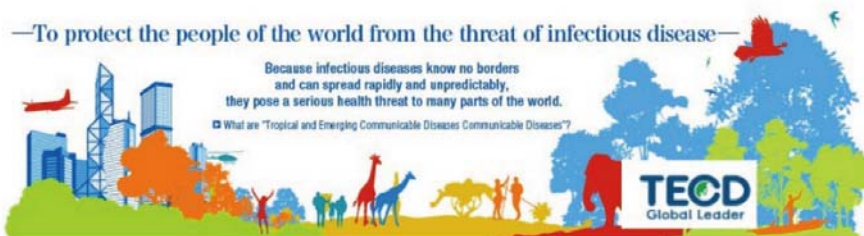


# EARTHQUAKE PREPAREDNESS GUIDANCE BOOKLET

1<sup>st</sup> EDITION



Miyagi prefecture (June, 2011) By Mitsuko Hasegawa



長崎大学  
NAGASAKI UNIVERSITY



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## INTRODUCTION



An earthquake is a life-threatening disaster for which everyone should be prepared. They frequently occur in Japan, unpredictably, therefore most Japanese students are well educated and trained about it. In contrast, some international students have no experience about an earthquake and do not know how to respond during this situation, making it difficult for them to follow evacuation or behavior announcements made. Moreover, there is not an English version of the alert systems and guide books in Nagasaki city. Thus, the objective of this booklet is to provide an English version of guidance for preparedness in case an earthquake strikes. Since this booklet contains only information deemed necessary for international students at Nagasaki University, we encourage them to search for further information on earthquake preparedness, using the internet.

## EMERGENCY BAG













<b>Primary set</b>		
List		Check list (√)
1	Personal identity: ID card/insurance card/passport	
2	Personal health: medication (first-aid kit, standard medicine)	
3	Personal belongings: blanket/towel/big plastic bag/sanitary napkins/clothes/outerwear/socks/rain coat/mask/underwear	
4	Personal contact equipment: radio/mobile phone/flash light with batteries	
5	Food: high calories food/water (500 ml 2 bottles)	
<p>** The amount of water, food and clothes depends on the person. Please prepare for 1 or 2 nights utilization before you arrive at the shelter. Please check the perishable goods by yourself and replace them if necessary. You can buy an emergency bag at amazon or Nagasaki University co-operative. Please prepare this bag in advance.</p>		
<b>Secondary set</b>		
List		Check list (√)
1	Portable stove with energy supply/pot/can opener /spoons/forks/chopsticks	
2	Plastic bowl/plastic wrap	
3	Beverage: water 2 l per day per person/canned juice /powdered drink/jelly drink	
4	Food: canned food/ready meal/snacks	
<p>** Secondary set is used when you arrive at shelter and you have a plan to stay longer than two or three nights.</p>		



## EARTHQUAKE INTENSITY AND ITS LEVELS IN JAPAN

**Seismic Intensity Scale and Estimated Physical Damage**  
(according to the Seismic Intensity Scale List created by the Meteorological Agency)

<b>Scale 0</b>	People feel no quake. 	<b>Scale 5 lower</b>	Furniture moves, and dinnerwares and books fall off the shelves. The windows may shatter. 
<b>Scale 1</b>	Some people indoors feel slight quake. 	<b>Scale 5 upper</b>	The falling of heavy furniture such as chests of drawers may be observed, and vending machines in the street may fall. Drivers have trouble steering. 
<b>Scale 2</b>	Many people indoors feel quake, and suspended objects such as luminaire slightly sway. 	<b>Scale 6 lower</b>	People have difficulty standing still. The shattering of wall tiles and windows is observed with many buildings, and doors could be damaged that they may not open. 
<b>Scale 3</b>	Most people indoors feel quake, and dinnerwares in the cupboard make a slight chatter. 	<b>Scale 6 upper</b>	People are unable to stand up and forced to crawl to move around. The falling of most heavy furniture is observed, and doors will be thrown into the air. 
<b>Scale 4</b>	Sleeping people are awakened, and potential falling of unstable objects in the room may be concerned. Some people feel quake while walking. 	<b>Scale 7</b>	People lose total control of their physical actions. Massive cracks appear in the ground, and landslides occur. 

