



TAGENGO BŌSAI NAVI 多言語防災ナビ

DISASTER PROTOCOLS

A foreigner's guide to navigating disasters



★Okazaki Bōsai
Emergency email



★Okazaki Bōsai Portal



Japanese
Meteorological
Agency



Yahoo! Bosai



Emergency Medical
Information



NHK World Bosai

Information is also distributed on ☒

@bouhan_koutsu

Okazaki Crime Prevention &
Traffic Safety Information

[@okazaki_koho](https://twitter.com/okazaki_koho)

Okazaki Public Relations Bulletin

Okazaki City Hall

Socio-Cultural Affairs Department
Diversity Promotion Division

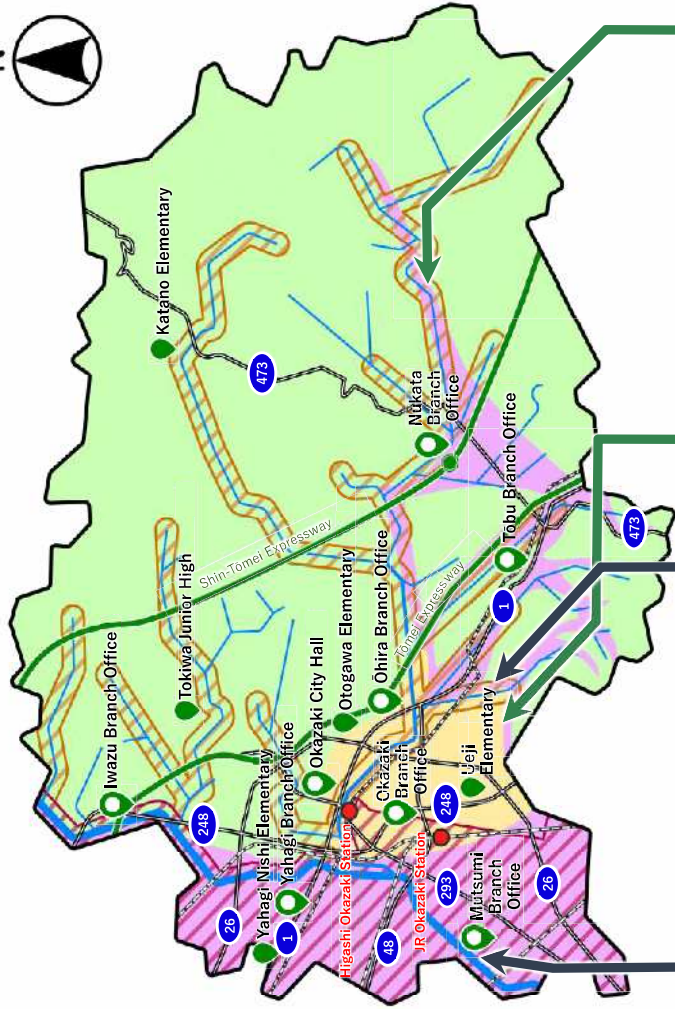
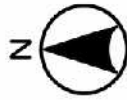
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OKAZAKI

Get your point across using (or pointing to)
key words, key phrases, and images.

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Areas susceptible to flooding/erosion



Yahagi River



Smaller Rivers



Ground (solid)



Ground (loose)



City Hall / Branch Offices



Main Evacuation Shelters



Expressways



Road Number



Main Stations



Main Roads



Railways

Your Evacuation Route

To safely evacuate, it is important to know the way to your nearest designated evacuation shelter.

- ① Use the space below to paste a map of your home and nearby evacuation shelter.
- ② Using coloured pencils, mark 2-3 three routes between your home and the shelter.
- ③ If you can think of any potential dangers on those roads, mark them.

Essential Evacuation Information

Name	Date of birth	Telephone number(s)
Address in Japan		
Location to meet family, acquaintances	Planned large-scale evacuation shelter	Planned designated evacuation shelter

Emergency Contacts in Japan (Family, Friends, Employer, ...)

1	Name	Telephone Number	Nationality, place of work, etc.
2	Name	Telephone Number	Nationality, place of work, etc.
3	Name	Telephone Number	Nationality, place of work, etc.
4	Name	Telephone Number	Nationality, place of work, etc.

