectious diseases such as COVID-19, influenza, and the common cold because of shared spaces and close contact.

To help reduce this risk, prepare the following items in advance for possible evacuations caused by earthquakes, floods, or other disasters.

### Health monitoring

To help monitor everyone's health, please check your temperature at home before going to the evacuation shelter. If you have symptoms such as fever or cough, consult your doctor and, if possible, consider staying with relatives, friends, or at a hotel instead of a shared shelter.

### Consider alternative shelters

If you need to evacuate, consider staying with relatives, friends, or at a hotel instead of a public evacuation shelter. This helps reduce crowding.

### Practice good hygiene

Wash your hands frequently and follow proper cough etiquette by wearing a mask and covering your mouth and nose when you cough or sneeze.

### Maintain clean conditions






Help keep the shelter clean by regularly wiping down shared spaces and items with household cleaning products. Keep in mind that shelters have limited supplies. In addition to water and food, bring essential personal items whenever possible, such as a thermometer to monitor your health.

## Protect Yourself and Others

At evacuation shelters, stay aware of possible crimes such as theft, fraud, sexual assault, or aggressive solicitation. If you notice suspicious behavior, report it immediately to the police or shelter staff.

# Flooding

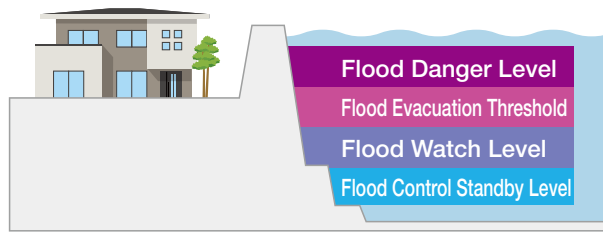
## Rainfall Intensity and Impacts (Hourly Rainfall)

Hourly Rainfall	10-20 mm	20-30 mm	30-50 mm	50-80 mm	80 mm+
Description	Moderately heavy rain	Heavy rain	Very heavy rain	Extremely heavy rain	Torrential rain
How it Feels	Steady, noticeable rain	Heavy downpour	Raining buckets	Like a waterfall	So intense it's hard to breathe
					
Effects on People	Feet get wet from splashing	You get wet even with an umbrella		Umbrellas are useless	
Inside a Wood-Frame Home	Rain drowns out conversation	Loud enough to wake about half of sleepers			
Outdoor Effects	Puddles form everywhere		Roads turn into rivers	Rain spray creates whiteout conditions, reducing visibility	

Adapted from the JMA website

## River Water Level

When river water levels reach the Flood Evacuation Threshold due to heavy rain and are expected to continue rising, flood alerts may be issued. If you live near a river, stay alert to these warnings and be ready to act quickly. You can check river levels at monitoring stations on the MLIT River Disaster Prevention website.



River Name	Onga River	Onga River	Hikosan River
Observation Station	Hinode Bridge	Kanroku Bridge	Nakashima
Flood Danger Level	8.1 m	—	—
Flood Evacuation Threshold	7.1 m	—	—
Flood Watch Level	5.9 m	5.2 m	5.0 m
Flood Control Standby Level	4.6 m	3.8 m	3.7 m

Adapted from the Fukuoka Prefecture Comprehensive Disaster Prevention Information website

## Flood Evacuation Tips

### ! Evacuate early, before inundation begins

Floodwaters are powerful — walking becomes difficult once they reach knee height. It's dangerous to leave your home once inundation starts. Follow weather and flood forecasts, and evacuate immediately if you feel at risk.



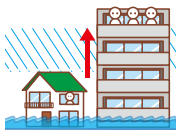
### ! Stay away from rivers and irrigation canals

Even if heavy rain makes you anxious, don't go out to check nearby rivers, canals, or drainage channels. If you must go, never go alone. Use live camera feeds to monitor river conditions instead. Avoid routes near swollen rivers when evacuating.



### ! Evacuate based on the situation

If it's too dangerous to reach an evacuation shelter, move to the highest floor of your home or a nearby sturdy building. If conditions become dangerous while evacuating, take refuge on an upper floor of the nearest sturdy building immediately.



### ! Basements and underground malls are dangerous

When you're underground, you can't see what's happening above and have limited escape routes. If flooding begins at street level, water can surge in quickly. Power outages are also common, making it extremely difficult to escape.



### ! If you must walk through floodwater

Never go barefoot or wear rubber boots. Shoes that lace up and won't come off easily are best. Because floodwater is murky, you can't see what's below the surface. Use a long stick to check your footing and watch out for gutters, manholes, and debris.



### ! Underpasses are dangerous

Underpasses and underground roads that go beneath railways or highways are the first to flood during heavy rain. Know where these areas are and plan alternate routes.



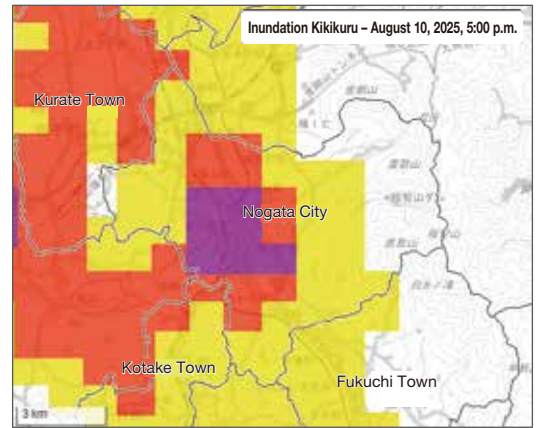
## Kikikuru (Risk Map)

This is life-saving information that shows where the risks of landslides, inundation, and river floods are rising.

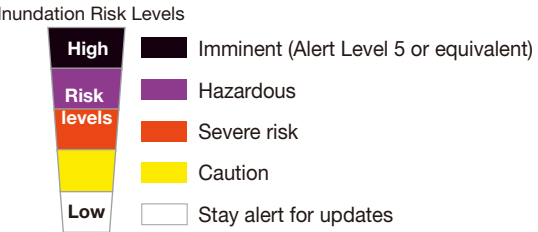
\*Image courtesy of Fukuoka District Meteorological Observatory

### Inundation Kikikuru

Risk map for heavy rain warning (inundation risk)

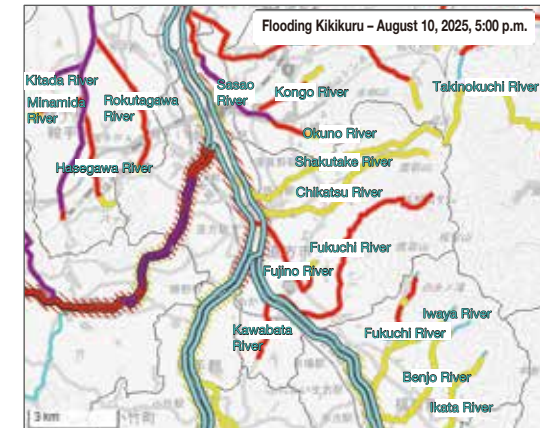


Purple: Low-lying areas are dangerous

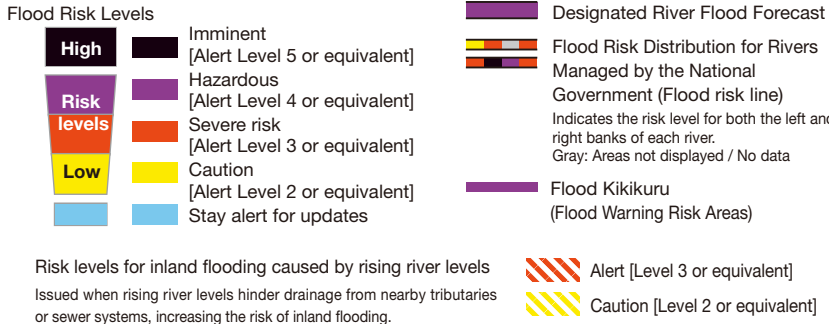


### Flood Kikikuru

Risk map for flood warning



Purple: Riverside areas are dangerous



Risk levels for inland flooding caused by rising river levels issued when rising river levels hinder drainage from nearby tributaries or sewer systems, increasing the risk of inland flooding.

## Record Short-Duration Heavy Rainfall Alert

Issued when extremely heavy rain that typically occurs only once every few years is detected, either through ground rain gauges or by combining weather radar with ground measurements.

The Japan Meteorological Agency (JMA) issues this alert when rainfall reaches levels rarely observed in the area, posing a risk of landslides, inundation, or overflow in small and medium-sized rivers. It's issued when rainfall meets the defined thresholds during a heavy rain warning, and the Kikikuru (Risk Map) shows "Danger" (purple).

When this alert is issued, it means that extremely heavy rain is falling in your area, with conditions that could lead to landslides, inundation, or overflow in small and medium-sized rivers.

Check the Kikikuru (Risk Map) to see which areas are at greater risk of disaster.

## Significant Heavy Rain Information

This alert explains conditions where extremely heavy rain continues to fall over the same area due to what is called a "linear rainband." It's issued when the risk of disasters caused by heavy rainfall is rapidly increasing. This alert supplements the Alert Level information. The JMA issues it when conditions reach Alert Level 4 or higher.

Even if this alert has not been issued, prolonged heavy rain over wide areas can still cause severe disasters. Don't wait for a Significant Heavy Rain alert—monitor the Kikikuru (Risk Map) closely, as it shows when the risk of disasters is increasing.

