

DISASTER

PREVENTION

HANDBOOK

Be prepared in case of a disaster

DAILY PREPARATIONS



- 2-3 Learn it from experience
- 4-5 Check the house
- 6-7 Prepare at home
- 8-9 Prepare in the community

+ [Use this after cutting off] **Disaster Prevention Memo**

DISASTER

PREVENTION

HANDBOOK

In the event of an emergency

Act in the right and calm manner



- 2-3 When Earthquake Occur!
- 4-5 When Landslides and Floods Occur!
- 6-9 Help each other

+ [Use this after cutting off] **SOScard**

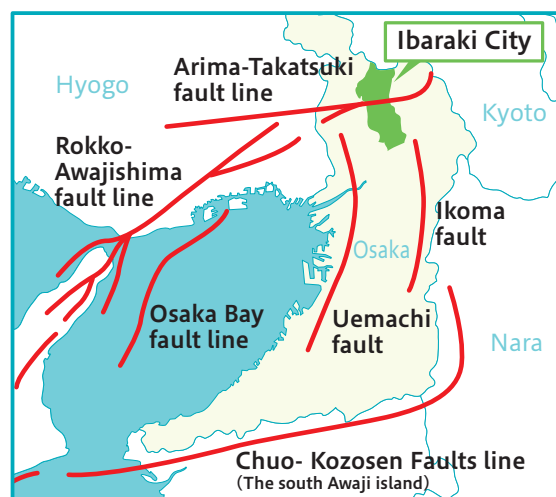
If you think, "I'm all right," you are in danger.

Learn from the experience of those in disaster-stricken areas.

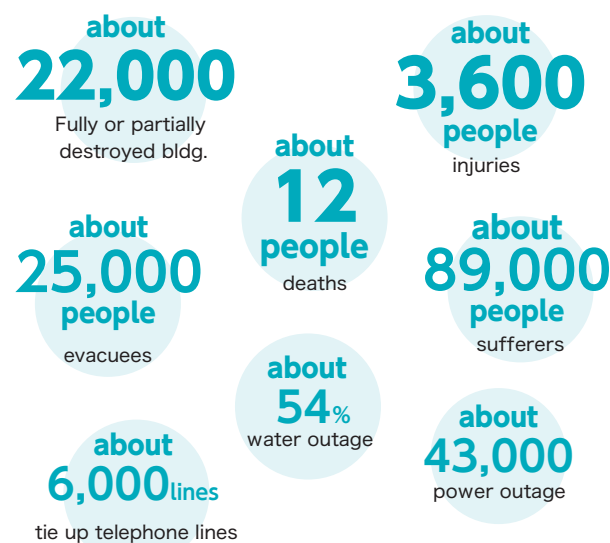
The probability of a Nankai Trough Earthquake, said to become the largest earthquake in West Japan, occurring within the next thirty years is about 70%. It would not be unusual for it to occur at any time.

Active faults in and around Ibaraki City

Underneath the center of the city lie the Arima-Takatsuki fault line and the Ikoma and Ueno faults run around the circumference of the city.



Assume the largest damage in figures



Source: Ibaraki City regional disaster prevention plan (Amendment in March, 2015)

Assume the largest damage when an earthquake (M7.5±0.5, with an intensity of less than 5 to 7) takes place within the Arima-Takatsuki fault zone.

It is essential to prepare for an emergency on a daily basis.

Please check such things as the safety of your house, emergency supplies and evacuation routes.

It is important to discuss disaster prevention with your family and neighbors.

※Please read "Emergency Action Now!" so that you can act immediately when disaster strikes.



In the event of an earthquake, what were the things that you should have prepared in advance?



No.1 Drink water



No.2 Flashlight



No.3 Emergency food

Source: Questionnaires of the disaster victims after the great Hanshin-Awaji earthquake (conducted by the Fire Department of Kobe City)

Learn from experience

That day, That time, That place The voices from the affected areas

The Great Hanshin-Awaji Earthquake (in 1995) and the Great East Japan Earthquake (in 2011) took the lives of many people and inflicted enormous damages. In recent years, natural disasters, such as torrential rain caused by unusual weather and flooding or landslides caused by typhoons, have occurred in many places across the nation. We have collected the voices of victims who experienced those earthquakes in the past.

At the time of disaster

I learned my husband was safe after three days.

I should have written down his phone number.

The East Japan earthquake (Female)

No way! Why me?

I couldn't act fast enough.

The Hanshin-Awaji Earthquake (Male)

When evacuating.

It was far to evacuation shelter.

I should have confirmed the location in advance.

The East Japan earthquake (Male)

In the evacuation life

My son has any food allergies,

so he could not eat most of the supplies.

The Hanshin-Awaji Earthquake (Female)

Neighbors gave me information in writing.

It is important to work in close cooperation.

The East Japan earthquake (Hearing-impaired female)

As I wrote down the name of medicine,

I could take the same prescribed medication.

The East Japan earthquake (Asthma patient Male)

I felt uneasy because I could not understand Japanese.

The Hanshin-Awaji Earthquake (Foreign man)

As I was in my office at the time of the disaster, I had to walk home.

It was very helpful to keep flat shoes in my office.

The East Japan earthquake (Male)



Collapsed buildings and falling furniture caused 90% of casualties.

Many of the homes that collapsed during the Hanshin-Awaji Earthquake were built in accordance with the former earthquake-resistance standards. Be sure to have an evaluation and to renovate your home to prepare for an earthquake

Reassurance and Ibaraki City's Disaster Prevention Measures

The city of Ibaraki subsidizes earthquake resistance and renovation

The city assists in renovation buildings that were built prior to May 31, 1981.

The city promotes evaluation and renovation for earthquake-resistant structures and buildings within the city, aiming for a 95% earthquake resistance rate.

Inquiries

Ibaraki City
Improvement Department,
Urban Policy Division

TEL : 072-620-1660

The city provides community lectures on these matters.

In the apartment complex

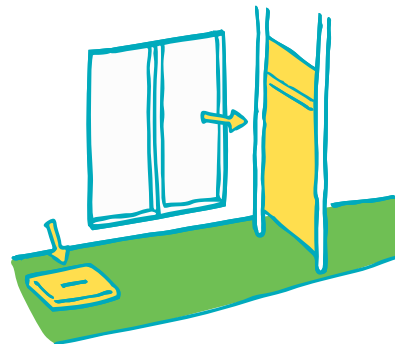


Shared parts

- Corridors and hallways are used as escape routes, so bicycles and old newspapers should not be placed here.