Health Information

Health Insurance Card Number (健康保険証番号)	Blood Type (血液型)	Regular Doctor (かかりつけ医)
Allergies (アレルギー)		Regular Medicine (常備薬)
Chronic Conditions (illness, disability, phobia, etc.) (病気、障がい、恐怖症などの慢性状態)		

International Information

Residence card number	Nationality	Passport number
Contact Information (outside of Japan)	Phone number of nearest embassy/consulate	

Alert Level	Japan Meteorological Agency Orders	City Orders	Actions residents should take
1	Early Warning sōki chōhō (早期注意報)		☐ Check emergency supplies ☐ Contact evacuation site ☐ Gather information ☐ Share your upcoming plans
2	Heavy Rain Advisory Flood Advisory Storm Surge Advisory Flood Warning Information ō-ame kichō (大雨注意報) kōsui chōhō (洪水注意報) takasago chōhō (高潮注意報) hanan chōhō (氾濫注意報)		☐ Confirm the route to your evacuation shelter ☐ Charge phone and batteries ☐ Get emergency bag ready Those who must evacuate at Alert Level 3 should prepare
3	Heavy Rain Warning Flood Warning Flood Alert Information ō-ame keihō (大雨警報) kōsui keihō (洪水警報) hanan keihō (氾濫警報)	Evacuation order for the elderly, etc. kōreisha-tō hinan (高齢者等避難)	☐ Confirm the evacuation shelter is open ☐ Take your emergency bag Those who must evacuate at Alert Level 4 should prepare Those who must evacuate at Alert Level 3 begin evacuating ☐ Notify family that you have evacuated
4	Landslide Alert Information Storm Surge Emergency Warning Storm Surge Warning Flood Risk Information dōka sōdai keihō (土砂災害警戒) takasago tokubetsu keihō (高潮特別警戒) ō-ame keihō (大雨警報) hanan kiken tōhō (氾濫危険情報)	Evacuation order hinan shiji (避難指示)	☐ Confirm latest information ☐ Turn off gas and breakers Those who must evacuate at Alert Level 4 begin evacuating ☐ Everyone is evacuated ☐ Notify family that you have evacuated
Everyone MUST evacuate by Alert Level 4!			
5	Heavy Rain Emergency Warning Flood Occurrence Information ō-ame tokubetsu keihō (大雨特別警戒) hanan hassai tōhō (氾濫発生情報)	Emergency Safety Measures hinan anan tōhō (緊急安全確保)	Life threatening! Immediately ensure your safety! ☐ Move as far away from cliffs as possible ☐ Protect your head and legs ☐ Move to higher ground/floors where there is low risk of flood

If at Home

- Apply shatter-resistant film or tape to window glass, if there are shutters, close them.
- Prepare for power and water outages: fill the bathtub, have a radio and batteries ready.
- If it becomes dangerous to stay at home, evacuate, leaving a memo stating *who went, when they left* and *where they went*.

If Inside

Follow the staff's instructions. If there is no staff to provide evacuation instructions:

- Find something to protect your head such as a hat or bag.
- As you seek shelter, avoid *pushing, running, talking, turning back*, or *crowding*.
- Conditions may be bad; if you have a baby, store your baby carriage and hold the baby in your arms as you evacuate.

If Outside

- Keep low as you move, being careful of falling trees and poles and be watchful for flying objects such as signs and branches.
- Enter a nearby building and keep away from windows and doors.
- If you must go outside, protect your head with a helmet or hat and wear thick-soled shoes or boots.
- If there are children with you, hold hands firmly, being sure to not lose sight of them.
- If driving, turn on the hazard lights and find a wide open, high elevation area such as parking lot or road shoulder, to wait until the heavy rains or storm subsides.



Key Words and Phrases

① 台風, *taifū* : Typhoon

To ask if one is coming: "Taifū wa kimasu ka?" (台風は来ますか)

② 警報, *keihō* : Warning, alert

Dangerous strong windstorm warning: *Bōfū Keihō* (暴風警報)

Flood warning: *Kōzui Keihō* (洪水警報)

Risk of river flooding: *Hanran Keikai Jōhō* (氾濫警戒情報)