### Alertness messages

- 1) You will receive news or warning message from television and/or radio when the intensity of earthquake is below 4 (1 to 3).
- 2) You will automatically receive warning message from applications (see page 9), mobile companies and/or government, when the intensity of the earthquake is higher than 4 (4 to 5)
- 3) You will receive high level or repeated warning messages or announcements from local authorities, mobile companies and/or government when intensity of earthquake is more than 6 (6 to 7).

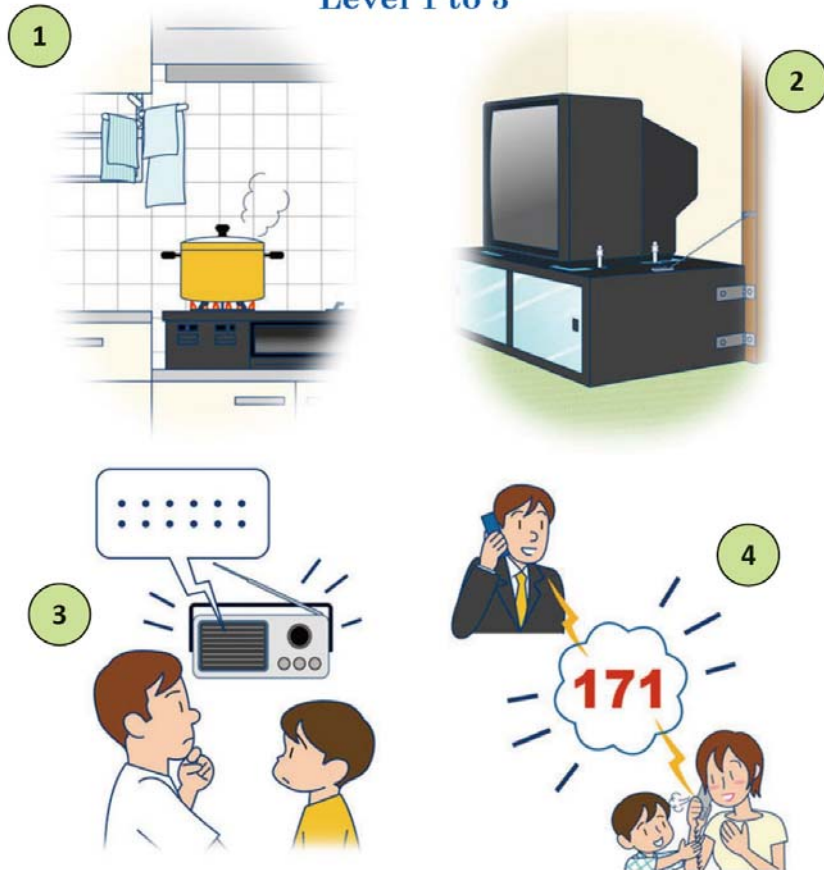
## BEHAVIOR BEFORE AN EARTHQUAKE



- Read carefully this booklet
- Know the potential earthquake hazards in your area
- Identify and visit the shelters near to your place (Page 10-13)
- Prepare your emergency bag (Picture 1)
- Learn how to turn off the gas, water, and electricity (Picture 2)
- Don't leave heavy objects on shelves (they'll fall during a quake).
- Anchor heavy furniture, cupboards, and appliances to the walls or floor (Picture 3)
- Breakable items, harmful chemical and flammable materials should be stored properly in secured place.
- Make up a plan of where to meet your family and/or your friends after an earthquake (Picture 4)