Adapted from the websites of the Cabinet Office and the Japan Meteorological Agency



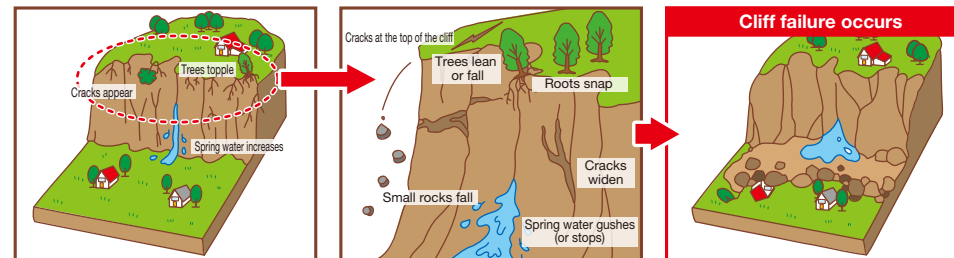
# Landslides

## Types of Landslide Disasters

Landslide disasters fall into three categories: cliff failures, debris flows, and landslides.

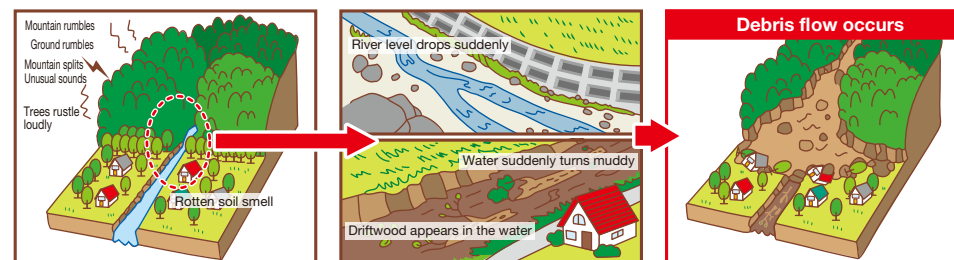
### Cliff Failures (Steep Slope Collapse)

Heavy rain weakens the soil, causing steep slopes to collapse suddenly. When a cliff failure hits homes, many people can't escape in time, resulting in a high fatality rate.



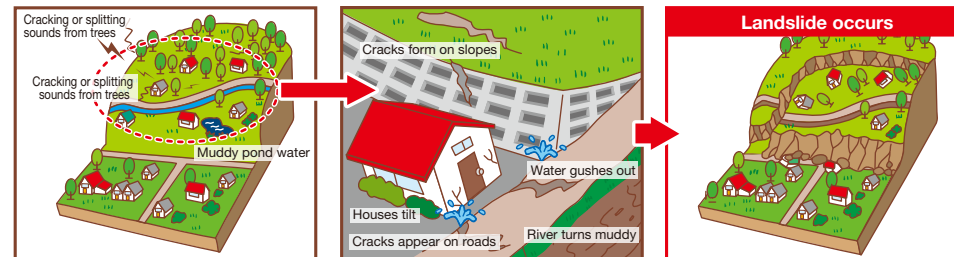
### Debris Flows

Heavy rain mixes soil, rocks, and gravel from mountainsides and stream beds with water, sending the mass rushing downstream. Traveling at speeds of 20–40 km/h, debris flows can destroy homes and other structures in an instant.



### Landslides

Groundwater and other factors can cause large masses of soil on slopes to move slowly downslope along a slip plane. Because landslides cover wide areas and involve large volumes of soil, they can cause severe damage.



\* These are general warning signs that a disaster may occur. These signs do not necessarily appear in every case. If something feels unusual or you sense danger, evacuate immediately.

Source: Adapted from the Ministry of Land, Infrastructure, Transport and Tourism website.

## Landslide Disaster Alert Zones

Under the Act on Sediment Disaster Countermeasures for Sediment-Disaster-Prone Areas, prefectures conduct surveys and designate areas at risk of sediment disasters as follows.

### Landslides Special Alert Zone (Red Zone)

Areas where buildings may be damaged and residents face a significant risk of death or serious injury.

### Landslides Alert Zone (Yellow Zone)

Areas where residents may be at risk of death or injury.

Source: Adapted from the Ministry of Land, Infrastructure, Transport and Tourism website.

## Landslide Alert Information

Landslide alert information is issued jointly by prefectures and JMA after a Heavy Rain Warning (Landslide Disaster) has been announced, when life-threatening landslides could occur at any time. This alert identifies specific local governments at risk to help mayors decide whether to issue evacuation orders and to support residents in making their own evacuation decisions. This corresponds to Alert Level 4, which requires evacuation from hazardous areas. When landslide alert information is issued, conditions are extremely dangerous, and a landslide could occur at any moment. If you notice any warning signs of a landslide, evacuate immediately.

### Weather Information from JMA and Related Organizations

#### Heavy rain advisory

Conditions where heavy rain may cause disasters

#### Heavy rain warning

Conditions where heavy rain may cause serious disasters

When heavy rain continues

#### Landslide Alert Information

Jointly issued by prefectures and JMA when heavy rain poses an extreme risk of landslides.

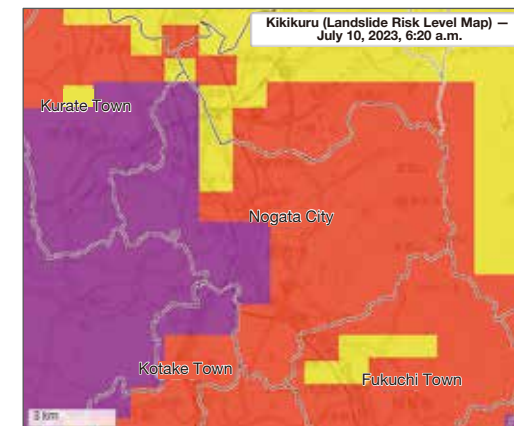
Adapted from the JMA website

## Kikikuru (Risk Map)

This is life-saving information that shows where the risks of landslides, inundation, and river floods are rising.

### Kikikuru landslide risk map — Heavy rain warning (landslides)

\*Image courtesy of Fukuoka District Meteorological Observatory



Purple: Areas near cliffs or mountain streams are dangerous

Landslide Risk Levels		
High	Imminent	[Alert Level 5 or equivalent]
Risk levels	Hazardous	[Alert Level 4 or equivalent]
	Severe risk	[Alert Level 3 or equivalent]
	Caution	[Alert Level 2 or equivalent]
Low	Stay alert for updates	

## Landslide Alert Information

\* See page 10 for Record Short-Duration Heavy Rainfall Alert and Significant Heavy Rain Information.

Landslide alert information is issued jointly by prefectures and JMA after a Heavy Rain Warning (Landslide Disaster) has been announced, when life-threatening landslides could occur at any time. This alert identifies specific local governments at risk to help mayors decide whether to issue evacuation orders and to support residents in making their own evacuation decisions.

This corresponds to **Alert Level 4**, which requires evacuation from hazardous areas.

You can check detailed high-risk areas within local governments where landslide alert information has been issued on the **Kikikuru (Landslide Risk Map)**.

If you live in a Landslide Alert Area or other zone where your life could be at risk, it's critical to evacuate immediately once "Danger" (purple) appears for your area.

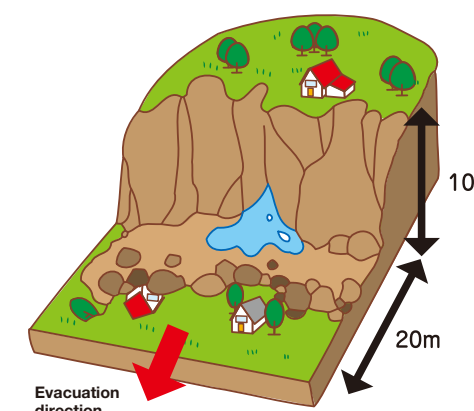
Pay attention to your surroundings and the intensity of rainfall. If you feel in danger, evacuate immediately without hesitation.

Adapted from the websites of the Cabinet Office and the Japan Meteorological Agency

## Evacuation Tips for Landslide Disasters

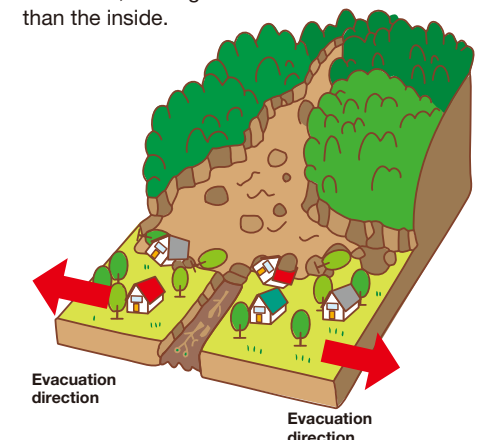
### If there is a risk of cliff failure

Debris from a cliff failure can travel up to twice the height of the cliff across flat ground. When evacuating, run as far away from the cliff as possible.



### If there is a risk of debris flow

Stay away from low-lying areas along streams. Debris flows move extremely fast. If you see a debris flow approaching, run in a direction perpendicular to its path. Where streams bend, debris flows can surge to higher elevations, making the outside of the bend more dangerous than the inside.



# Earthquakes

## Earthquake Response Timeline: What to Do at Each Stage



### If you are indoors

#### Indoors

- When you feel shaking, ensure your safety and quickly move to a safe location outdoors.
- Check for fire right away, and don't forget to unplug appliances and turn off the gas valve.
- Ensure the safety of infants, people who are ill, older adults, and others who may need assistance.
- Don't walk around barefoot—broken glass and other debris can cause injuries.



#### Apartments and Multi-Unit Buildings

- Open doors and windows to secure an escape route. Never use elevators to evacuate. Use stairs to evacuate, avoiding smoke and flames.

#### Department Stores and Supermarkets

- Use your bag or belongings to protect your head, and move away from display windows and shelves. Take cover near pillars or walls, follow staff instructions, and stay calm.

#### Theaters and Halls

- Use your bag to protect your head, crouch between seats, and follow staff instructions.
- Stay calm and act carefully.



### If you are outdoors

#### On the Street

- Keep moving—don't stop. Protect your head with your bag from falling glass and signs, and move to an open area like a park or vacant lot.
- If no open area is nearby, calmly assess your surroundings and move to a safe location away from buildings.
- Stay clear of block walls and vending machines.
- Watch out for leaning utility poles and hanging power lines.