Designated Evacuation Areas and Shelters within Okazaki

Shōnan Junior High School 1-2, Harusaki, Harisaki-chō 針崎町 春咲 1-2	Tōkai Junior High School 51, Nakashiba, Yamatsuna-chō 山瀬町 中柴 51	Tokiwa Junior High School 109, Yamagomori, Taki-chō 薄町 山麓 109	Yahagi Junior High School 18, Rendai, Kuredo-chō 暮戸町 連代 18
Yahagi Kita Junior High School 43-1, Fudeya, Higashi Odomo-chō 東大友町 筆屋 43-1	Iwazu High School 5, Baba, Higashi Kuranae-chō 東蔵前町 馬場 5	Okazaki Higashi High School 27, Ushiroyama, Ryūsenji-chō 竜泉寺町 後山 27	Okazaki High School 1, Tenma, Myōdaiji-chō 明大寺町 伝馬 1
Okazaki Kita High School 17-1, Ishigami-chō 石神町 17-1	Okazaki Nishi High School 7, Hina minaminachi 日名南町 7	Okazaki Commercial High School 3-76, Sakae-chō 栄町 3-76	Okazaki High School of Technology and Engineering 47, Jinba, Hane-chō 羽根町 陣場 47
Dōdō Hoikuen 15-1, Kawara-chō 河原町 15-1	Miyazaki Hoikuen 21, Yodono, Ishihara-chō 石原町 淀野 21	Yahagi Nishi Hoikuen 101-4, Washiyama, Nishi Hongō-chō 西本郷町 和志山 101-4	Former Oamekawa Elementary School 17, Kuroishi, Higashikawara-chō 東河原町 黒石 17
Okazaki City Firefly Environmental Center "Hotaru Gakkō" 5-1, Kodenosawa, Torikawa-chō 鳥川町 小テノ沢 5-1	Okazaki City Hall 2-9, Jūō-chō 十王町 2-9	Okazaki City Library and Community Plaza "Libra" 4-71, Kōsei-dōri Nishi 康生通西 4-7	Okazaki Research Center 68-1, Gohommatsu, Miai-chō 美台町 五本松 68-1
Okazaki Shiminkaikan 15-1, Desaki, Rokku-chō 六保町 出崎 15-1	Sekirei Hall 3-36-5, Asahimachi 朝日町 3-36-5	Zemanjo Gakkō 8, Miyanishi, Zemanjo-chō 千乃町 宮西 8	Chūō Citizens' Center 3-3-7, Kami-Mutsuna 上六名 3-3-7
Mutsumi Citizens' Center 64, Tenjin, Shimo Aono-chō 下青野町 天神 64	Nambu Citizens' Center (within Okazaki Civic Center) 15, Kiono, Hane-chō 羽根町 貴登野 15	Nambu Citizens' Center Annex 5-3, Hane Nishi-shinmachi 羽根西新町 5-3	Ōhira Citizens' Center 6, Sarada, Ōhira-chō 大平町 血田 6
Tōbu Citizens' Center 2-9, Tenjin, Yamatsuna-chō 山瀬町 天神 2-9	Daijū District Community Home 64-18, Jaokoshi, Kamoda-chō 鴨田町 田起 64-18	Fujikawa District Community Home 3-112, Fujikawa-dai 藤川台 3-112	Katano District Community Home 3, Fukuzuka, Sakuragata-chō 桜形町 福塚 3
Motojuku District Community Home 11-1, Koshinden, Motojuku-chō 本宿町 古新田 11-1	Mutsuna District Community Home 1-2-1, Mutsuna minami 六名南 1-2-1	Renjaku District Community Home 1-4, Uo-chō 魚町 1-4	Toyotomi District Community Home 10-1, Yamankami, Kashiya-chō 榎山町 山ノ神 10-1
North Area Community Center (Nagomin) 45-1, Kihira, Nishi Kuramae-chō 西蔵前町 季平 45-1	West Area Community Center (Yahagikan) 45-1, Sonjo, Yahagi-chō 矢作町 尊所 45-1	Iga Gymnasium 10-3, Iga-shinmachi 伊賀新町 10-3	Okazaki Gymnasium 7, Mutsuna-honmachi 六名本町 7

Wide-area Evacuation Areas within Okazaki (for Earthquakes)

Chūō Sōgō Park 1, Tōge, Kōryūji-chō 高隆寺町 峠 1	Higashi Park 1, Ōyamada, Kakemachi 久野 大山田 1	Minami Park (under partial renovation until 2026) 1-1, Kayabayashi, Wakamatsu-chō 若松町 萱林 1-1	Okazaki Castle Park 561-1, Kōsei-chō 康生町 561-1
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※To look up an address online, please add "Okazaki-shi" (岡崎市 in Japanese) in front of the address before hitting the search button.

※Be on the lookout for signs similar to this one:



In the event of a disaster, you can confirm which Evacuation Shelters or Areas are open via the "Okazaki Bōsai Emergency email" service (緊急防災メール, see back cover for QR code).

The Okazaki Bōsai Emergency email service is available in: English, Portuguese, 中文 (簡体字), 中文 (繁体字), やさしい (にほんご)