## BEHAVIOR DURING AN EARTHQUAKE

### Level 1 to 3

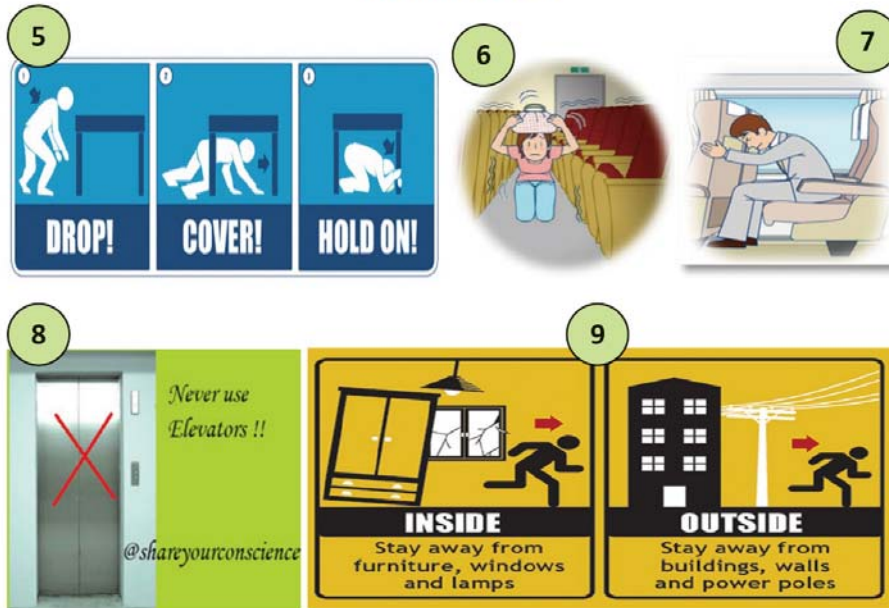


- Stay calm and inside until the shaking stops. Open the door.
- Turn off the gas, water, and electricity (Picture 1 and 2).
- Don't leave heavy objects on shelves (they'll fall during a quake).
- Listen to your radio for instructions from emergency officials (Picture 3).
- To have information about your family or friend safety, use NTT's Disaster Message Dial (dial #171) (Picture 4) (see page 9).



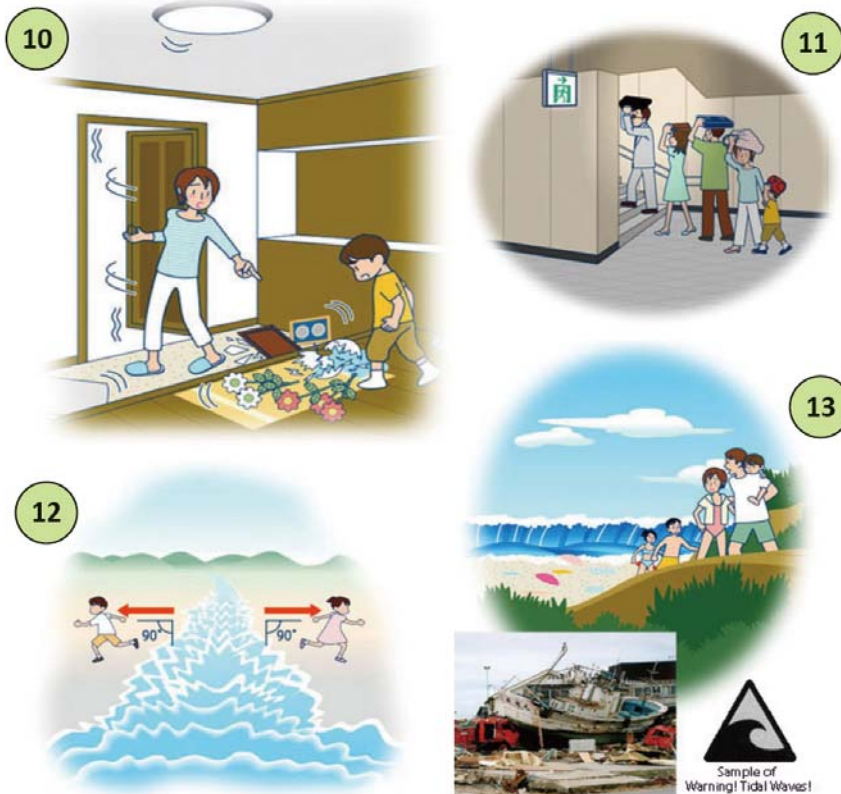
## BEHAVIOR DURING AN EARTHQUAKE

### Level 4 to 7



- Stay calm and stay inside until the shaking stops.
- Drop under heavy furniture such as a table, desk, bed or any solid furniture and hold onto it so that you remain covered (Picture 5).
- Cover your head and torso to prevent being hit by falling objects (Picture 6).
- If you are on the car or bus or tram, stay in your seat until it stops and take cover in a protected place (Picture 7).
- Don't use elevators, but if you are in an elevator during an earthquake, hit the button for every floor and get out as soon as you can (Picture 8).
- Once tremor stops, get out and go to an open area (not inclined) away from damaged buildings, tree, electric lines and others unsafe structures (Picture 9).