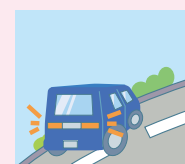


#### Near the Coast

- Evacuate to higher ground and listen carefully to tsunami information. Do not approach the coast until tsunami advisories and warnings have been lifted.

#### While Driving

- Hold the steering wheel firmly, slow down gradually, and pull over to the left side of the road to leave space for emergency vehicles. Turn off the engine.
- Stay calm and check your surroundings until the shaking stops. Listen to the car radio for updates.
- If evacuation is necessary, leave the key in the ignition and do not lock the doors. Take valuables such as your vehicle registration with you and evacuate on foot.

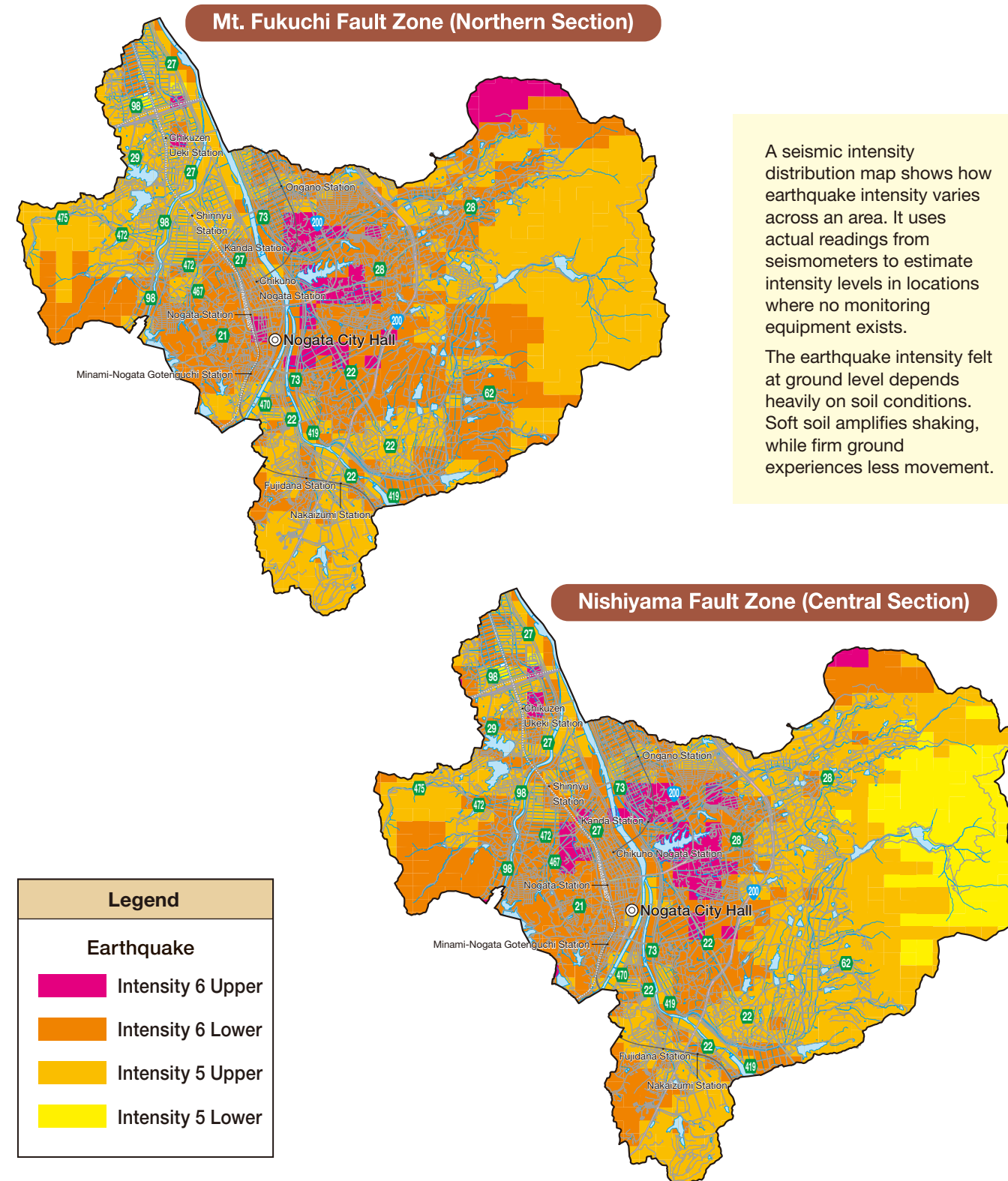


#### On Trains and Other Transit

- Hold on firmly to straps or handrails with both hands.
- If the train stops, don't open the emergency handles or exit through the windows.
- Stay calm and follow the crew's instructions.

## Seismic intensity distribution map

Most earthquake victims die from building collapse or falling furniture in the moments immediately following the quake. Everyone must take personal responsibility for their own safety and work together to protect their community. Earthquake preparedness is essential.



A seismic intensity distribution map shows how earthquake intensity varies across an area. It uses actual readings from seismometers to estimate intensity levels in locations where no monitoring equipment exists.

The earthquake intensity felt at ground level depends heavily on soil conditions. Soft soil amplifies shaking, while firm ground experiences less movement.

Source: "Disaster Assessment Report on Earthquakes in Fukuoka Prefecture," September 2025



# Storms, Typhoons, Storm Surges, Lightning, and Tornadoes

Heavy rain and strong winds have caused many major disasters.  
Always pay close attention to weather information and help each other during evacuations.

## Watch for Heavy Rain Alerts! Home Safety Tips

### What is a Heavy Rain Advisory?

Issued when heavy rain could cause disasters.

### What Is a Heavy Rain Warning?

Issued when heavy rain could cause serious disasters.

### What Is Record Short-Duration Heavy Rainfall Alert?

Issued when extremely heavy rain may trigger landslides, inundation, or overflow in small and medium-sized rivers.

## Wind Strength and Effects

(Average wind speed: m/s)

Fresh Wind	Strong Wind	Very Strong Wind		Violent Wind
10–15 m/s	15–20 m/s	20–25 m/s	25–30 m/s	30 m/s or more
Walking against the wind becomes difficult. Umbrellas cannot be used.	Impossible to walk against the wind; some people may fall. Working at heights is extremely dangerous.	Unable to stand without holding onto something. Risk of injury from flying debris.	Being outdoors is extremely dangerous.	

Adapted from the JMA website

## Typhoons

Many typhoons approach or make landfall in Japan each year, often causing major damage. When a typhoon is forecast to approach, pay close attention to typhoon information and take precautions to minimize damage.



Size	Radius of winds ≥ 15 m/s	Intensity	Maximum wind speed
Large	500 km-800 km	Strong	33 m/s-44 m/s
Very Large (Extensive)	800 km or more	Very strong	44 m/s-54 m/s
		Violent	54 m/s or more

(Average wind speed: m/s)

Adapted from the JMA website

## Localized Downpour

Localized downpours are sudden, intense rainfalls over limited areas, typically occurring near the end of the rainy season. Because these events are difficult to predict, they can cause serious damage, such as flooding of small rivers and landslides. Stay alert to weather updates and take appropriate precautions.



- Keep up with weather updates on the radio or TV.
- Listen to announcements from your city office and disaster management agencies.
- Prepare flashlights and portable radios in case of power outages.
- Pack an emergency kit with essential items.
- Go home early, contact your family, and get ready for emergencies.

- Stock up on drinking water and food for several days.
- Move valuables and furniture to higher ground in case of inundation.
- In hazardous areas, stay prepared to evacuate at any time.

Always stay alert to weather information!



## Storm Surges

Storm surges cause water levels to rise rapidly. Sea levels can increase dramatically not only at high tide but also several hours before and after.

Exercise extreme caution when a typhoon approaches or makes landfall.

### What should you do during a storm surge?

When a storm surge occurs, the basic rule is to evacuate to higher ground. However, in some cases, it may be safer to stay indoors. What's most important is to check in advance how deep inundation is expected to be in your area and decide on your evacuation plan—such as where to go beforehand. If you live in a single-story home or on the first floor of an apartment building, you must evacuate if water levels are expected to exceed two meters. The danger to your life depends greatly on the height of the storm surge. Is your home located in a designated storm surge inundation zone? How deep is the inundation? The best way to protect your life is to prepare in advance.



### Getting Information on Storm Surges

- JMA Weather Warnings and Advisories <https://www.jma.go.jp/bosai/map.html#5/34.5/135/&elem=all&contents=warning>
- Fukuoka District Meteorological Office <https://www.jma-net.go.jp/fukuoka/>

## Lightning

### Strikes

Lightning tends to strike higher places!

Open areas are especially dangerous!

### Side flash lightning

Lightning can travel through tree trunks and branches to people nearby!

Staying close to trees is dangerous!

To stay safe from lightning...



### 1 Seek shelter immediately when you hear thunder

- Even if thunder sounds distant, the storm can approach quickly. If you're outdoors, get to safety immediately.

### 2 Take shelter indoors or in a vehicle

- Go inside a building or get into a car or other covered vehicle.

**Danger!** **✗ Never shelter under a tree—it's extremely dangerous.**

### 3 Stay at least 4 meters away from trees and poles

- Keep at least 4 meters away from trees and utility poles to avoid side flash lightning. Get indoors to a safe place as quickly as possible.
- If there's no shelter nearby, crouch low to the ground.

## Tornadoes

- Building collapse
- Roof tiles fly off
- Flying debris

Additional hazards

- Fallen utility poles and trees
- Tents and light structures blown away

Powerful tornadoes can overturn trains and cars.

To stay safe from tornadoes...



### 1 Take shelter in a sturdy building.

- Watch for flying debris, such as roof tiles, when evacuating.
- If you cannot evacuate, take shelter in the shade or a hollow.