Designated Evacuation Areas and Shelters within Okazaki

Atago Elementary School 1, Atagoyama, Iga-chō 伊賀町 愛宕山 1	Azukizaka Elementary School 13-5, Fujibasami, Tosaki-chō 戸崎町 藤沢 13-5	Daijūji Elementary School 31, Hironoto, Kamoda-chō 幡田町 広元 31	Daimon Elementary School 44-1, Daimon 大門 44-1
Eta Elementary School 71-1, Sangatsugairi, Eta-chō 恵田町 三月ヶ入 71-1	Fujikawa Elementary School 44, Nishimachi Kita, Fujikawa-chō 藤川町 西町北 44	Fukuoka Elementary School 3, Nishi-chinaka, Fukuoka-chō 福岡町 西町中 3	Hadanashi Elementary School 2, Sedota, Hadanashi-chō 秦梨町 世土田 2
Hane Elementary School 24-2, Ikekaki, Hane-chō 羽根町 池脇 24-2	Hirohata Elementary School 11-1, Hirohata-chō 広幡町 11-1	Hosokawa Elementary School 45, Ishida, Hosokawa-chō 細川町 石田 45	Ida Elementary School 4-3, Baratsubo, Ida-chō 井田町 葵坪 4-3
Iwazu Elementary School 24-2, Sarudō, Iwazu-chō 岩津町 伊草 24-2	Jōnan Elementary School 1-11, Jōnan-chō 城南町 1-11	Katano Elementary School 13, Nakajima, Sakuragata-chō 桜形町 中嶋 13	Kitano Elementary School 1-1, Yamashita, Kitano-chō 北野町 山下 1-1
Miai Elementary School 30, Minami Ishihara, Okamachi 岡町 南石原 30	Midorigaoka Elementary School 12, Sawatari, Miiai-chō 美台町 沢渡 12	Mishima Elementary School 1, Ikegami, Myōdaiji-chō 明大寺町 池上 1	Miyazaki Elementary School 9, Kojiro, Ishihara-chō 石原町 古城 9
Motojuku Elementary School 14-1, Sanbonmatsuri, Motojuku-chō 本宿町 三本松 14-1	Mutsumi Chūbu Elementary School 71, Idōjiri, Shimo Aono-chō 下青野町 井戸尻 71	Mutsumi Hokubu Elementary School 2, Sumiyaki, Doi-chō 土井町 炭焼 2	Mutsumi Nambu Elementary School 9-1, Shimo-Inoue, Nakajima-chō 中島町 下井ノ上 9-1
Mutsumi Seibu Elementary School 33, Dōhon, Akashibu-chō 赤波町 道本 33	Mutsuna Elementary School 3-2-1, Mutsuna 六名 3-2-1	Natsuyama Elementary School 7-1, Hosoda, Natsuyama-chō 夏山町 細田 7-1	Neishi Elementary School 1-2, Ishigaki, Kakemachi 欠町 石ヶ崎 1-2
Oidaira Elementary School 25-1, Hiwaba, Oidaira-chō 生平町 鵜場 25-1	Okazaki Elementary School 1, Furo, Harasaki-chō 針崎町 フロ 1	Okazaki Elementary School attached to Aichi University of Education 15, Hachikan, Rokku-chō 六供町 八貫 15	Okutono Elementary School 73-2, Nakanishi, Okutono-chō 奥殿町 仲西 73-2
Otogawa Elementary School 17, Nakamichi, Ōhira-chō 大平町 中道 17	Renjaku Elementary School 4, Jōhoku-chō 城北町 4	Ryūgai Elementary School 34-4, Matsumoto, Ryūsenji-chō 竜泉寺町 松本 34-4	Shimoyama Elementary School 16, Ichiba, Hokkyū-chō 保久町 市場 16
Tatsunigaoka Elementary School 1-1, Tatsumi-dai 竜美台 1-1	Tokiwa Elementary School 3-4, Imotani, Taki-chō 濁町 入ノ谷 3-4	Tokiwa Higashi Elementary School 32, Sōsaku, Yonagouchi-chō 米河内町 惣作 32	Tokiva Minami Elementary School 12-4, Iwamoto, Taguchi-chō 田口町 若本 12-4
Toyotomi Elementary School 3, Nishinosawa, Kashiya-chō 伊賀新町 31-1	Ueji Elementary School 3-31, Ueji 上地 3-31	Umezono Elementary School 4-68-1, Inaguma-chō 稲蔵町 4-68-1	Yahagi Higashi Elementary School 28, Kiredo, Yahagi-chō 矢作町 切戸 28
Yahagi Kita Elementary School 9-2, Nishi Toyama, Hashime-chō 橋目町 西遠山 9-2	Yahagi Minami Elementary School 13, Nishijima, Daiwa-chō 大和町 西島 13	Yahagi Nishi Elementary School 40, Chōai, Ufō-chō 宇頭町 長合 40	Yamanaka Elementary School 1, Tenjingoshi, Maigi-chō 舞大町 天神越 1
Aoi Junior High School 31-1, Iga-shinmachi 伊賀新町 31-1	Fukuoka Junior High School 3, Igui, Fukuoka-chō 福岡町 井坑 3	Iwazu Junior High School 2-36, Higashi Kuramae 東蔵前 2-36	Jōhoku Junior High School 3-1, Jōhoku-chō 城北町 3-1
Kawai Junior High School 7, Ueda, Chiharazawa-chō 茅原沢町 上平 7	Kita Junior High School 1-10, Kamisato 上里 1-10	Kōzan Junior High School 20-1, Kitano Higashi, Nakamachi 中町 北野東 20-1	Mikawa Junior High School 4-1, Hasama, Maruyama-chō 丸山町 ハサマ 4-1
Minami Junior High School 8-1, Noguro, Tosaki-chō 戸崎町 野黒 8-1	Mutsumi Junior High School 72, Idōjiri, Shimo Aono-chō 下青野町 井戸尻 72	Mutsumi Kita Junior High School 2, Rokutan, Inai-chō 井内町 六反 2	Nukata Junior High School 88, Harashinden, Kashiya-chō 懸山町 原新田 88
Okazaki Junior High School attached to the Aichi University of Education 1, Kuribayashi, Myōdaiji-chō 明大寺町 栗林 1	Ryūkai Junior High School 48-1, Kuribayashi, Myōdaiji-chō 明大寺町 栗林 48-1	Ryūnan Junior High School 2-17, Mildorigaoka 緑丘 2-17	Shinkayama Junior High School 20-86, Ōsawa, Kuwabara-chō 桑原町 大沢 20-86

Flood, Inundation, Overflow

If at Home

- Turn off the breaker for places in your home where water might get in, then evacuate to a safe location.
- Water outages are a possibility so store water in a large container such as a bathtub.
- If it becomes dangerous to stay home, take pants, thick-soled shoes (long rubber boots may take on water and become heavy) thick outerwear, and a walking stick (as well as your emergency bag if you have prepared one) and evacuate.