## BEHAVIOR AFTER AN EARTHQUAKE



- Check yourself and others for injuries. Provide first aid for anyone who needs it.
- Be careful around broken glass and debris. Wear boots or sturdy shoes to keep from cutting your feet (Picture 10).
- If you're at school or work, follow the emergency plan or the instructions of the person in charge (Picture 11).
- Go to the shelter located near your house to have some supplies (Food, water, medicine...).
- Stay away from beaches. Tsunamis sometimes hit after the ground has stopped shaking (Picture 12 and 13).

## EMERGENCY PHONE NUMBERS

### Police: 110

Call this number when you are stuck in somewhere

### Ambulance: 119

Call this number if you are injured

\*English speaker is available 24hrs

## INFORMATION WEBSITES

\*\*PLEASE VISIT FOLLOWING WEBSITES IN ADVANCE

(1)  
JAPAN DISASTER  
WEBSITE



(2)  
SHELTER  
INFORMATION



(3) DISASTER PHONE  
NUMBER EMERGENCY  
CONTACT



171

(1) <http://www.jma.go.jp/jma/en/Activities/eew.html>

(2) [http://www.city.nagasaki.lg.jp/kokusai/930000/9390002/93900021/p029495\\_d/fil/shelter.pdf](http://www.city.nagasaki.lg.jp/kokusai/930000/9390002/93900021/p029495_d/fil/shelter.pdf)