**Danger!** **✗ Evacuation to a garage, shed, or prefab (temporary building) is dangerous.**

### 2 Stay away from windows and walls, even indoors.

- Move to an interior room without windows, near the center of the building.
- Close windows and shutters, and draw the curtains.
- Get under a sturdy table and protect your head and neck.

# Fires

Don't try to fight it alone—alert your neighbors and call 119 right away.  
If you can't put out the fire quickly, evacuate immediately.

## Three Basics of Initial Firefighting

### 1. Report the Fire Immediately

- Shout "Fire!" to alert your neighbors and ask for help. If you can't speak, make noise by banging on something like a kettle to draw attention.
- Call 119 even for small fires. If you are involved, focus on extinguishing the fire and ask someone nearby to make the call.

### 2. Extinguish the Fire Quickly

- A fire can only be extinguished within the first three minutes.
- Don't rely solely on water or fire extinguishers—use whatever is nearby, such as cushions to beat the flames or blankets to smother them.

#### Firefighting tips by source

Cooking oil	Electrical appliances	Clothing
Never throw water on a fire. If you don't have a fire extinguisher, use a large wet towel or sheet to smother the flames and cut off the air supply.	Pouring water suddenly can cause an electric shock. Unplug the appliance first—and turn off the breaker if possible—before putting out the fire.	If your clothes catch fire, roll on the floor to smother the flames. If your hair catches fire, cover your head with clothing (avoid synthetics) or a towel.
Bathroom	Heater	Curtains and Sliding Doors
If you notice a fire in the bathroom, don't open the door suddenly. Letting in air can make the flames flare up. Turn off the gas valve, open the door slowly, and put out the fire in one go.	Aim the extinguisher directly at the base of the flames. For kerosene heaters, use a dry powder extinguisher. If you don't have one, slide a wet blanket over the fire from the front to cut off oxygen.	Once flames reach curtains or sliding doors, there's no time to lose. Tear them down or kick them over to keep the fire from spreading to the ceiling, then extinguish it.

### 3. Evacuate Quickly

- If flames spread to the ceiling, evacuate immediately.
- When leaving, close the windows and doors of the burning room to cut off oxygen.

## How to Use a Fire Extinguisher

#### For dry powder or enhanced liquid extinguishers



#### How to position yourself

- Stay upwind and extinguish the fire from that direction. Avoid standing directly in front of the flames.
- Crouch down and stay as low as possible. Keep low to avoid heat and smoke.
- Aim the nozzle at the burning material rather than the flames, and sweep side to side across the base of the fire.



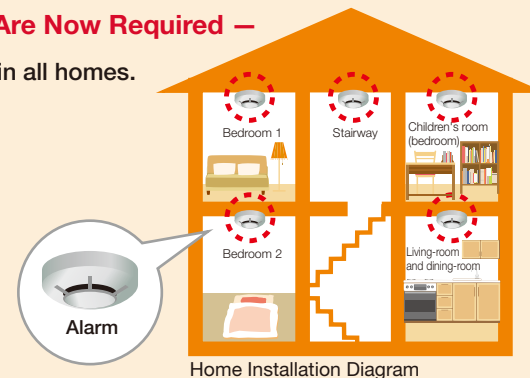
#### Prevention is the best protection! — Smoke Alarms Are Now Required —

Under revised Fire Service Act, smoke alarms are now mandatory in all homes. Install them to help prevent fire-related deaths and injuries.

#### Installation Locations

- Bedrooms Required in every bedroom, including those used by children and older adults.
- Stairways Required on the ceiling above stairways leading to bedrooms.
- Kitchen Recommended but not required.

Replace smoke alarms approximately every **10 years!**



Home Installation Diagram

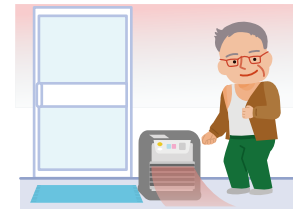
# Watch Out for Other Hazards!

## Drowning

Moving from a cold area into a hot bath?  
Be aware of thermal shock.

#### Prevention Tips

- (1) Warm the dressing room and bathroom before bathing.
- (2) Set the bathwater temperature a little lower.
- (3) Avoid bathing right after meals.
- (4) Drink a glass of water before getting into the bath.



## Heatstroke

Heatstroke can occur indoors just as easily as outdoors.  
Remember — you can get heatstroke even when you're inside!

#### Prevention Tips

- (1) Avoid direct sunlight.
- (2) Wear light, breathable clothing.
- (3) Stay hydrated and replenish electrolytes.
- (4) Get adequate rest and maintain your health.
- (5) Pay special attention to children and older adults.

#### If Someone Has Heatstroke

- (1) Move them to a cool, air-conditioned place.
- (2) Loosen or remove clothing to help lower body heat.
- (3) If they're conscious, give them water.
- (4) Cool their body with cold towels, especially around the neck, armpits, and groin.

If they're confused, unable to drink, or lose consciousness, call 119 right away!

## If Someone Collapses (CPR)

### 1. Check for a Response

Gently tap their shoulder and ask loudly, "Are you okay?" to check if they respond.  
If there's no response, call for help and dial 119 right away.

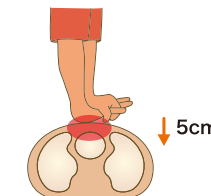


### 2. Check for Breathing

Look for normal movement of the chest and abdomen.  
If they're not breathing normally—or if you're unsure—start chest compressions right away.

### 3. Chest Compressions

Push down on the center of the chest about 5 cm (2 inches) deep, at a rate of 100 to 120 compressions per minute. Keep going without interruption.



### 4. Chest Compressions with Rescue Breaths

If there's a risk of infection (such as COVID-19), perform chest compressions only—do not give rescue breaths. If you're able to give rescue breaths safely, perform 30 chest compressions followed by 2 rescue breaths, and repeat this cycle until an AED arrives or emergency responders take over.



## How to use an AED

### 1. Turn on the AED

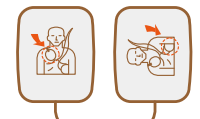
Open the AED case—some models turn on automatically. Once powered on, follow the voice instructions.

### 3. ECG Analysis

A voice prompt such as "Stand clear" will play, and the AED will automatically begin analyzing the heart rhythm.

### 2. Attach the Pads

Remove clothing and attach the electrode pads directly to the bare chest.



### 4. Delivering a Shock and Resuming CPR

If the AED advises a shock, make sure no one is touching the person, then press the shock button. Resume CPR immediately after delivering the shock. If no shock is needed, continue CPR.

#### When to Stop CPR

- (1) The person starts breathing normally again and responds or shows purposeful movement.
- (2) The AED instructs you to stop.
- (3) Emergency responders take over.

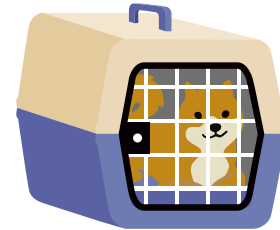
If breathing stops again or becomes irregular, restart CPR immediately.

# Pet Safety and Readiness

You are responsible for keeping your pet safe. When disaster strikes, only you can protect it. To do that, you must stay safe first. Once you've secured your own safety, protect your pet.

## Disaster Readiness at Home

- Secure furniture and pet cages to prevent tipping or falling.
- If pets are kept outdoors, make sure their enclosure is in a safe location. (avoid placing it near exterior walls or glass windows).
- Prepare a safe shelter for your pets, such as a crate or cage.



## Examples of Emergency Supplies for Pets and Their Priority Levels

### Priority 1 Items essential to your pet's health and survival

- Therapeutic food and medications.
- Pet food and drinking water (prepare at least five days' worth, ideally seven or more).
- Carriers or cages(essential for cats and small animals during evacuation).
- Toilet supplies(for cats, bring familiar litter or a small amount of used litter).
- Spare collars and leashes. (non-elastic types that won't stretch).
- Pet pads (pee pads).
- Waste disposal tools.
- Food and water bowls.

### Priority 2 Information

- Your contact details, as well as emergency contacts and alternative caregivers for your pet.
- Photos of your pet(keep printed copies and store digital images on your mobile phone or other device).
- Records of vaccinations, medical history, current medications, test results, general health condition, and your regular veterinary clinic.

### Priority 3 Pet supplies

- Towels and brushes.
- Wet wipes or cleansing pads(useful for cleaning eyes, ears, and other purposes).
- Plastic bags (for waste disposal and other uses,)
- Favorite toys or items with familiar scents.
- Laundry net (useful for cats during outdoor treatment or rescue).
- Duct tape and marker pens(can be used to repair cages, make temporary shelters from cardboard, or display pet information).



## Living With Your Pet After a Disaster

### Staying at home

If your home is safe, staying in a familiar place can help your pet feel more secure. Relief supplies and information are available at evacuation shelters, so visit them if needed. If people can't stay at home but pets can, you may be able to visit from the shelter to care for them. If there's a risk of secondary disasters, evacuate with your pet.

### Living in a car

While living in your car offers privacy, be sure to get out and move around regularly and drink plenty of water to prevent traveler's thrombosis. Temperatures inside a car can rise quickly, putting both people and pets at risk of heatstroke. Monitor the temperature and humidity, and take appropriate precautions.

### Placing your pet in temporary care

If you can't stay at an evacuation shelter, or depending on your circumstances or your pet's health, your local government, an animal hospital, or an animal welfare organization may be able to take care of your pet. You might need to leave your pet for an extended period while your home is being rebuilt, or for just a few days or hours while you clean up or work. Before placing your pet, be sure to confirm the conditions, duration, and costs, and complete any required paperwork in advance.

Adapted from the Ministry of the Environment website "Disaster Preparedness Guideline for Humans and Pets" and "Protect Your Pets Too!"

# What to Do First When Your Home Is Damaged

If your home is damaged in a disaster, the shock may leave you unsure where to begin. Local authorities will start offering support to help affected residents return to daily life as soon as possible. Make use of these resources and take steady steps toward recovery. To receive assistance, be sure to take photos that document the damage.