Veranda

- Confirm how to use the emergency exit.
- Do not place things around or on the top of the emergency exit.



Fire control equipment

- Confirm the location of and how to use for extinguishes, fire alarms and fire hydrants.

At Home

Window glass

- Apply shatterproof film to windows.
- ※Draped curtain are also effective.

Entrance

- So as to be able to evacuate immediately, do not put any big objects in front of doorways, entrances, or exits.



Check the house

Is your house safe?

In order to minimize the damage due to disasters, one should take measures both inside and outside of the home.

At the house

Roof

- Reinforce the roofing tiles and the antenna

Gutters

- Repair them if they are broken
- Clean out drains regularly

Veranda

- Don't place potted plants on the handrail.
- Always keep tidy and organized.

Fuel

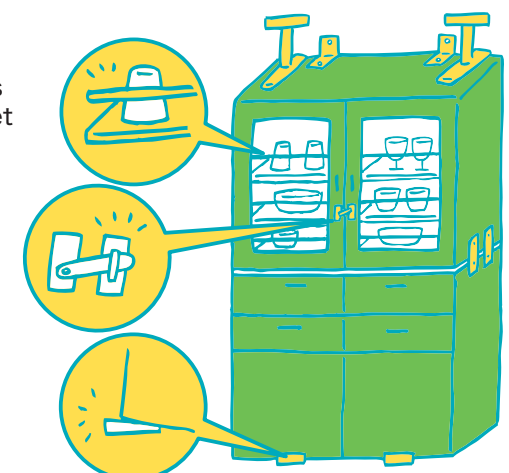
- Secure the propane gas and kerosene tanks with a metal chain.

Concrete block wall · gatepost

- Repair and reinforce any cracks or deterioration in concrete block walls.

Furniture

- Stabilize with things, such as extension bars, and L-bracket fittings.
- Install metal latches to keep doors from opening.
- Place a board underneath furniture to protect it from slipping.
- ※Folded newspapers may also be used.
- Don't keep things on the top of the furniture.



TV · PC

- Put it in a low place and secure by metal fittings.

Fire extinguishers

- Place in an easily accessible location.

Bedrooms

- Keep as few things as possible.

Visually impaired persons

- ☐ White stick
- ☐ Memo in Braille that written emergency contact information
- ☐ Recorder for the memo
- ☐ Physical disability handbook(copy)



People accompanying pregnant women or infants

- ☐ Baby food, Powdered milk, Baby bottle
- ☐ Candy which a child is used to eating
- ☐ Nappies, Baby wipes
- ☐ Maternal handbook(copy)
- ☐ Sling, Nursing cape



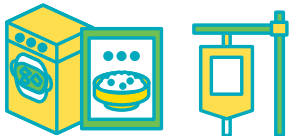
Physically disabled persons

- ☐ Extra wheelchair, walking aids
- ☐ Whistle or Buzzer
- ☐ Physical disability handbook(copy)



A person with a chronic disease or disability

- ☐ Therapeutic diet · special food
- ☐ Intravenous equipment and medicine
- ☐ Physical disability handbook(copy)



Children

- ☐ Favorite toys
- ☐ Belongings putting on your name
- ☐ Personal alarm



Hearing impaired persons

- ☐ Spare hearing aid
- ☐ Whistle or Buzzer
- ☐ Conversation in writing kit
- ☐ Physical disability handbook(copy)



Persons who are not good at communication

- ☐ Medicine that you always take
- ☐ Prescription and directions for drugs
- ☐ Things that you always use (toys, books etc.)
- ☐ Physical disability handbook (copy)



Foreigners who don't understand Japanese

- ☐ Whistle or Buzzer
- ☐ Electronic dictionary
- ☐ Writing utensils and scratch paper
- ☐ Passport(copy)



Persons who need care.

- ☐ Adult diapers
- ☐ Artificial tooth and cleaner
- ☐ Stick
- ☐ Nursing care insurance card(copy)
- ☐ Haturatsu passport ~Let's cooperate together edition~



Carry the SOS card at all times to be prepared for a natural disaster.

Central page SOS card

Prepare at home

Have you prepared emergency supplies?

It may be difficult to secure enough supplies at the emergency shelters immediately after an earthquake. It is advised to prepare your own supplies for use until rescue activities begin.

Create a compact kit of the basic necessities that you need to stay alive, and check it once a year. It is important to keep it somewhere easy to reach in case you need to leave quickly.

Food

Prepare for at least a week!

- ☐ Water 3L/day/person
- ☐ Preserved food Canned foods, Retort foods etc.



Sanitary goods

- ☐ Portable toilet
- ☐ Towels
- ☐ Mask
- ☐ Sanitary items

measure against the cold



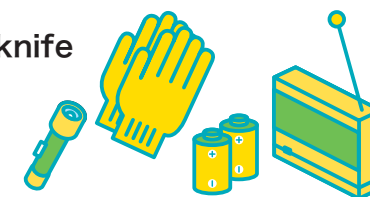
Medical supplies

- ☐ First Aid kit
- ☐ Current medications
- ☐ Office drugs
- ☐ Medicine notebook(copy)



Daily necessities

- ☐ Portable radio
- ☐ Extra Batteries
- ☐ Gloves(thick)
- ☐ Glasses, Contact lenses
- ☐ Toilet paper, Tissues
- ☐ Scissors, knife
- ☐ Flashlight
- ☐ Sneakers



Convenience goods!

- ☐ Portable stove ...you can eat a warm meal.
- ☐ Plastic wrap ...Saving time of washing dishes
- ☐ News papers
- ☐ Plastic bags ...Use as a carrying water, raincoat, diapers
- ☐ Disposable Pocket warmer ...It can warm food.
- ☐ Wet wipes ...it can wipe face and hands
- ☐ Toiletries



Prepare what you and your family will need.

Learn it from experience

Check the house

Prepare at home

Prepare in the community

Why don't you join us for the voluntary disaster prevention organization in our town?