(3) <https://www.ntt-east.co.jp/en/saigai/voice171/>

## SMARTPHONE APPLICATIONS

### CARED SAFETY



All disasters, inform your status (safe), 12 languages available

### YUREKURU CALL



Only earthquake information

### YAHOO JAPAN DISASTER INFORMATION



All disasters

## NISHIMACHI AREA SHELTERS: BUNKYO CAMPUS

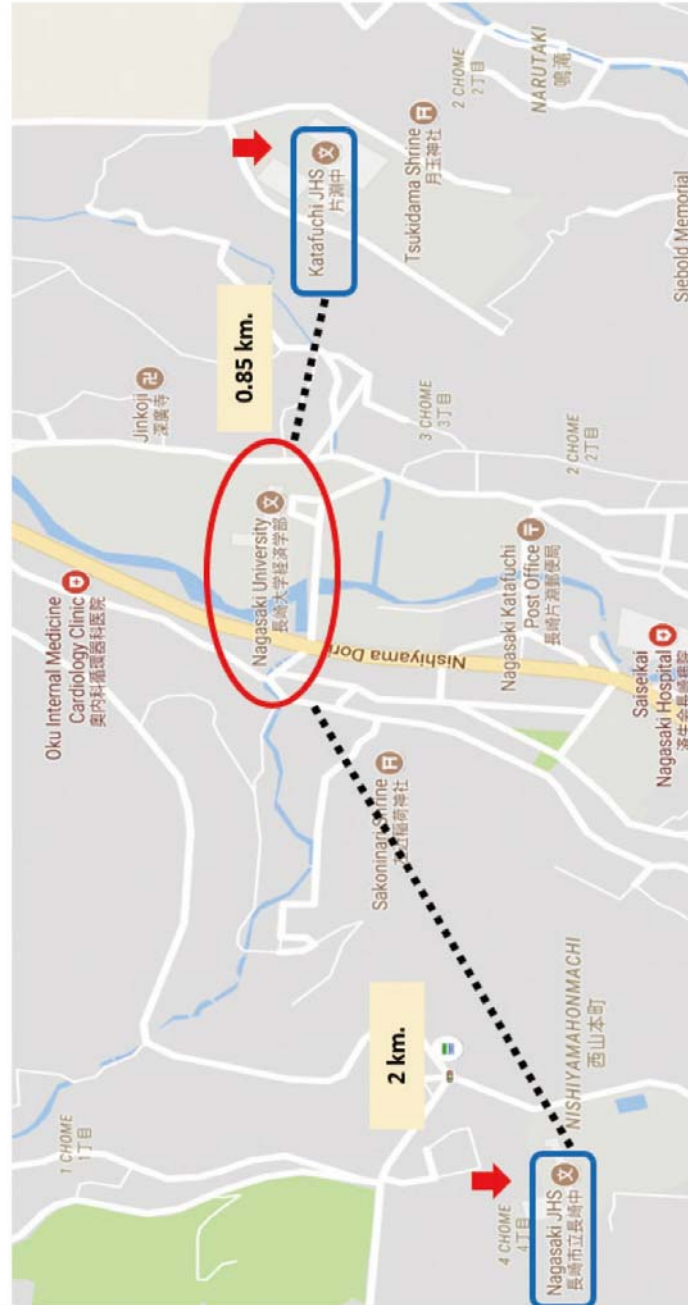


JHS: Junior High School      ES: Elementary School       : Shelter areas

Please visit your nearest shelter in advance (see website for shelters list on page 9)



## KATAFUCHI AREA SHELTERS: KATAFUCHI CAMPUS



Please visit your nearest shelter in advance (see website for shelters list on page 9)

JHS: Junior High School  : Shelter areas

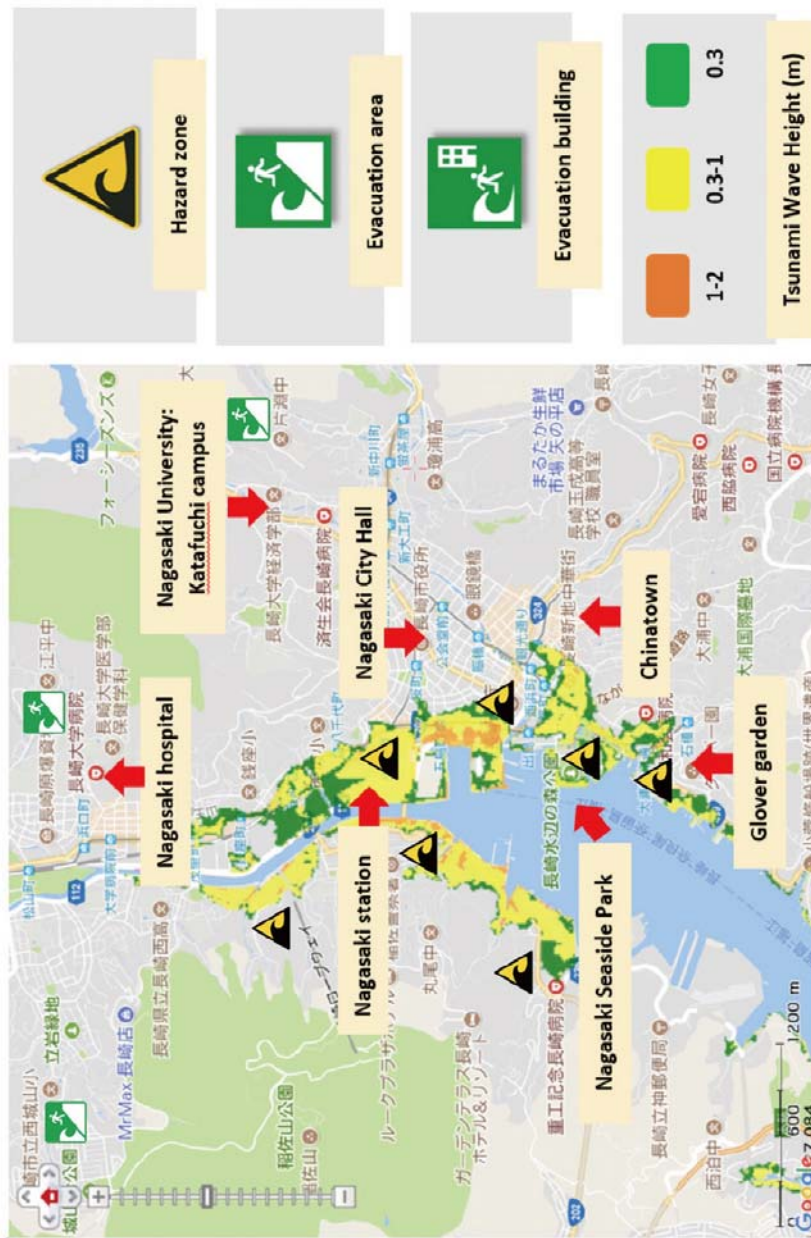
## SAKAMOTO AREA SHELTERS: SAKAMOTO CAMPUS



Please visit your nearest shelter in advance (see website for shelters list on page 9)