## Take Photos to Record the Damage to Your Home

Before cleaning up or making repairs, take photos of the damage and keep them as records. They'll be very helpful when applying for certificates from the city or submitting insurance claims. Be sure to photograph both the exterior and interior of your home.

### How to Photograph the Outside of Your Home

- Use a camera or smartphone to take photos from all four directions if possible.
- If your home was inundated, take photos that clearly show how high the water reached.

\* For clearer documentation, include a measuring tool such as a ruler or tape measure, and take both wide shots to show the overall damage and close-ups to capture the details.

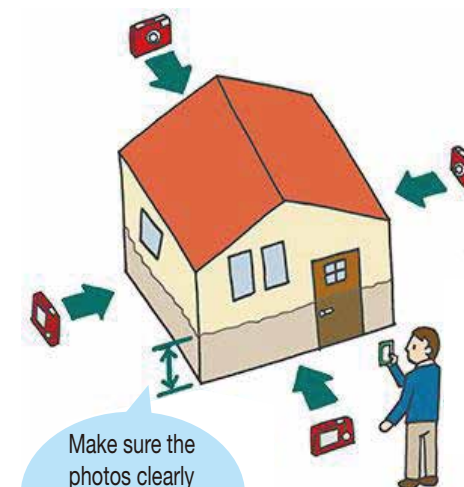
### How to Photograph the Inside of Your Home

- Take wide shots that show each damaged room in full.
- Then take close-up photos of the specific areas that were damaged.

<Examples of Areas to Photograph>

Interior walls, floors, windows, entrances, window frames, sliding doors, shoji screens, built-in kitchens, sinks, toilets, and modular bathrooms.

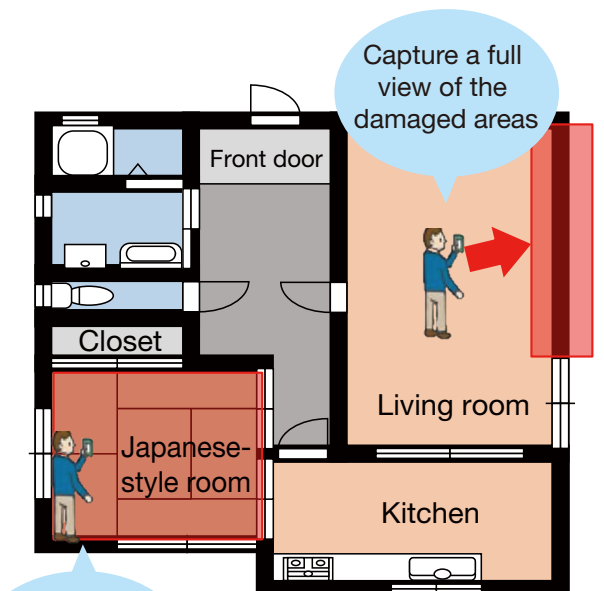
## <Example Diagram>



Make sure the photos clearly show how high the water reached

Take photos from four directions using a camera or smartphone

★Capture a full view of every damaged room.



Capture a full view of every damaged room

Adapted from the Government Public Relations Online website



# Everyday Preparedness

## Self-help, mutual support, and public assistance



Self-help, mutual support, and public assistance are all vital to minimizing disaster damage.

Self-help means individuals take action on their own.

Mutual support means people in the community work together.

Public assistance means national and local governments take action.

**The more smoothly the three work together, the more disaster damage can be reduced.**

## Family Disaster Readiness Meeting

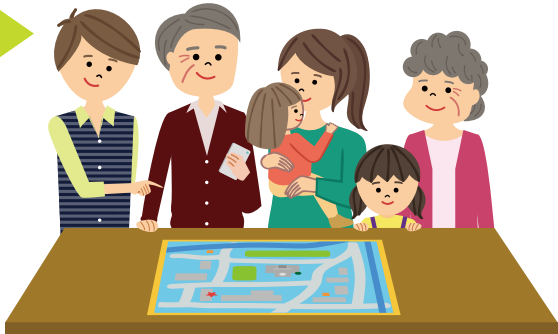
**First, your safety is what matters most.**

**During a disaster, it is essential to have the mindset that “we must protect our own lives” (self-help).**

If we are not safe ourselves when a disaster occurs, mutual support among people in the community and those around us cannot function.

Disasters do not always happen when family members are together.

Discuss what to do with your family in advance so you can act calmly when the time comes.



### ✓ Topics to Discuss

- ☐ **Check hazardous areas around your home**
- ☐ **Identify evacuation sites and evacuation routes**
- ☐ **How to protect yourself during a disaster** ▶ P23 Disaster Readiness & Checklist / Home Safety Measures (identify the safest place in your home)
- ☐ **Emergency kit** ▶ P25-26 Preparing and Checking Your Emergency Kit and Stockpiles
- ☐ **Family contact and meeting place** ▶ Back cover: Our Family Emergency Information & Disaster Readiness Notes

In a major disaster, lifelines such as water, electricity, gas, and communications may be disrupted. Store enough water, food, and daily necessities at home to last until services are restored. If your home is damaged or the area around it is considered dangerous, you must evacuate to a safe location. Because you may need to leave home in a hurry, prepare your emergency kit in advance by packing it in a backpack.



\* Families with infants, older adults, people who are ill, or pregnant members should also discuss how they will evacuate.

Adapted from the Cabinet Office website “Let’s Mitigate Disasters Together.”

## Protect Your Community Through Volunteer Disaster-Prevention Groups

A volunteer disaster-prevention group is made up of local residents who work together to respond to disasters. Form a group and take part in community disaster-prevention activities to build a disaster-resilient community.

### ■ Routine activities

#### Create, join, and grow together!

During a major disaster, it may take time for government agencies and related organizations to respond. There are limits to what individuals and families can do on their own. Work with neighborhood groups and local associations to build a system of mutual support and cooperation.



#### Inspect your neighborhood!

- Check these points with your neighbors in advance.
- Are there any obstructions, such as illegally parked cars or abandoned bicycles, on fire hydrants or near fire water tanks?
  - Does everyone know where the evacuation shelters are?
  - Are there any dangerous spots along evacuation routes?



#### Learn together!

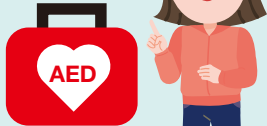
Take an interest in disaster readiness and learn the knowledge and skills you need. Talk about what could happen during a disaster and how to respond.



#### Practice drills!

Hold regular disaster drills based on realistic scenarios so everyone knows how to act when the time comes.

- How to use a fire extinguisher
- Cardiopulmonary resuscitation (how to perform chest compressions and use an AED)



### ■ Activities during a disaster

- **Initial firefighting**  
You can use fire extinguishers and other equipment to fight the fire before the flames reach the ceiling.
- **Evacuation guidance**  
Assist older adults, people with disabilities, and others who need help evacuating.
- **Rescue and relief**  
Rescue disaster victims. Transport them to medical aid stations.
- **Information gathering and sharing**  
Gather accurate information about the disaster and share it with others.
- **Shelter management and operation**  
Distribute water and food, and provide meals and water through communal cooking and other activities.



## Support for People Requiring Special Care During Disasters

People who need special care during disasters, such as those with disabilities, will require support from the local community when an emergency occurs. Work together with others in your community to check on their safety, help them reach evacuation shelters, and support their daily needs during evacuation.

### Older Adults and People with Illnesses

Older adults, children, and people with illnesses should evacuate early. Work together to ensure everyone can evacuate safely.



### People with Physical Disabilities

When assisting someone in a wheelchair on stairs, always have at least three people! Face forward when going up and backward when going down.



### People with Hearing Disabilities

When speaking, face the person directly and move your mouth clearly. Communicate accurate information using sign language, writing, or gestures.



### People with Visual Disabilities

Speak clearly, slowly and loudly. When guiding someone, let them hold your arm near the elbow and walk half a step ahead at a slow pace.





# Disaster Readiness & Checklist

Take a look around and see what you can do now to prepare for sudden disasters.  
Check ☒ regularly to make sure your disaster measures are in place.

## Home Safety Measures

### ☐ Check Point Create a safe area inside your home where you can take shelter

If you have multiple rooms, place furniture together in rooms that are used less often.  
If that isn't possible, rearrange furniture to create as much safe space as you can.



### ☐ Check Point Keep entrances and hallways clear to ensure safe evacuation

Do not place furniture or other items that could fall along paths leading to entrances such as the front door.  
Avoid leaving belongings near the entrance, as they could block the way during an emergency.

### ☐ Check Point Prevent furniture from tipping over

Furniture is more likely to fall if there is space between it and the wall or a pillar. Place small boards under furniture so it leans securely against the wall or a pillar. Use brackets or fasteners to firmly secure furniture and prevent it from tipping.

### ☐ Check Point Avoid placing furniture in bedrooms or rooms used by children or older adults

It can be dangerous if an earthquake strikes while people are sleeping.  
Children, older adults, and people who are ill may have difficulty evacuating quickly.

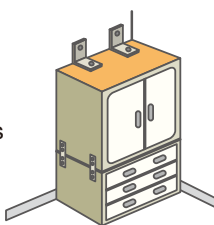
### ☐ Check Point Know what to do during a sudden power outage

Know where the circuit breaker is and be prepared to use your mobile phone light or a flashlight.

## Tips to Prevent Furniture from Tipping or Falling

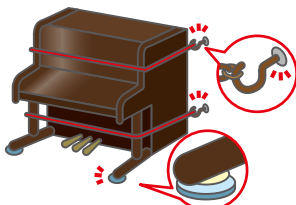
### ☐ Check Point Dressers and bookshelves

Secure them with L-shaped brackets or support poles. If stacked in two tiers, firmly connect the joints with metal fittings.