What is the meaning of the Voluntary Disaster Prevention Organization?

In order to “protect our own community by ourselves,” local residents of Ibaraki City have voluntarily established a disaster prevention organization. Twenty-nine groups have been at work in Ibaraki, and in order to take action immediately in the case of a disaster, they have prepared vaults and emergency equipment in primary school districts.

Main Activities

In the case of a large-scale disaster, in order to keep damage at a minimum, they have conducted various activities, drills, and events regularly.



Smoke experience drills



Life-saving drills



Soup kitchen drills



Rope drills

Reassurance and Ibaraki City's Disaster Prevention Measures

Urgent Publicize Disaster Information
Via an automatic central radio transmitter

The city is able to immediately send important information, such as emergency earthquake warnings, via an automatic central radio transmitter.



Lifesaving Application
Disaster prevention equipment and devices for voluntary disaster prevention groups

The city lends equipment and devices necessary for rescue or initial fire-fighting to voluntary disaster prevention groups that conduct drills using this equipment in communities.



The first step to reducing damage is to create friendly relationships with your neighbors.

After the quake, the police and fire departments may not always be able to respond instantly. In order to keep damage at a minimum, you will need to cooperate with the members of your community to help save lives and fight fires.

The ones who can save you are those near you.



As the saying goes, “Water afar does not quench a fire at hand,” which means that a distant river does not help to put out a fire at a neighbor’s house. In times of disaster, a person nearby can save you.

About 80% of people in the Hanshin-Awaji Earthquake who could not escape on their own were helped by their families and neighbors. In the Nagano North Earthquake of 2014, although many houses were fully or partially destroyed, no one died thanks to the cooperative efforts of neighborhoods in carrying out rescue operations.

First, begin with greeting your neighbors.



In order to help each other in case of an emergency, it is important to converse with your neighbors regularly. It is as simple as saying, “Hello,” or passing out neighborhood notices by hand. Building friendly relations and a sense of closeness on a daily basis encourages us to protect our beloved families and communities. Starting today, let’s all strive for these types of relationships.



Disaster prevention, Crisis Management Advisor
Yamamura Takehiko

Mr. Yamamura has conducted field surveys in more than 200 disaster-stricken areas. As a leading expert in practical disaster prevention and crisis management he created the slogan, “The spirit of neighbors;” that is, to help those around you. He has been active in increasing awareness of disaster prevention and crisis management.

Learn it from experience

Check the house

Prepare at home

Prepare in the community

To Everybody

Persons who have this card need your help.

Persons who have this card need more assistance and consideration at times of disaster. If you find those who have this card, please read what is written on it, and give them required support. (Please complete in advance)

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

relationship

Name of parent

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

hiragana

sex

Name

Address

Telephone number(Home)

Telephone number(Mobile)

Date of birth

Family doctor

Others

SOS Card carry it with you at all times

@Ibaraki

Safely evacuate

Check the nearest evacuation sites!

Evacuation Shelter Map

If a fire occurs by an earthquake, heavy damage is expected by the wide range, in order to protect security of lives of citizens, the city designated the 17 of wide area evacuation sites and temporary evacuation sites. The city chose places that is enough space for evacuating and is not damaged by a fire.

- Wide area evacuation site**

A vacant site more than about 10ha (about 100,000 m²)

Temporary evacuation site

A vacant site more than about 1ha(about 10,000 m²)

Designated Evacuation shelter

It is a place of refuge lives that lost their house and also become a supporting base for the local people. The city designated 75 shelters such as public elementary schools, junior high schools and community halls in the city.

Welfare Evacuation Shelter

It is an evacuation shelter for elderly and disabled persons who are difficult to accept in the designated evacuation shelter. There are 9 shelters in the city. Since they open after the disaster, persons cannot use from the beginning as a shelter.

List of Wide Evacuation Sites

Name	Address
A Nishihozumi Hill	Nishihozumi-cho
B Expo Memorial Park	Senri Expo Park, Suita City
C Nishigawara Park	Nishigawara 1-3-chome, Jonomae-cho