If Inside

- Shelter while following staff instructions. If there is no staff to provide such instructions:
- Avoid the entrances and shelter on the upper floors being sure to avoid *pushing, running, talking, turning back, or crowding* as you do so.
 - Elevators may not work so avoid using a baby carriage if you have one.

If Outside

- Even with low flooding only covering one's ankles (20cm), the currents can be too strong to walk safely, so find shelter quickly.
- A car's engine may stall in flooding of 30cm or more.
- With flooding up to knee-height (50cm) it becomes difficult to walk. Give up on going to an evacuation shelter and seek refuge in a nearby building (your home if it is near), on the upper floor, rooftop, or other high place.
- If driving, turn on the hazard lights and find a wide open, high elevation area such as parking lot or road shoulder, turn off the engine and take shelter.

☆Flash Flooding—the Sudden Flooding of a River

- Flash flooding can occur very quickly after rainfall as water runs off mountains into nearby rivers, causing them to overflow their banks.
- Immediately move away from such rivers.
- Should you be swept away by flooding, use what you can, such as clothing, to protect your head and back, keep your feet in front of you, and try to float on your back with the current.

Key Words and Phrases

① 浸水, *shinsui*: Flooding where water enters a **building** after rain or other flooding.

To inform someone that water has entered your home: “Yuka-ue Shinsui” (床上浸水)

② 冠水, *kansui*: Flooding where **roads, parks, fields** are **covered** in water after rain or other flooding.

To ask if the road is under water: “Dōro wa shizunde-imasu ka?” (道路は沈んでいますか)

③ フラッシュフロッド, *flash flood*: A **river's** water **suddenly increases** due to a runoff of rainwater from the mountains.

To inform that someone has been swept away: “Hito ga nagasarete-imasu!” (人が流されています)

To warn people to avoid the river: “Kawa kara hanarete kudasai!” (川から離れてください)

Considerations on When to Evacuate

	Risk to Home	Evacuation Timing	Evacuation Location
Flooding	Is the area subject to flooding? (洪水浸水想定区域?) ☐ Yes ☐ No	Alert Level 3 ☐ Your area is subject to an evacuation order for the elderly	☐ Home, upstairs: [F] ☐ Home of relative/other person: []
	→House's flood exposure depth? (住宅の浸水深は?) [m - m]	☐ There are pregnant women, young children, or others who need more time to evacuate with you	☐ Designated shelter (指定避難所): [] shitei hinanjo (*Consult pages 19-20)
Landslides	Does the area require early evacuation? (早期の避難が必要な区域?) ☐ Yes ☐ No	Alert Level 4 ☐ Your home is in area subject to an evacuation order	☐ Other: []
	Is the area subject to (special) landslide alerts? (土砂災害(特別)警戒区域?) ☐ Yes ☐ No	Alert Level 3 ☐ There are pregnant women, young children, or others who need more time to evacuate with you	☐ Home, upstairs: [F] ☐ Home of relative/other person: []
	→Area is subject to landslides (土砂災害警戒区域?) ☐ Yes ☐ No	Alert Level 4 ☐ Your home is in an area subject to an evacuation order	☐ Designated shelter (指定避難所): [] shitei hinanjo (*Consult pages 19-20)
	□Area is subject to a special landslide alert (土砂災害特別警戒区域) (土砂災害特別警戒区域)		☐ Other: []

Make Use of the Emergency Messaging Service

Dial **1 7 1**To **record** press **1**To **listen** press **2**

Enter the phone number of a person in the disaster area.

[0X0-1234-5678] / [05XX-12-3456] / [05X-123-4567]

Record a message**Play** the message

Use this for communication between yourself, your family and acquaintances; confirm safety, current condition, follow-up plans, etc.

Evacuation Shelter Rules

- All evacuees are asked to wait their turn, do their part, and work together.
- The amount of usable water, food, etc. is limited. If you can bring any, do so and conserve.
- Be mindful of the injured, expectant women, the elderly, and others requiring special care.
- Respect one another's privacy (location, possessions, information).
- Separate your trash, keep the garbage collection areas clean.
- Keep shared spaces such as washrooms clean.
- Inform the shelter staff before moving (home, family/friend's place, another shelter, etc.)