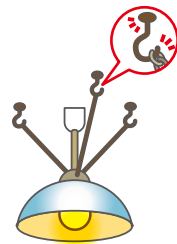
### ☐ Check Point Pianos

Wrap nylon tape around the body and secure it with attached brackets or fittings. Attach non-slip pads to the feet.



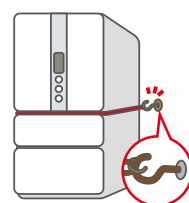
### ☐ Check Point Lighting

Use chains and brackets to secure fixtures in several places.  
For fluorescent lights, fasten both ends of the tube with heat-resistant tape.



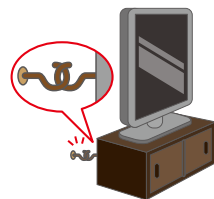
### ☐ Check Point Refrigerators

Wrap wire between the doors and secure them to the wall with brackets.



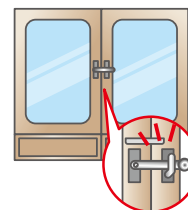
### ☐ Check Point Televisions

Place and secure them as low as possible (avoid placing them on top of furniture).



### ☐ Check Point Cupboards

Secure them with L-shaped brackets and line the shelves with non-slip mats or cloths. Store heavier dishes on the lower shelves. Attach latches to prevent the doors from opening.



## Home Exterior Safety Measures

### ☐ Check Point Roofs

Reinforce any loose or unstable antennas.  
Check roof tiles and metal sheets for damage or looseness.

### ☐ Check Point Windows and window frames

Reinforce them with shatter-proof film.

### ☐ Check Point Exterior walls

Check for any cracks.

### ☐ Check Point Propane gas cylinders

Secure the cylinders with chains.

### ☐ Check Point Clothes-drying poles, flowerpots, and bicycles

Anchor or store them so strong winds cannot blow them away.

### ☐ Check Point Block walls and gateposts

Reinforce any block walls or gateposts that lack a solid foundation or internal steel reinforcement. Repair any cracks and fix rusted rebar.

### ☐ Check Point Balconies and terraces

Keep flowerpots and other items neatly organized. Do not place anything where they could fall.

### ☐ Check Point Rain gutters

Remove debris such as dirt, mud, fallen leaves, and sand to keep water flowing smoothly. Do the same for irrigation channels and drainage ditches.

\*If you find any sagging or damaged power lines, contact your electric company.

## Can Your Home Withstand an Earthquake?

**When was your home built?** Homes built in 1981 or later meet updated earthquake standards.  
In 1981, the structural criteria for residential buildings were significantly revised.  
Knowing whether your home was built before or after 1981 helps you gauge its earthquake resistance.

### If Your Home Was Built Before 1981

Homes built under the old earthquake standards may not be strong enough. Have your home inspected for **earthquake resistance** and reinforce it as recommended.

### If Your Home Was Built After 1981

Even homes built under the new earthquake standards are designed mainly to prevent serious injury or loss of life, not to ensure the building remains undamaged. In some areas, the ground may shake more than expected, which can still affect the structure.

Homes also deteriorate and change over time. **Inspect and maintain** your home regularly, and discuss financial **options** such as **earthquake insurance** with your family to help cover repairs or rebuilding if needed.

Adapted from the Cabinet Office website "Guide to Disaster Mitigation."

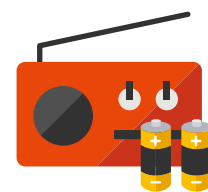
# Preparing and Checking Your Emergency Kit and Stockpiles

Prepare and check your supplies regularly so you can grab them quickly in an emergency. Use the ☒ checklist to confirm your preparations are in place.

## Emergency Kit (Example)

Use this list by adding any items your household may need based on your situation.

### Battery-operated radio



<input type="checkbox"/> Radio
<input type="checkbox"/> Extra batteries
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

### First aid supplies



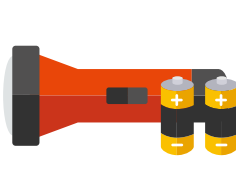
<input type="checkbox"/> Prescription medicine	<input type="checkbox"/> Bandages
<input type="checkbox"/> Ointment	<input type="checkbox"/> Gauze or bandage rolls
<input type="checkbox"/> Cold medicine	<input type="checkbox"/> Stomach medicine
<input type="checkbox"/> Pain relievers	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

### Valuables



<input type="checkbox"/> Cash	<input type="checkbox"/> Bankbook or bank records
<input type="checkbox"/> Personal seal	<input type="checkbox"/> Driver's license
<input type="checkbox"/> Health insurance card	<input type="checkbox"/> Property deed
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

### Flashlight



<input type="checkbox"/> Flashlight (one per person, if possible)
<input type="checkbox"/> Extra batteries
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

### Emergency food and supplies

Ready-to-eat foods and supplies



<input type="checkbox"/> Emergency food and supplies	<input type="checkbox"/> Paper plates	<input type="checkbox"/> Bottled water
<input type="checkbox"/> Can opener	<input type="checkbox"/> Water bottle	<input type="checkbox"/> Bottle opener
<input type="checkbox"/>	<input type="checkbox"/> Canned food	<input type="checkbox"/> Paper cups
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Other Items



<input type="checkbox"/> Clothing and thermal wear (underwear, outerwear, etc.)	<input type="checkbox"/> Masks
<input type="checkbox"/> Sanitary products	<input type="checkbox"/> Disinfectant
<input type="checkbox"/> Baby food	<input type="checkbox"/> Towels
<input type="checkbox"/> Wet wipes	<input type="checkbox"/> Powdered milk
<input type="checkbox"/> Helmet	<input type="checkbox"/> Disposable diapers
<input type="checkbox"/> Plastic wrap (use for covering wounds or tableware)	<input type="checkbox"/> Raincoat
<input type="checkbox"/> Disaster Readiness Booklet (this book)	<input type="checkbox"/> Lighter
	<input type="checkbox"/> Mobile phone charger
	<input type="checkbox"/> Whistle

## Emergency Stockpiles (Example)

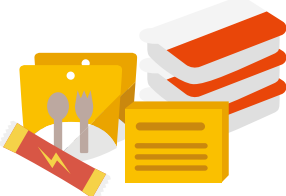
Supplies to sustain yourself for several days (at least three) until recovery efforts begin

### Drinking water



<input type="checkbox"/> Bottled or canned mineral water for drinking (Approx. 3 liters per person per day)
<input type="checkbox"/> Stored water in emergency tanks, etc.
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

### Emergency food and supplies



<input type="checkbox"/> Rice (Canned, boil-in-the-bag, or instant rice is also convenient)
<input type="checkbox"/> Canned and boil-in-the-bag foods
<input type="checkbox"/> Pickled plums and seasonings
<input type="checkbox"/> Dried foods, chocolate, and candy (other snacks, etc.)
<input type="checkbox"/>
<input type="checkbox"/>

### Fuel



<input type="checkbox"/> Portable gas stove
<input type="checkbox"/> Gas canisters
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

### Other items



<input type="checkbox"/> Household water (store water in bathtubs or washing machines)
<input type="checkbox"/> Blankets, sleeping bags, toiletries, dry shampoo, etc.
<input type="checkbox"/> Cooking utensils(pots, kettles, etc.)
<input type="checkbox"/> Buckets and other outdoor gear
<input type="checkbox"/> Lantern (battery-powered)

Check Regularly!

**Check your emergency kit on a regular basis!**

Check food expiration dates and make sure your supplies are complete and in good condition.



## Useful Items for Extended Evacuation

<input type="checkbox"/> Portable toilet bags	<input type="checkbox"/> Sewing kit	<input type="checkbox"/> Map	<input type="checkbox"/> Writing materials (marker pens, etc.)
<input type="checkbox"/> Disposable hand warmers	<input type="checkbox"/> Duct tape	<input type="checkbox"/> Cloth bandages	<input type="checkbox"/> Shovel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Etc.

## Start Rolling Stock!

**Rolling stock means maintaining a supply by using items and replacing them.**

Buy a little extra food and processed goods regularly, and replace only what you use so your household always keeps a steady supply. The key is to consume your stock through everyday meals. This helps keep your supplies fresh and allows you to maintain a diet similar to your normal meals during an emergency.



# Creating My Timeline

## What Is My Timeline?

My Timeline is an action plan that organizes your typical disaster responses in chronological order, such as what to do when a typhoon approaches and river levels begin to rise. It serves as both a checklist for your actions and a decision-support tool when quick judgments are needed during flooding. Create a personal timeline tailored to your household and living environment to identify the information, decisions, and actions required for evacuation. Use it to establish your own evacuation plan.



## After Creating Your Personal Timeline...

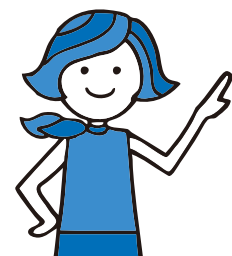
The personal timeline you created here is a basic version. Depending on when flooding occurs, you may need to evacuate earlier, so plan additional actions for real situations. Discuss and refine your timeline with your family and community, and add any disaster response steps as needed. My Timeline isn't a one-time task. Review and update it whenever your circumstances change—such as when your family grows or you change jobs or schools—and adjust your disaster actions accordingly.



## Guidelines for Using My Timeline

Flooding is a natural event, and having a My Timeline does not guarantee safety or that events will unfold exactly as planned. A My Timeline clarifies when, who, and what actions you and your family should take, but it has limitations you need to understand.

The times shown on My Timeline do not always progress like a clock. For example, even if your timeline indicates flooding will occur three hours later, local flood-prevention efforts may delay the flooding, and it may not happen within that timeframe. When using My Timeline during an actual flood, follow its guidance while monitoring real-time conditions and be ready to adjust your actions as needed.



- Guideline 1** Use My Timeline only as a general guide for action.
- Guideline 2** Regularly gather and check weather warnings and evacuation information.
- Guideline 3** Make decisions based on the information you collect, using My Timeline as a reference, and adapt your actions as needed.