List of Temporary Evacuation Sites

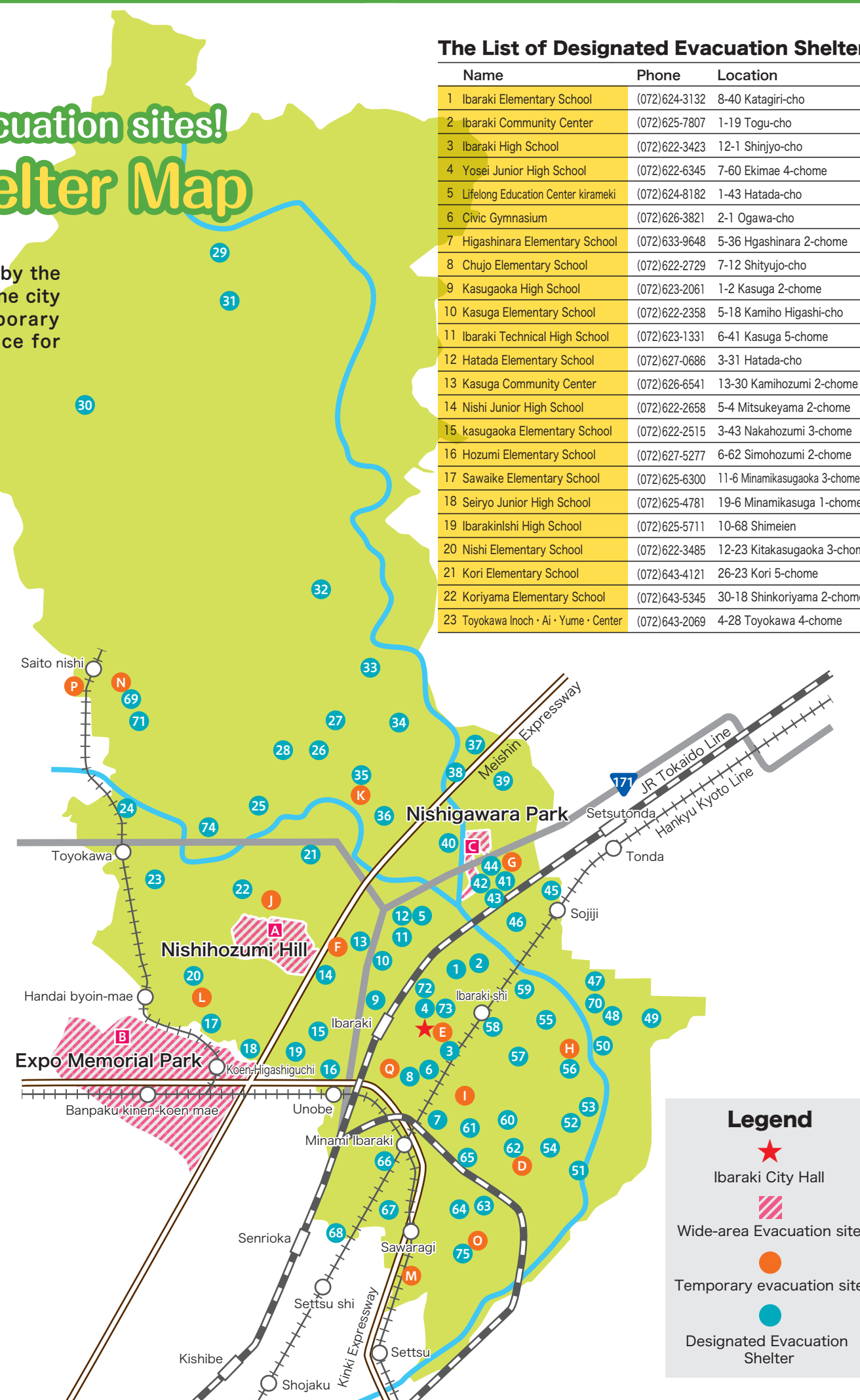
Name	Address	Name	Address
D Wakazono Park	Wakazono-cho,Masago 2-chome	K Minohara Park	Minohara 3-chome
E Chuo Park(South)	Ekimae 3-chome	L Matsuzawaike Park	Minamikasugaoka 4-chome
F Kamihozumi Park	Kamihozumi 3-chome	M Sawaragi Park	Yokoe 2-chome
G Mishima Park	Mishima-cho	N Asagisatoyama Park	Saitoasagi 5-chome
H Kuwata Park	Kuwata-cho	O Shimafureai Park	Shima 3-chome
I Mizuo Park	Mizuo 1-chome	P Saitonishi Park	Saitoyamabuki 1-chome
J Koriyama Park	Shinkoriyama 1-chome	Q Iwakura Park	Iwakura-cho

Please refer to the use of hazard maps to prepare for landslides and river flooding.

Ibaraki City outlines expected risks and damages related to flooding and landslides in "Ibaraki City Flooding and Inland water HAZARD MAP". On a regular basis, evacuation information is checked as is how to act at times of disaster.

You can also check the internet "Ibanavi Map".