Mental Care

- Maintain a daily routine: sleep early/wake early, get some morning sun, eat at regular times.
- Keep informed: online, by radio, or by occasionally talking to the management staff.
- Try using simple games/activities to communicate with those around you
- Have some of your favourite snacks or drinks to help yourself relax.
- Be careful not to bother others when engaging in forms of self-expression such as dancing, singing, drawing, and photography.

Health and Hygiene

- For hygienic purposes and to protect against the spread of diseases, wash your hands thoroughly and wear a mask.
- Oral hygiene is important. Brush your teeth thoroughly.
- The toilets, washrooms, cooking areas should be frequently cleaned.
- Take great care in disposing of all forms of waste.
- Take your temperature and check your physical condition every day.
- Exercise and stretch every day.

Life in an evacuation shelter is difficult. They're small spaces with many people, no baths, and limited supplies of necessities. People should stay at home or with family and friends if it is safe to do so. If the shelter is your only option, be sure to follow the rules and mind your manners.

Key Words and Phrases

- ①具合が悪い, "guai ga warui": Not feeling well ②薬 "kusuri": medicine
 ③食べ物 "tabe-mono": food ④飲み水 "nomi-mizu": drinking water
 ③トイレ "toire": toilet ⑥医者 "isha": doctor ⑦アレルギー "arerugi": allergies
 ⑧〇〇はどこですか "〇〇 wa doko desu ka?": Where is/are the 〇〇?
 ⑨〇〇はありますか, "〇〇 wa arimasu ka?": Is there a 〇〇? Are there (any) 〇〇?

110 to Report to Police

Lost or missing person, theft, traffic accident, etc.

- *What's wrong?*
(speak simply): Accident/incident
"Nani ga arimashita ka?"
"jiko/jiken"
- *When was it?*
At about what time, or how many minutes ago was it?
"itsu desu ka?"
- *Where is it?*
Give the current address, a nearby building, or the number on an electrical pole, etc.
"doko desu ka?"
- *What about the culprit(s)?*
"hannin wa dō natte imasuka?"
How many? Colour of clothes? Appearance? Age? Direction they went.
- *What is the damage/harm?*
"higai wa dō desu ka?"
Degree of injury, stolen article, details on what was witnessed, etc.
- *Your name and address?*
"anata no o-namae to jusho wa?"
Caller's name, address, contact information

119 for Emergency Fire/Medical Services

Fire, building collapse, injury, illness, etc.

- *Fire? Medical (ambulance)?*
Which is needed, fire (kaji) or emergency (kyūkyū) services?
"kaji desu ka? kyūkyū desu ka?"
- *Where is it?*
Give the current address, a nearby building, or the number on an electrical pole, etc.
"jusho ha doko desu ka?"
- *Medical: What happened?*
How old is the person? Who is it? When was it? What happened?
Are there other symptoms? Is the person conscious? Breathing? Etc.
"dō shimashita ka?"
- *Fire: Where and what is on fire?*
Which room? Which place? What is on fire?
"Doko de, nani ga moete imasu ka?"
- *Fire: Injuries? Is anyone trapped?*
Which room? Age? Who? What's being done? What are they doing?
"keganin, nige okureta hito wa imasen ka?"
- *Your name and address?*
"anata no o-namae to jusho wa?"
Caller's name, address, contact information

Other Useful Telephone Numbers

188	Consumer Hotline (Consumer Affairs)	0120-988-091	For consultation on power outages (Chubu Electric Power Grid Co., Inc.)
189	Report/Consult on Child Abuse	#9110	Police Consultation (Non-emergency)
#7119	Medical Consultation (Non-emergency) (Call if you are unsure if an ambulance is needed)	#9910	Emergency Road Service
0564-21-5151	Okazaki Fire Department	0564-21-1133	Medical Information Center
0564-58-0110	Okazaki Police Station	0564-23-6777	Okazaki Disaster Response Headquarters

Preparations You Can Make at Home

Tape up your windows



Protect against shards scattering from broken windows or glass doors

Conserve water in the bath



Preparing for water outages (for washing dishes, flushing the toilet, etc...)

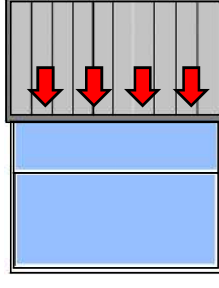
Prepare for evacuation



Prepare an emergency bag and emergency supplies

Furthermore...

- If near mountains, rivers, or in a low-lying area, evacuate early in anticipation of flooding.
- Close shutters or storm doors if you have any.
- In anticipation of power outages, prepare flashlight batteries, matches, lighters, and candles in advance.
- Move your car to the upper level of a parking garage, and cover it.
- Turn off your circuit breakers as the typhoon approaches.



Everyday Precautions You Can Take

- Bring things like bicycles and baby carriages inside.
- Take note of places near your house that can flood with even just a little rain.
- Clean the rain spouts and gutters around your house.
- Participate in disaster prevention practice activities at your workplace, in and around your community, etc.
- Discuss and engage in disaster drills with your family, children, and roommates.