## Flooding Doesn't Always Follow Your My Timeline!

### Your Timeline can vary depending on:

The path of the typhoon  
Intensity of rainfall  
How quickly river levels rise  
The depth of inundation when it occurs  
How long inundation lasts

### Issued and updated as conditions change

Weather warnings  
Flood forecasts  
Evacuation orders



### Respond flexibly to flooding

Preparedness by all is vital



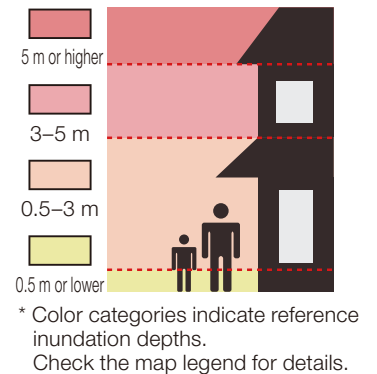
Source: Adapted from the Ministry of Land, Infrastructure, Transport and Tourism's "My Timeline Tool for Elementary and Junior High School Students — Escape Kid."



## Checklist for Creating Your My Timeline

### Check Using a Flood Hazard Map or Estimated Inundation Area Map

- What is the expected inundation depth in your area?  
\_\_\_\_\_ m
- Is your area designated as a potential flood zone where buildings could collapse?  
☐ Yes (☐ Flood flow ☐ Riverbank erosion) ☐ No
- Is your location at risk of landslides?  
☐ Yes (☐ Special Landslide Alert Area ☐ Landslide Alert Area) ☐ No



Inundation  
Navi



Hazard Map  
Portal



Flood hazard maps  
and inundation-risk area  
maps are available here!

\*You may also be able to check maps issued by your local government.

## Household Status Checklist

- Car ☐ None ☐ Yes ( ) vehicles
- Pets ☐ None ☐ Yes ( )
- Prescription medicine ☐ None ☐ Yes ( )
- People needing assistance with evacuation (e.g., older adults, people with disabilities, infants, pregnant women)  
☐ None ☐ Yes ( )

## Check Your Evacuation Sites

- Your evacuation site  
☐ Shelter listed on the flood hazard map  
{ (Means of transport: Travel time: approx. min))
- ☐ Relative's or friend's home  
{ (Means of transport: Travel time: approx. min))
- ☐ Other (a nearby location not at risk of inundation, such as a sturdy building with upper floors above the expected inundation level)  
{ (Means of transport: Travel time: approx. min))

Plan for more  
than one evacuation  
option!





# Creating My Timeline

Let's learn what happens from when a typhoon forms to when rivers overflow!!

Check it out!

## From "Typhoon Formation" to "River Overflow"

Earthquakes strike suddenly, but floods build up gradually!



5-3 Days Before	1	Typhoon forms	The weather forecast says a typhoon has formed. The rain and wind are still mild for now.	
1 Day Before	2	The typhoon is approaching, and the rain and wind are gradually getting stronger	Going out becomes difficult in heavy rain and wind.	
Half a Day Before	3	Rainwater collects, and river levels begin to rise	Even if it isn't raining where you are, rainfall upstream can still cause the river to rise.	
7 Hours Before	4	Heavy rain causes river levels to rise rapidly, and water begins to flow onto the riverbanks	If this continues, the river may overflow.	
5-3 Hours Before	5	The river is full and close to overflowing	It's at the limit. Evacuate to a safe place before the river overflows!	
0 Hours	6	The river has flooded	Water spreads rapidly, inundating the whole area. You can't move when this happens!	

## Let's Make Your My Timeline!

Write down when you'll take action to prepare—from when a typhoon forms to when the river floods!

The plan you come up with for what to do between "Typhoon Formation" and "River Flooding" is your My Timeline!



Approximate Time Until Preparation	Information Issued by Authorities Black: Weather and Water Information Blue: River Management Authorities Green: Nogata City	From "Typhoon Formation" to "River Overflow"	Main Preparations	Examples of Preparations
5-3 Days Before	● Typhoon Forecast ● Fukuoka Prefecture Typhoon and Weather Updates ◇ Early Advisory Information (Alert Level 1)	Typhoon Formation Alert Level 1 Even if it isn't raining where you are, rainfall upstream can still cause the river to rise.	Add some your customized actions!	Finish shopping before the rain and wind get stronger. ● Start checking typhoon updates. ● Pick up a one week supply of prescription medicine from the hospital.
2 Days Before	◇ Heavy Rain Advisory, Flood Advisory, Storm Surge Advisory (Alert Level 2) ● Typhoon Outlook Typhoon Formation	The typhoon is approaching, and the rain and wind are gradually getting stronger Alert Level 2 Going out becomes difficult in heavy rain and wind!		● Pack items you'll need if you have to evacuate. ● Secure or remove anything around your home that strong winds could blow away. ● Monitor rain and river conditions via TV, online sources, or alert emails. ● Keep in contact with your family.
1 Day Before				
Half a Day Before	Water has reached the flood fighting standby level Water has reached the flood advisory level → Flood forecast (flood advisory) issued → Evacuation preparation notice issued (Alert Level 3) You should check the latest information yourself.	Rain is collecting and river levels are steadily rising. Heavy rain is causing river levels to rise quickly, with water spilling onto the riverbank. Alert Level 3 or equivalent If this continues, the river may overflow.		● Start checking rainfall levels locally and upstream. ● Check the hazard map for evacuation sites and routes. ● Sign up for evacuation-preparation alerts by phone, text, or email. ● Begin monitoring river water levels. ● Charge your mobile phone. ● Change into clothing suitable for quick evacuation. ● Decide whether to start evacuating to higher ground in the city.
5 Hours Before	Flood Evacuation Threshold reached → Flood forecast (Flood Warning Information) issued → Evacuation order (Alert Level 4) issued	The river is full and close to overflowing Alert Level 4 or equivalent		● Receive evacuation orders and other alerts by phone, text, or email. ● Check river levels online. ● Start moving to a safe location.
3 Hours Before	Flood Danger Level reached → Flood forecast (Flood Risk Information) issued → Emergency Alert (Information on possible river flooding)	Evacuate to a safe place before the river overflows!		● Check river levels online. ● Finish evacuating to higher ground in the city. ● Check your phone for emergency alerts.
0 Hours	Flooding occurs → Flood forecast (Flood event report) issued → Emergency Alert (flood event report) → Disaster Event Report (Alert Level 5) issued	The river has flooded Alert Level 5 or equivalent Water spreads rapidly, inundating the whole area. You can't move when this happens!		Protect lives! ● Check flood forecasts on TV. ● Check your phone for emergency alerts.

The times shown for heavy rain advisories and other notices from JMA are for reference only. The timing of evacuation orders and other alerts may vary depending on the situation. Pay close attention to information issued by the city.



# Staying Informed About Disasters

## Do you know about Emergency Warnings?

The JMA issues warnings when there is a risk of a major disaster caused by heavy rain, earthquakes, tsunamis, storm surges, or similar events. When conditions are expected to greatly exceed warning criteria—such as extremely heavy rainfall or a major tsunami—and the risk of a serious disaster becomes extremely high, the JMA issues an Emergency Warning to urge the highest level of vigilance.

Criteria for Issuing an Emergency Warning	Type of Phenomenon	Criteria	
	Heavy Rain	Issued when rainfall from a typhoon or localized downpour is expected to reach levels observed only once in several decades	
	Storm	Due to a typhoon or extratropical cyclone of once-in-several-decades intensity	Issued when violent winds are expected
	Storm Surges		Issued when storm surges are expected
	High Waves		Issued when high waves are expected
	Snow storm	Issued when violent winds with snow are expected from a typhoon or an extratropical cyclone of once-in-several-decades intensity	
	Heavy Snow	Issued when snowfall amounts are expected to reach levels seen only once in several decades	
	Earthquakes (Seismic motion)	Issued when ground motion of Intensity 6-lower or above, or long-period ground motion of Class 4, is anticipated (Emergency Earthquake Warnings for Intensity 6-lower or above, or Class 4 long-period ground motion, are classified as Emergency Warnings)	

\* Objective indicators, such as precipitation levels associated with “once-in-several-decades” events, are available on the JMA website. Adapted from the JMA website

## When an Emergency Warning Is Issued

- Your area is in an extraordinary situation where serious, life-threatening danger is imminent—unlike anything you’ve experienced before.
- Even regions without major disasters in recent decades may now face extreme risk, so stay vigilant and do not let your guard down.

**“No Emergency Warning Issued” does not mean “No Disaster Will Occur.”**  
**Do not assume you are safe just because an Emergency Warning hasn’t been issued.**

Continue to use advisories, warnings, and other weather information as before, and take early action. Check evacuation sites and routes ahead of time.

## Stay up to date with the latest disaster information.

During a disaster, actively seek out information yourself. Check disaster readiness information through TV, the internet, email, and other reliable sources.

### Check on TV

First, turn on the TV to see what has happened and get the latest updates on the current situation and outlook.

#### TV d-Button (Data Broadcast)

If your TV supports data broadcasting, press the d-button to view rainfall and river information on NHK General. On KBC (Kyushu Asahi Broadcasting, Channel 1), you can also press the d-button to access the “d-Button Information Service,” which shows information on open evacuation shelters in your area.

### Nogata City disaster information sharing platform

During a disaster, you can use your mobile phone or computer to check information such as which evacuation shelters are open, their crowding status, and road closures within the city.



### Nogata City official LINE

In normal times, you can use it to search for nearby evacuation shelters. During disasters, it serves as a tool to receive evacuation information.

<https://lin.ee/9fg4NvE>



### Public emergency broadcast system

Emergency information is broadcast through outdoor speakers and household receivers. Outdoor announcements may be difficult to hear indoors or during heavy rain. If you miss a broadcast, check TV or the city’s website for updates.