You can also visit on the website



The List of Designated Evacuation Shelters

Name	Phone	Location	Name	Phone	Location
1 Ibaraki Elementary School	(072)624-3132	8-40 Katagiri-cho	24 Toyokawa Elementary School	(072)643-5916	14-5 Shukunoshio 5-chome
2 Ibaraki Community Center	(072)625-7807	1-19 Togu-cho	25 Toyokawa Junior High School	(072)643-1567	16-8 Fjinoshato 1-chome
3 Ibaraki High School	(072)622-3423	12-1 Shinryo-cho	26 Fukui Elementary School	(072)643-5173	4-20 Higashifukui 2-chome
4 Yosei Junior High School	(072)622-6345	7-60 Ekimae 4-chome	27 Fukui Tasedai Interaction Center	(072)643-1300	23-22 Higasifukui 2-chome
5 Lifelong Education Center kirameki	(072)624-8182	1-43 Hatada-cho	28 Fukui Civic Gymnasium	(072)641-4961	30-45 Nishifukui 3-chome
6 Civic Gymnasium	(072)626-3821	2-1 Ogawa-cho	29 Mitsukeyama Community Center	(072)649-3109	163 Shimootowa
7 Higashinara Elementary School	(072)633-9648	5-36 Higashinara 2-chome	30 Kiyotani Elementary School	(072)649-2025	857 Izuhara
8 Chujo Elementary School	(072)622-2729	7-12 Shityujo-cho	31 Ninchoji Elementary School	(072)649-3014	31-2 Ninchoji
9 Kasugaoka High School	(072)623-2061	1-2 Kasuga 2-chome	32 Yamatedai Elementary School	(072)649-1282	9-4 Yamatedai 4-chome
10 Kasuga Elementary School	(072)622-2358	5-18 Kamiho Higashi-cho	33 Hokuryo Junior High School	(072)649-4641	23-10 Yamatedai 1-chome
11 Ibaraki Technical High School	(072)623-1331	6-41 Kasuga 5-chome	34 Ai Elementary School	(072)643-5128	21-23 Ai 2-chome
12 Hatada Elementary School	(072)627-0686	3-31 Hatada-cho	35 Kita Junior High School	(072)643-9191	10-3 Minamiai 3-chome
13 Kasuga Community Center	(072)626-6541	13-30 Kamihozumi 2-chome	36 Minohara Elementary School	(072)641-1900	20-55 Minohara 2-chome
14 Nishi Junior High School	(072)622-2658	5-4 Mitsukeyama 2-chome	37 Oda Elementary School	(072)643-8384	21-26 Hanazono 1-chome
15 kasugaoka Elementary School	(072)622-2515	3-43 Nakahozumi 3-chome	38 Oda Junior High School	(072)641-2557	6-10 Hanazono 1-chome
16 Hozumi Elementary School	(072)627-5277	6-62 Simohozumi 2-chome	39 Oda Community Center	(072)623-9076	6-18 Oda 3-chome
17 Sawaike Elementary School	(072)625-6300	11-6 Minamikasugaoka 3-chome	40 Nishigawara Elementary School	(072)622-3303	7-33 Nishigawara kitamachi
18 Seiry Junior High School	(072)625-4781	19-6 Minamikasuga 1-chome	41 Mishima Elementary School	(072)624-5261	3-13 Mishima-cho
19 Ibarakinishi High School	(072)625-5711	10-68 Shimeien	42 Mishima Community Center	(072)625-6474	7-12 Nishigawara 2-chome
20 Nishi Elementary School	(072)622-3485	12-23 Kitakasugaoka 3-chome	43 Mishima Junior High School	(072)626-2145	17-10 Nisigawara 1-chome
21 Kori Elementary School	(072)643-4121	26-23 Kori 5-chome	44 Nishigawara Tasedai Koryu Center	(072)623-9343	17-4 Nishigawara 2-chome
22 Koriyama Elementary School	(072)643-5345	30-18 Shinkoriyama 2-chome	45 Sojiji Inochi - Ai - Yume Center	(072)626-5660	5-36 Sojiji 2-chome
23 Toyokawa Inoch - Ai - Yume - Center	(072)643-2069	4-28 Toyokawa 4-chome	46 Sycio Elementary School	(072)622-4711	26-5 Sho 2-chome
			47 Higashi Elementary School	(072)633-2541	5-23 Ayukawa 2-chome
			48 Shirakawa Community Center	(072)632-7870	8-17 Ayukawa 1-chome
			49 Sirakawa Elementary School	(072)633-1191	4-1 Shirakawa 1-chome
			50 Shinonome Elementary School	(072)633-6966	21-7 Gakuenminimachi
			51 Tamashima Elementary School	(072)632-3160	11-23 Tamashima 2-chome
			52 Hirata Junior High School	(072)633-1501	8-20 Hirata 1-chome
			53 Tamashima Community Center	(072)633-1020	25-9 Hirata 2-chome
			54 Hokusetsutsubasa High School	(072)633-2000	2-15 Tamashimadai
			55 Nakatsu Elementary School	(072)634-3478	10-15 Nakatsu-cho
			56 Elderly Support Center Senior Plaza Center	(072)632-7411	24-21 Kuwata-cho
			57 Oike Elementary School	(072)632-8663	5-8 Oike 1-chome
			58 Oike Community Center	(072)633-8071	11-35 Funaki-cho
			59 Higashi Junior High School	(072)632-8414	7-4 Suehiro-cho
			60 Mizuo Elementary School	(072)633-3792	7-16 Mizuo 4-chome
			61 Tamagushi Elementary School	(072)634-2144	1-51 Mizuo 3-chome
			62 Minami Junior High School	(072)633-1601	6-41 Wakazono-cho
			63 Ashihara Elementary School	(072)633-7680	13-50 Shinwa-cho
			64 Sawaragi Inochi - Ai - Yume Center	(072)635-7667	12-19 Sawaragihama 3-chome
			65 Tamagushi Community Center	(072)633-0004	5-39 Sawaragihigashimachi
			66 Tenno Elementary School	(072)625-6205	13-57 Tenno 2-chome
			67 Tenno Junior Hight School	(072)632-5781	8-3-Sawaraginisi 3-chome
			68 Kurakakiuchi Hall	(072)624-6530	11-23 Kurakakiuchi 3-chome
			69 Saitonishi Elementary School	(072)641-2481	8-1 Saitoasagi 5-chome
			70 Higashi Civic Gymnasium	(072)633-5701	4-18 Gakuen-cho
			71 Saitonishi Junior High School	(072)640-1331	6-7 Saitoasagi 4-chome
			72 Civic General Center (Create Center)	(072)624-1799	6-16 Ekimae 4-chome
			73 Gender Equality Center RoseWAM	(072)620-9920	4-7 Motomachi
			74 Toyokawa Community Center	(072)641-8910	16-8 Fujinosato 2-chome
			75 Minami Civic Gymnasium	(072)630-0111	8-9 Shima 3-chome

Confirm of Safety Information • Confirm of Disaster Information

Confirm of Safety Information

Disaster Emergency Message Dial 171

Leave your messages

Dial 171-1 your phone number →record

Listen to Other People's Messages

Dial 171-2-phone number of person you want to reach→play

Disaster Emergency Message Service Trials

Trial will be held on the following dates.

- 1st and 15th of every month
- First three days of New Year (1/1-1/3)
- Disaster Prevention Volunteers Week(1/15-1/21)
- Disaster Prevention Week (8/30-9/5)

How to use Disaster Message Services

Every Cellphone Company Official Menu

Disaster Message Board Service"Sagai-yo dengon ban"

Select your choice

Register Confirm

Crick Safety Status Enter the phone number of the person you wish to confirm safety

Finish or Send Search

The weather, Earthquake Information, Damage at times of disasters, Evacuation Information

Osaka Disaster Prevention Net

Osaka Disaster Prevention net sends out Emergency earthquake alerts, the weather, damage at times of disasters and evacuation information. If you register your address of the cell- phone to the "disaster prevention information mail", such as earthquake information is delivered by e-mail.

Please transmit empty E-mail to (touroku@osaka-bousai.net)

Read the right QR cords with a mobile telephone and can transmit email.

Emergency alert messages

Emergency alert messages are services that Emergency earthquake alerts and tsunami warnings by the Meteorological Agency and disaster(evacuation information by country and local government are delivered to Your cell-phone in a limited area at the same time. (Free of charge.)

Landslide Disaster Warning Information

If there is a risk of landslide disaster "Landslide disaster warning information" will be announced. Once a lot of rain begins, please check the movement of rain clouds and warning information the following pages.

To obtain rainfall amount information

Ibaraki City Page

Q Search 茨木市土砂災害雨量情報

http://ibaraki-city.bosai.info/

Osaka Prefecture Page

Q Search 大阪府土砂災害の防災情報

http://www.osaka-bousai.net/sabou/index.html

Ibaraki city Facebook • Official Twitter

The city operates City Facebook and Official Twitter and provides information promptly at times of a large-scale disaster. You must register.

The name of page Ibaraki city Facebook

Account name @ibaraki.city

https://www.facebook.com/city/ibaraki

https://twitter.com/ibaraki-city

Hazard Map, List of Shelters

The City Website

You can browse the information on flood, inland water, earthquake and facilities in the Hazard map.