Keywords

- 養生テープ, *yōjō tēpu*: Masking tape. Can be used to reinforce windows and other glass.
- 雨戸, *amado*, シャッター, *shattā*: Sliding shutter, closing shutter. Metal protecting door on the outside of windows or glass doors.
- ブレーカー, *burēkā*: Circuit breaker, can be used to turn off all current flow to your house. Turn it off during heavy lightning storms, earthquakes, and typhoons.

If Inside (at Home or Elsewhere)

☆ShakeOut (シェイクアウト)—Safety Measures to Protect Yourself during an Earthquake



Shagamu!



Kakureru!



Osa-eru!

- Move away from windows and shelves, get under a table or desk, close to the ground, and hold onto the table's legs.
- If there is no place to hide, crouch near a nearby post or wall and protect your head.
- If in an elevator, hit the buttons for all floors, and take refuge on the first floor it stops on. If you cannot escape, press the emergency button to call for help, then crouch down and wait.

If Outside

- Move to a wide, open space, keeping away from structures such as buildings, posts, and brick fences.
- Keep hold of your small children.
- If driving, turn on your hazard lights then move to a safe, wide-open space and turn off the engine.

Key Words and Phrases

①地震, *jishin* : Earthquake

②避難, *hi-nan* : Evacuation shelter, refuge shelter

To ask where your shelter is: "Hi-nan-jo wa doko desu ka?" (避難所はどこですか?)

To ask if you should evacuate: "Hi-nan shita hou ga ii desu ka?" (避難した方がいいですか?)

How staff may tell you to evacuate: "Hi-nan shiji ni shitagatte kudasai."

(避難指示に従ってください。)

③倒壊, *tōkai* : Collapse, destruction (of house, building, road, etc.)

④落下物, *rakka-butsu* : Falling objects (from high places, dangerous if they hit one's head)

Guidelines for Handling Unconsciousness

While tapping the person strongly on the shoulder, ask in a loud voice "Are you ok? Daijōbu desu ka?" to check if the person is conscious. If unconscious, lay the person down in a safe location, facing upward. If the person is unconscious or not breathing, administer the following first-aid procedures.



AED and 119

Designate one person to ① call 119, and another person to ② look for an AED (Automated External Defibrillator).



Airway Stabilization, Artificial Respiration

- ① Lower head, raise chin, open mouth
- ② Breathe into the person's mouth
- ③ Allow that breath out, repeat



Heart Massage

- ① Open right hand. Clasp it from behind with left.
- ② Apply pressure to lower half of the sternum.
- ③ Rate: 100-120 times a minute. Depth: 5cm.



An Ambulance Takes about 10 Minutes

- ① Repeat the artificial respiration and chest compressions until an ambulance arrives.
- ② If an AED is available, use it while performing the above.

Key Words and Phrases

①意識不明, "ishiki fumei": Unconscious. Does not move or respond when shaken or called.

To inform that someone is unconscious: "Kono hito, ishiki arimasen" (この人意識ありません)

To inform that someone is not breathing: "Kokyū shiteimasen" (呼吸していません)

②AED: Automated External Defibrillator. Checks heart rate, and tries to fix if necessary.

To ask someone to get the AED: "AED totte kudasai!" (AED 取ってください!)

To ask someone to call 119: "Hyaku-jū-kyū ban tsūhō shite kudasai" (119 番通報してください)

To signal an electric shock (ask others to get back): "Minasan hanarete kudasai" (皆さん離れてください)

Wounds and Injuries

Have the injured person sit or lay down and rest.

- Designate someone to ①call 119, and another to ②look for medical personnel nearby.
- If the wound is serious, try to stop the bleeding.

①Apply firm pressure to the wound with gauze, a handkerchief, etc.

②If the bleeding continues despite pressure being applied, tie up or apply pressure to an area between the wound and the heart.

③For deep wounds such as a puncture, do not remove the puncturing object but apply pressure around it.

- If it comes out, apply gauze to the wound, and apply pressure to stop the bleeding.
- In case of a bruise or a contusion, have the person lie down.
- ①If it was the head, don't move the head. ②If it was the body, cool down the area.

Bone Fractures

There are complete fractures, where the bone is completely broken, and incomplete fractures, where there are only small cracks. If you think there may be a fracture, do the following steps:

Closed Fracture (A fracture within the body, that does not break the skin)

- ①Rest the entire body including the affected area.
- ②Secure the affected area (carefully remove any gloves or socks first)
 - If the injured area is bent, do not straighten it; leave it as is.

Open Fracture (Serious fracture where the bone pierces the skin and there is heavy bleeding)

- ①The procedure is the same as with a closed fracture but bleeding must be controlled.
- ②Do not try to reinsert the protruding bone fragment(s).

Early Detection of Stroke/Cerebral Hemorrhage 「ACT FAST」

Face



Can't form facial expressions?
Half of the face droops?