### Emergency alert

Nogata City sends emergency disaster information to all mobile phones in the area using the Emergency Alert service. Some phones may not receive alerts or may need to be configured. Contact your carrier for details.

### Nogata City website

<https://www.city.nogata.fukuoka.jp/>



### Nogata City reservoir hazard map

[https://www.city.nogata.fukuoka.jp/sangyo/\\_1228/\\_6394.html](https://www.city.nogata.fukuoka.jp/sangyo/_1228/_6394.html)



## Online Resources

### ▼ Fukuoka Prefecture Disaster Readiness Information

[http://doboku-bousai.pref.fukuoka.lg.jp/gis\\_top/index.html](http://doboku-bousai.pref.fukuoka.lg.jp/gis_top/index.html)



### ▼ MLIT River Disaster Readiness Information

<https://www.river.go.jp/>



### ▼ Kyushu Electric Power Transmission and Distribution (Power Outage Information)

[https://www.kyuden.co.jp/td\\_teiden/kyushu.html](https://www.kyuden.co.jp/td_teiden/kyushu.html)



### ▼ Inundation Kikikuru (Risk Map) – Heavy Rain Warning

<https://www.jma.go.jp/bosai/risk/#elements:inund/>



### ▼ River Flooding Kikikuru (Risk Map) – Flood Warning

<https://www.jma.go.jp/bosai/risk/#elements:flood/>



### ▼ Landslide Kikikuru (Risk Map) – Heavy Rain Warning

<https://www.jma.go.jp/bosai/risk/#elements:land/>



### Fukuoka Disaster Nav – Mamorukun (Smartphone App)

A disaster information app from Fukuoka Prefecture. Get weather updates, evacuation alerts, and more.



◀ App Store



◀ Google Play

For details, visit the Fukuoka Prefectural Disaster Management Bureau website. Contact: Fukuoka Prefecture Disaster Planning Division. Tel: 092-643-3114

# List of Evacuation Shelters

Nogata City has 48 designated evacuation shelters under the Flood Control Plan, including school gymnasiums and community centers throughout the city.



## Designated Evacuation Shelters

- The Disaster Response Headquarters decides when to open shelters. Always check before evacuating.
  - Shelter phones are for operations only, not personal use.
- For shelter inquiries, contact the Disaster Response Headquarters.  
→ Disaster Response Headquarters ☎ 25-2002

Facility Name		Applicable Disasters				Location
		Flood	Land-slides	Earth-quakes	Other items	
1	Nogata Minami Elementary School	—	○	○	○	3-3-55, Shinmachi
2	Ongagawa Mizubekan	○	○	○	○	1-1-1, Mizobori
3	Nogata Driving School	○	○	—	○	1, Akaji
4	Nogata Nishi Elementary School	○	—	○	○	666, Yamabe
5	Kurate High School(gymnasium, martial arts hall, Suzukake Hall)	○	—	○	○	810-7, Yamabe
6	Nogata Civic Sports Center	—	○	○	○	599-2, Yamabe
7	Nogata City Gymnasium	○	—	○	○	674-25, Nogata
8	Nogata Kita Elementary School	—	○	○	○	7-1, Hiyoshi-machi
9	Nogata Daisan Junior High School	—	○	○	○	960, Chiko
10	Nogata City Chuo Community Center	▲	○	○	○	7-20, Tsuda-machi
11	Shinnyu Elementary School	—	—	○	○	2081, Kamishinnyu
12	Shinshoji Temple	○	○	—	○	1672-1, Shimoshinnyu
13	Ueki Elementary School	—	○	○	○	3207, Ueki
14	Ueki Junior High School	○	○	○	○	261-2, Ueki
15	Daigyoji Temple	○	○	—	○	749, Ueki
16	Ganshoji Temple	○	○	—	○	2298, Ueki
17	Nakaizumi Elementary School	○	○	○	○	848-3, Nakaizumi
18	Shimozakai Daisan Shukaijo	○	○	—	○	3910-28, Shimozakai
19	Chuo Rinpokan	—	○	○	○	2014-1 Shimozakai
20	Shimozakai Elementary School	○	—	○	○	1820, Shimozakai
21	Nogata Daiichi Junior High School	○	—	○	○	1892-1, Shimozakai
22	Shimozakai Sanku Community Center	—	○	○	○	3910-41, Shimozakai
23	Shimozakai Yonku Community Center	—	○	—	○	4123-6, Shimozakai
24	Eimanji Community Center	—	○	○	○	2088, Eimanji
25	Nogata Special needs School(Gymnasium)	○	○	○	○	410-2, Shimozakai
26	Fukuchi Elementary School	—	○	○	○	2427, Eimanji
27	Kamitonno Elementary School	○	○	○	○	2510, Kamitonno
28	Kamitonno School District Community Center	○	—	—	○	2689-6, Kamitonno
29	Tonno Community Center	—	○	—	○	1685-4 Tonno

Facility Name		Applicable Disasters				Location
		Flood	Land-slides	Earth-quakes	Other items	
30	Ganda Elementary School	○	—	○	○	1160, Ganda
31	Ganda Daiichi Shukaijo	—	○	—	○	1472-4, Ganda
32	Nogata Higashi Elementary School	○	○	○	○	2095-1 Tonno
33	Nogata High School(Auditorium)	—	○	○	○	3459-2 Tonno
34	Nogata High School(Martial arts hall)	○	○	○	○	3459-2 Tonno
35	Nogata Daini Junior High School	○	—	○	○	4082 Tonno
36	Chikuho High School(Gymnasium)	○	○	○	○	4019-2, Tonno
37	Kofukuji Temple	○	○	—	○	1638 Shimozakai
38	Seikouji Temple	○	○	—	○	91 Nakaizumi
39	Nogata Saijikan	○	○	○	○	1-1-18, Shinmachi
40	Yumenity Nogata	▲	○	○	○	364-4, Yamabe
41	JA Chokuan	—	○	○	○	2-3-4, Chiko
42	Yamato Seiran High School(Kenshinkan Nadeshiko Hall)	—	○	○	○	10-21, Hiyoshi-machi
43	Shin-Nakahara Community Center	○	○	○	○	1193-4 Tonno
44	Tenrikyo Chikushi Grand Church	○	○	○	○	3090, Tonno
45	Intensive-care home for the elderly Sumireso Nogata	○	○	○	○	2027-1, Kamizakai
46	Nogata City Crematorium Tenshokan	○	○	○	○	2430-14, Kamishinnyu
47	Nogata City Waste Water Treatment Center	▲	○	○	○	189-1, Chiko
48	Meiko Gakuen	○	○	○	○	368-1, Tonno



## Vehicle Shelter Sites

Facility Name		Applicable Disasters				Location
		Flood	Land-slides	Earth-quakes	Other items	
1	Fukuchi Sanroku Hanakouen parking lot	○	—	○	○	1498, Eimanji
2	Fureai Ambitious Plaza, Higashi School District	○	○	○	○	2642, Tonno
3	Nogata Chuo Park parking lot	○	○	○	○	1502 Tonno
4	Former Nogata Rogakko (school for the hard of hearing)(Grounds)	○	○	○	○	346-1, Ganda
5	ADOX Fukuoka Main Building	○	○	○	○	1245-2, Ueki
6	AEON MALL Nogata parking lot	○	○	○	○	2-1-1, Yunohara
7	DYNAM Fukuoka Nogata parking lot	○	○	○	○	1862-1, Kamishinnyu
8	Futaba Co., Ltd. Kyushu facility parking lot	○	○	○	○	1181-6, Nakaizumi

Designated evacuation shelters and vehicle shelter sites open only during emergencies, depending on the situation. They are not available for regular use.

Legend	○: Can be opened as an evacuation shelter    ▲: Can be opened as an evacuation shelter for vertical evacuation only Flooding —: Cannot open as an evacuation shelter (within inundation risk zone) Landslides —: Cannot open as an evacuation shelter (within landslide alert area) Earthquakes —: Cannot serve as shelters – built before current seismic standards
--------	---

# Our Family Emergency Information & Disaster Readiness Notes

Record household information and emergency contacts for use during disasters or emergencies. This information helps rescue workers, paramedics, and medical staff respond effectively.

## Family Meeting Point

Meeting Point	Evacuation Shelter/Site	How to Contact

## Family Contacts and Emergency Information

Name	Relationship	Phone (Home / Mobile)	Date of Birth	Blood Type	Primary Doctor / Clinic	Medical Info(Conditions / Allergies / Medications)
				Type		
				Type		
				Type		
				Type		
				Type		

## Relatives and Friends

Name	Relationship	Phone

### Emergency medical information Contacts

Unsure whether to call an ambulance?

➡ Emergency Helpline **#7119**  
Or call the fire department. ☎ **25-2303**

Looking for a hospital open on weekends or holidays?

➡ Check the city website or call the fire department.

Need advice about a child's sudden illness?

➡ Pediatric Emergency Helpline **#8000**  
Hours: 7 p.m. – 7 a.m. (open all year)

Emergency  
Numbers

Fire Department –  
Fires, medical  
emergencies, rescues

\* 119 lines may be busy during a fire.  
For fire inquiries: **050-5536-6971**

**119**

Police –  
Crimes or  
accidents

**110**

During  
disasters  
(Disaster  
Response Headquarters)

**25-2002**

## Disaster Message Service (171)

Dial 171 to leave or retrieve messages.

### Recording a Message

**1 7 1 + 1 +** Phone number in affected area  
(with area code) → **Record**

### Playing Back a Message

**1 7 1 + 2 +** Phone number in affected area  
(with area code) → **Play**

\*Phone lines may be difficult to reach during disasters.

Issued by Nogata City Disaster Readiness and Community Safety Division Tel: 0949-25-2223 Published in November 2025

「測量法に基づく国土地理院長承認(使用)R 4JHs 535-T40204A1Y」  
「JIS Z 8210 避難所(建物)」

(All rights reserved) ©2025ZENRIN CO., LTD.