Q Search いばなびマップ

http://www2.wagamachi-guide.com/ibanavi

Emergency contact

Public institution

Police(Emergency)	110	Hokushin Fire Station	(072)649-3222
Fire department(Fires and first-aid)	119	Shirakawa Fire Station	(072)635-5810
Ibaraki City Office	(072)622-8121	Yamatedai Fire Station	(072)649-0143
City of Ibaraki Fire Headquarters/Fire stations	(072)622-6955	Disaster Information Telephone numbers	(072)622-9999
Mizuo Fire Station	(072)638-1119	Ibaraki City Police Station	(072)622-1234
Shimoi Fire Station	(072)641-4141	Ibaraki Healthcare Center(prefectural)	(072)624-4668
Shimohozumi Fire Station	(072)625-1402	Ibaraki Civil Engineering Office	(072)627-1121
Nishigawara Fire Station	(072)627-0841	Weather Information(Meteorological Agency)	177

Lifelines

NTT	113	Ibaraki City Waterworks Department	(072)622-8121
Osaka Gas Co., Ltd	0120-5-19424	Ibaraki City Healthcare Center Affiliated Emergency Clinics	(072)625-7799
The Kansai Electric Power Co., Inc.	0800-777-8018		

This handbook was printed using environmentally friendly soy ink, which is low in petroleum solvents.

This handbook uses recycled papers. (10,000 copies, unit price per copy 188.2 yen)

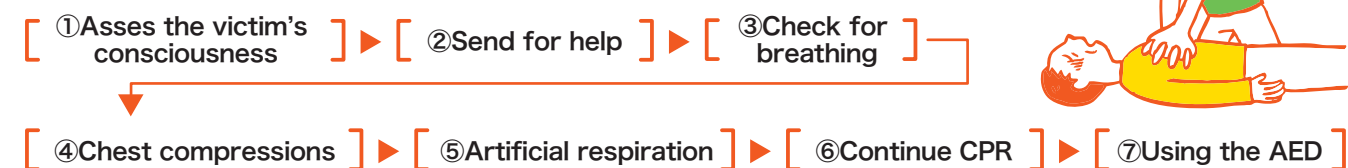
According to data, two-thirds of the victims of the Great East Japan Earthquake were the elderly aged 60 years and older. Disabled people had a two-fold greater mortality rate than those who were healthy. (Source: Cabinet Office, Government of Japan.)



How to support them.

At the time of disaster, the needs of a person in trouble may vary greatly. It is necessary to consider that persons condition and maintain communication in order to provide the best assistance to them.

One way to support them Resuscitation and AED procedure manual



The city teaches the first-aid treatment in your town.

Please apply at a nearby fire department or branch office. They will present the free first-aid treatment lecture in the location of your choice. People who want to take the course should be residents, or workers and students in the city, and there should be more than 10 participants.

When evacuating

Visually impaired persons

- Please approach the person from the front and convey surroundings.
- Hold the person's elbow and lead them at a slow pace.



Hearing impaired persons

- Note down surroundings in a memo and input them to the email screen of your mobile phone to show them.



People accompanying pregnant women or infants.

- Since it is hard for persons accompanying pregnant women or infants, help with carrying baggage and evacuate together.

Children in need of protection

- Gently call to and calm children before going to the evacuation shelter together.

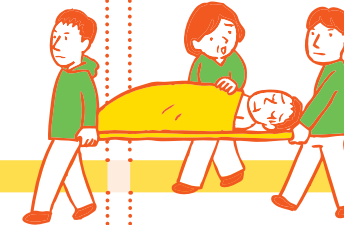


Persons who are not good at communication

- Usually familiar people are better at helping them.
- Calm the person down and convey the necessities of evacuation in pictures and gestures.

Physically disabled persons.

- Use a wheelchair and a stretcher, or carry the person with the aid of others, and evacuate together.



Foreigners who don't understand Japanese.

- Convey surroundings and evacuating procedure in pictures and gestures.

A person with a chronic disease or disability.

- Since it is difficult to judge a person's physical state by their appearance, please listen to the needs of the person and evacuate together.

The elderly who need care.

- Help to carry the person's baggage and evacuate together.



In evacuation shelters

- Read the written notices to the person.
- Be careful there are no objects obstructing the pathway.

- Convey announcements and broadcasts in written messages and gestures.



- Please try to set up screens etc. to provide some privacy to breast feeding mothers.

- If the child is alone separated from parents, gently call to them what is wrong with them.
- Give the child a sense of security by talking to them affectionately.

- Slowly call to the person to reassure them and ask what they need.



- Secure a passage so that a wheelchair can go through.

- Convey announcements and broadcasts in written messages and gestures.
- Written notices or notice boards should be written in as many languages as possible.

- If the person cannot get to a hospital for essential treatment of life-threatening conditions, please inform medical personnel.

- Protect the privacy of the person using the screens, when changing diapers.

Peace of Mind & Ibaraki City Disaster Prevention

People who need special consideration in times of disaster

An SOS card conveys the person's personal information and explains what support the person may need in times of disaster. Please show the card and convey your information.

➡ Central page SOS card



The Haturatsu passport ~ In cooperation with everyone ~

The Haturatsu passport makes it easy to communicate smoothly between nursing and medical staff, elderly people and their family members.

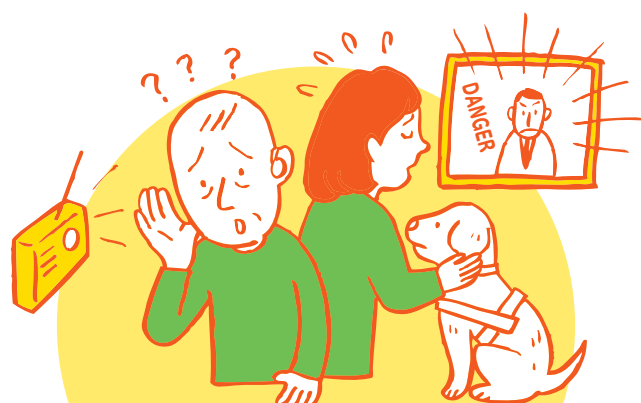
When seeing a person's Haturatsu passport, we can determine the appropriate support the person needs. By carrying it with you at all times, it is very helpful in times of disaster.