JHS: Junior High School      ES: Elementary School       : Shelter areas

## TSUNAMI SHELTERS: Nagasaki University



Sometimes, strong earthquakes are followed by Tsunami in Japan. Be careful and please listen to warnings and/or messages about tsunami from news and/or applications (see applications on page 9)

## USEFUL PHRASES IN JAPANESE

<i>English</i>	<i>Japanese</i>	<i>Pronunciation</i>
<b>Useful terms</b>		
Earthquake	じしん 地震	Jishin
Hypocentre (Tremor location)	しんげんち 震源地	Shingenchi
Tremor intensity/ power	しんど 震度	Shindo
Aftershock	よしん 余震	Yoshin
Evacuation	ひなん 避難	Hinan
Fire	かさい 火災	Kasai
Tsunami	つなみ 津波	Tsunami
<b>Type of alert</b>		
Advisory	ちゅういほう 注意報	Chūihō
Warning	けいほう 警報	Keihō
Special warning	とくべつけいほう 特別警報	Tokubetsu-keihō
Immediate/ prompt report	そくほう 速報	Sokuhō
Emergency earthquake immediate/ prompt report	きんきゅうじしんそくほう 緊急地震速報	Kinkyū Jishin Sokuhō



## USEFUL PHRASES IN JAPANESE

<i>English</i>	<i>Japanese</i>	<i>Pronunciation</i>
<b>Useful phrases</b>		
Excuse me.	すみません。	Sumimasen.
Help me please.	たすけてください。	Tasukete kudasai.
Is there anyone who speaks English?	えいご はな ひと 英語が話せる人はいますか？	Eigo-ga hanaseru hito-wa imasu-ka?
Where is ... (emergency shelter/ police station/ bath room)?	…(ひなんじょ けいざつしよ 避難所 / 警察署 / トイレ)はどこですか？	...(Hinanjo/Keisatsusho/Toire)-wa doko desu-ka?
How can I go to (emergency shelter/ police station/ bath room)?	…(ひなんじょ けいざつしよ トイレ)にはどうやって行けばいいですか？	...(Hinanjo/Keisatsusho/Toire)-niwa dōyatte ikeba iidesu-ka?
I am hungry.	わたし なか 私はお腹が空いています。	Watashi-wa onaka-ga suite imasu.
I am thirsty.	わたし のど 私 は喉がかわいています。	Watashi-wa nodo-ga kawaite imasu.
Where can I get food/water?	どこで た もの 食べ物が / みず 水がもらえますか？	Doko-de tabemono-ga/mizu-ga moraemasu-ka?
Be careful.	きをつけて。	Ki-o tsukete.

## USEFUL PHRASES IN JAPANESE

<i>English</i>	<i>Japanese</i>	<i>Pronunciation</i>
<b>Introducing yourself</b>		
My Name is...	わたし なまえ 私の名前は…です。	Watashi-no namae-wa...desu.
I am ... (name/occupation/ nationality etc.).	わたし 私は…です。	Watashi-wa...desu.
My address is...	わたし じゅうしょ 私の住所は…です。	Watashi-no jūsho-wa...desu.
I am lost.	わたし みち まよ 私は道に迷い ました。	Watashi-wa michi-ni mayoi mashita.
I work in...	わたし はたら 私は…で働いてい ます。	Watashi-wa...de hataraitte imasu.
I cannot speak Japanese.	わたし にほんご 私は日本語が はな 話せません。	Watashi-wa nihongo-ga hanasemasen.
This is my emergency contact person.	わたし これが私の きんきゅうれんらくさき 緊急連絡先です。	Kore-ga watashi-no kinkyū renrakusaki desu.
<b>Asking for medical assistance</b>		
Please take me to hospital.	びょういん ついで 病院に連れて行って ください。	Byōin-ni tsurete itte kudasai.
Please call an ambulance.	きゅうきゅうしゃ 救急車を よ 呼んでください。	Kyūkyūsha-o yonde kudasai.
I don't feel well.	わたし きぶん よ 私は気分が良くあり ません。	Watashi-wa kibun-ga yoku arimasen.
I am injured.	わたし けが 私は怪我をしていま す。	Watashi-wa kega-o shite imasu.
Please hurry up.	いそ 急いでください。	Isoide kudasai.

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