[Inquiries] Ibaraki city Health and Welfare department, Elderly support division (the second floor, the city hall south annex) TEL: 072-620-1637



Helping Others ①

Things That Trouble in Need of Special Assistance During Disasters



It is difficult to understand information from the TV and radio



They cannot seek help on their own



They cannot understand what is going on around them



They cannot get out their houses or other buildings by themselves



They cannot cope with staying in evacuation shelters and being stuck inside

In addition

- It will be difficult for others to tell from outward appearances whether or not there is a problem.
- There is no privacy at evacuation shelters.
- They may not be good at conversing with others, and such, will not get used to the environment.
- They cannot live in a place where there is no medical care.

Persons Requiring Special Assistance in Times of Disaster

In order to protect themselves in times of disasters, there are people who need special consideration and help in evacuating to safe places and following evacuation procedures. More specifically, elderly persons, those with disabilities, infants, and so on must be shown special consideration. For those in need of support on a day-to-day basis, evacuation in times of disaster is expected to be difficult. It is essential that we help and support these people when disasters happen.

✿ Protecting Ourselves in Difficult Times with Warm Hearts ✿

A mother and child's first course of action for protection and survival

Group Representative for Stand for Mothers,
Yoko Matsuda



The Mother's book for Disaster Prevention is based on the experiences of mothers caught in the Great East Japan Earthquake. It is full of information that can help mothers in these types of situations.



Training how to protect yourself from an earthquake.

When a large-scaled disaster occurs, if a child's father is stranded away from home, the mother must live on and protect her child. Therefore, it is important for her to first take action to protect her. It is important to "protect your head, get down, and grab onto something," when earthquakes happen, and it is my wish that parents and children can practice doing so, and even make a game of it, in their everyday lives. Because relief supplies for infants can be hard to come by at shelters, we should be sure to prepare emergency diapers and baby food. If we can also prepare snacks that our children eat on a regular basis, it will be easier to calm them down in times of trouble. Disasters cause anxiety and trouble for everyone. In such times, if you happen to see mothers with children and elderly persons in need of assistance, call out to them with a warm heart, and please reach out your hand to help.



For information about the Mothers' Book of Disaster prevention, please visit the homepage at <http://sfma.jp/>

The first step in helping others is having a "barrier-free" heart

Director of the Non-Profit Dream Wind Foundation,
Takashi Yahata



During the time of the Great East Japan Earthquake, the Center for Disabled Persons in Disaster Areas was established. He is currently continuing to support those disabled persons in the affected areas.

In areas affected by the earthquake, I ran across some disabled people who unfortunately tried to return home because shelter facilities were not well-equipped with necessary supplies. If we do not immediately take action to understand how to help those with disabilities, support for them will be delayed more and more. It is important to think of them not as "someone else," but as you would yourself. Since those with disabilities may feel as though they do not want to trouble others, in the event of disasters, they make think, "Even if I ask for help one day, I cannot ask for help for a whole week." As such, I saw some disabled people who would even refuse needed assistance in using the bathroom. Let's make a point to exercise disaster prevention measures on a regular basis, for if we become acquainted with one another, even those with disabilities will be able to ask for assistance with confidence. First of all, we must communicate with each other. Let's build warm relationships, not only during times of disaster, but through our daily activities and exchanges with one another.



Those with disabilities gather for a disaster training exercise in Nagoya



Junior high school students training for helping those with disabilities

Those in need of assistance in times of disaster may have a variety of disabilities, and because methods of support may depend upon the type and timing of the disaster, politeness and attention to detail are required.

Please see pages 8-9 for information on specific considerations.

Disaster Occurrence!

Landslides and Floods

If you think you are safe, you are in danger.

In recent years, floods and landslides caused by abnormal weather have occurred. In places that were damaged by heavy rains, people said that "the water appeared in the blink of an eye." Be aware of any information regarding landslides, floods, and rain patterns, as it is important to be able to evacuate quickly.

Protecting Ourselves From Landslides

Osaka Prefecture has designated areas that are at risk of landslides and sediment-related disasters. Please confirm whether or not you live in one of these specified areas.

You can also see web.

Q Search 茨木市土砂災害警戒区域



When Landslides Occur!

Always check any information regarding disaster prevention.
If you feel you are in danger, evacuate immediately.

[Checking the state of emergency] → [Evacuation]

- Gather information by watching TV, checking the internet, and listening to the radio
- ※If an evacuation advisory and instructions are issued, follow them, and evacuate immediately.
- ※Do not go to dangerous places, under any circumstances.

- Evacuate to a place as far away as possible.
- In the event you encounter floating debris, flee at right angles from the flow.



Has there been a landslide in your area before?

Even if there are no specific evacuation instructions being sent out, you should evacuate immediately if you feel you are in danger.

Mudslides

- Sudden murkiness in flowing streams of water
- Rumbling sounds in the ground
- A sharp decrease in the water level of mountain streams



Landslides

- Rumbling sounds in the ground and in the mountains
- Ground vibrations and tremors



Collapsing Cliffs

- Galling stones and pebbles
- Cracks and fissures



When Floods Occur

Gathering information quickly and finding your evacuation route



[Checking the state of emergency] → [Evacuation]

- Gather information by watching TV, checking the internet, and listening to the radio.
- ※If an evacuation advisory and instruction are issued, follow them, and evacuate immediately!
- Check for strange rain patterns
- ※River and waterways will be very dangerous, so do not go near them!

- Always wear athletic or running shoes when evacuating!
※Do not wear boots, as water could seep in, making it difficult to walk
- Evacuate with at least two people; do not go alone
- Do not go underground or near rivers
- Use a stick or something similar to check for safe areas of ground while walking

Evacuating properly is not simply taking shelter

Checking a hazard map, determine the safest evacuation route

- Go to safe places, such as houses of friends or acquaintances
- Move to shelter
- Take refuge in safe, tall buildings with two or more floors.



[Constantly check evacuation information]

The city will send out alerts and information if there is risk of a landslide or flood. Quickly follow your evacuation procedures in accordance with the situation.

Information for Evacuation Preparation

There will be an official announcement when a disaster has been predicted.

- Contact your family members
- Prepare emergency supplies
- Prepare to assist people who cannot evacuate by themselves, such as the elderly or the disabled

Evacuation Advisories

Advisories will be issued when evacuation is necessary.

- Advisories will be issued when evacuation is necessary
- ※If evacuation to a shelter is in order, move on foot rather than by car
- Begin to assist those who cannot evacuate on their own

Evacuation Instructions

When there is a very high risk of disaster, an announcement will be issued if self-protective measures must be taken

- Complete evacuation procedures immediately
- If moving to the outdoors is difficult, find a safe place inside

Peace of Mind & Ibaraki City Disaster Prevention

Ibaraki City Flood and Inland Water Hazard Map

In order to protect lives from landslides and floods, it is of utmost importance to check the area you live for dangers and consider evacuation routes before these disasters strike. Ibaraki City has issued Flood and Inland Water Hazard Map, which list places in the city where disasters are most likely to occur. Please check the Flood and Inland Water Hazard Map for information about what to do when evacuation is necessary.



You can also see web.

Q Search 茨木市洪水・内水ハザードマップ

Disaster Occurrence!

Earthquake! Then, what should you do at first?

In the Hanshin-Awaji earthquake, when the shaking began approximately 40% people said "There was nothing to do I could." It is essential to bear in mind on a daily basis what to do if a disaster were to strike.

In case of an earthquake.

Stay calm and ensure your safety!



On the street

Stay away from buildings as concrete block walls or vending machines may fall down.

On a bus and train

Firmly grasp a strap or handrail.

While driving.

Carefully slow down and turn on your hazard lamps to attract the attention of other drivers.



Protect yourself first.

- Hide under a table or desk. (Stay away from glass and furniture)
- Try to put out any fires after the shaking stops.

Two to five minutes later After the shaking stops

It is said that slow but strong shaking continues for 1-2 minutes in the case of a Nankai trough earthquake.

Secure your safety

- Open a door or window to secure an escape route.
- Confirmation the safety of the family.
- Put on slippers or shoes to prevent injury.
- If the fire breaks out, put it out as soon as possible.

5 to 10 minutes later Prepare for evacuation

- Secure emergency supplies.
- Turn off the gas and electricity breaker.
- Collect information by TV, internet and radio.

10 minutes to several hours later Confirm the safety of neighbors

- In cooperation with the voluntary disaster prevention organization, conduct fire extinguishing and rescuing where necessary.
- The household of the person in need the best consideration should take priority.

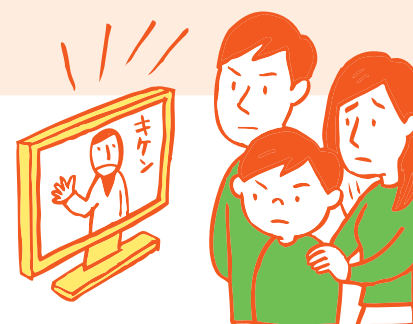
Several hours to three days Cooperate together

- Stock food and water and provide to those in need.
- Collect information on disasters and damages.
- Don't enter damaged or collapsed buildings.

When a building seems to have fallen down, please go to the evacuation site.

→ Central page evacuation site map

If there is a person with "an SOS card" (central page), help each other.



In case of a fire.

Three Principles for Fire Control.

Shout "fire", Extinguish the fire, Escape

The extinguishing of fires in the early stages prevents the spread of fire to the neighboring areas. We should actively participate in voluntary disaster prevention activities to protect our areas and our homes.

[Shout "fire"] Call 119

[Extinguish fires] Put out the fire with a fire extinguisher or water, swatting with a cushion or covering the flames with a blanket.

[Escape] If the flames reach the ceiling, stop fire extinguishing immediately and evacuate. Before evacuating, close doors and windows in burning rooms to limit the air supply to the fire.

→ Daily Preparations P9 "Community Preparation"

Reassurance and Ibaraki City's Disaster Prevention Measures

Earthquake disaster prevention map

The city has outlined "place susceptible to shaking" on the Earthquake Disaster Prevention Map. Please confirm these locations in advance to minimize disaster.

You can also see web. Q Search 茨木市地震防災マップ



~People who need special consideration in times of disaster~ Carry this card with you at all times.

It is difficult to explain about yourself at times of disaster.

Carry it with you at all times so as to show it and ask for assistance people around you.

※Please cut off and carry it with you at all times [----- dotted line]

SOS Card carry it with you at all times

Cut here



SOS card

I need your help



Ibaraki city

I am a visually impaired person.



Call to me and go to the evacuation shelter together.



Read the written notices to me.



SOS card

I need your help



Ibaraki city

I am a physically disabled person.



Please put me on the wheelchair and take me to the evacuation shelter.



Please help with collecting information and supplies.



SOS card

I need your help



Ibaraki city

I am a hearing impaired person.



Tell me surroundings in written messages and/or gestures.



Tell me announcements and broadcasts in written messages and/or gestures.



SOS card

I need your help



Ibaraki city

I don't understand Japanese.



みぶりで ひなんする ほうこうや、
じょうほうを おしえてください。



かんたんな にほんごや えで、
じょうほうを おしえてください。



SOS card

I need your help



Ibaraki city

I need your care.



Please put me on the wheelchair and take me to the evacuation shelter.



Please helps with eating and moving.



SOS card

I need your help



Ibaraki city

I have a chronic disease or disability.



Take me to the evacuation shelter.



Please help me to collect information on hospitals and first-aid stations.

SOS card

I need your help



Ibaraki city

I am



SOS card

I need your help



Ibaraki city

My name is



Please take me to the evacuation shelter.



Please listen to my trouble.

▲ Fill out information freely and use it.

▲ Write down your name and use it.



Family Disaster Memo



Discuss the disaster prevention in families and save it after filling in the memo . It is convenient to take a picture of the memo by cell-phone.

Name				
Telephone Number(Mobile)				
Email address				
Name of Workplace/School				
Workplace/School Telephone Number				
Others Medications being taken, Particularly-essential, Family hospital, Allergies etc.				

Family Disaster Memo

Please devise an evacuation plan with your family.

●Where are the evacuation shelters?

●Where to meet when separated?

●What the most careful things?

●How to contact your family members in the times of disaster?

●Other home rules.



To children and women,

In the shelters, there have been various problems observed such as a shortage of daily necessities for children and women, lack of privacy for breast-feeding, an increase in violence towards women, etc. In order to prevent these problems, we recommend preparing items including; sanitary goods, underwear, baby food and milk and alarms.

Cut here