Arms



When raising arms horizontally, one of them lowers.

Speech



Slurred speaking?
Incapable of speaking?

Time



If you see these symptoms:
Call 119.

Evacuation After the Shaking Has Ended

If at Home

- Open the door to your home.
- Put on thick-soled shoes, a hat or helmet, gloves or mittens.
- Turn off the gas, shut off your circuit breakers.
- Get your emergency bag.
- If it becomes dangerous to stay at home, leave a memo stating *who went, when they left* and *where they went*, then take shelter from aftershocks in a wide, open space, such as a park or parking lot.

If Inside

Shelter, following staff instructions. If there is no staff to provide such instructions:

- Find something to protect your head such as a hat or bag.
- As you seek shelter, avoid *pushing, running, talking, turning back, or crowding*.
- Conditions may be bad; store your baby carriage, hold the baby in your arms to evacuate.

If Outside

Since there is a strong possibility that roads will be dangerous due to falling objects, collapsing buildings or power lines, and landslides:

- take shelter from aftershocks in a wide, open space such as a park or parking lot.
- when evacuating from your car, turn off the engine before seeking shelter.
- if leaving your car on the road, leave the keys inside in case rescue workers need to move it.

Once the Aftershocks Subside

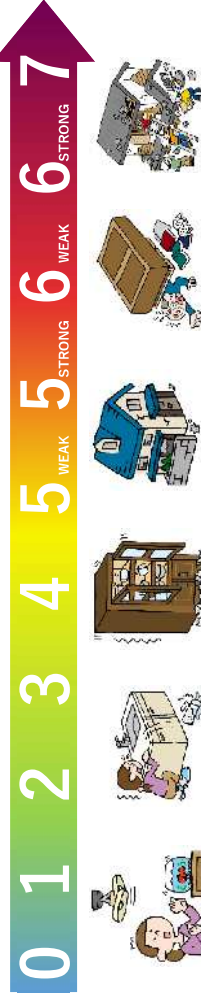
- Confirm the status of the aftershocks using a radio or the Internet.
- Confirm that your house is safe and, if you can get there, consider taking refuge at home.
- If your house has sustained damage, collect your emergency bag and supplies if you can, then go to your designated evacuation shelter.

Key Words and Phrases

①余震, *yoshin* : Aftershock

②震度, *shindo* : Seismic intensity scale used in Japan to measure earthquake strength.

☆Seismic intensity and amount of shaking:



In the Unlikely Event That You Are Buried Alive

- Don't yell for help. Instead, conserve your body's energy.
- Make noises only when you can hear nearby voices, footsteps, or sounds of work.
- Make unnatural sounds such as rhythmically striking a stone against a wall 3 times or blowing a whistle if you have one.
- To avoid further collapse, try not to disturb any large pieces of rubble or debris.

If You Find Someone Buried Alive

- Tell the person that you've noticed them, then immediately notify rescue workers or emergency teams.
- To prevent further collapse, avoid moving any large pieces of rubble or debris.
- If it is possible to give things to the trapped person, offer water, and items with salt and sugar content.

Three Rules for the First-stages of Fighting a Fire

Be Quick to Sound the Alarm and Let Others Know

- Inform others by activating the fire alarm, shouting "kaji-da!" or striking a pot, etc.
- Call 119 even if the fire is small.

Be Quick to Fight the Fire

- Know how to use a fire extinguisher, and use it on the flame.
- Strike the fire with a cushion or wet cloth if you have no extinguisher.

Be Quick to Escape

- If unable to put the fire out after 3 minutes, leave it and go.
- If the fire spreads to the ceiling, give up on extinguishing it and escape.
- Leave your personal belongings; once you've escaped, don't return.



Key Words and Phrases

①埋もれています, *umorete-imasu* : Buried alive, trapped (collapsed building, rubble, etc.)

To inform people that you are trapped: "Umorete-imasu!" (埋もれています!)

To inform that someone else is trapped: "Hito ga umorete-imasu!" (人が埋もれています!)

②火事, *kaji* : A fire, such as when a building is burning.

To inform people that there is a fire: "Kaji desu!" (火事です!)

③消火器, *shōkaki* : Fire extinguisher

To ask where the fire extinguisher is: "Shōkaki wa doko desu ka?" (消火器はどこですか?)

In the event of a serious disaster such as a strong earthquake or typhoon it is advised to stock up on at least 3 days (preferably 1 week) of supplies because it may take days to restore lifelines including electricity, gas, and water.

What and How to Stockpile

☐ Cooked and dry rice	アルファ米	☐ Instant food	インスタント食品
☐ Hard/dry biscuits, canned goods	乾パン、缶詰	☐ Candy, chocolate, sweets	飴、チョコ、お菓子
☐ Drinking water	飲料水	☐ Water for cooking, cleaning	生活用・調理用水
☐ Filtration equipment	ろ過装置	☐ Large containers for water	ドラム缶など水の容器

Food for emergencies

Food that is already in the refrigerator

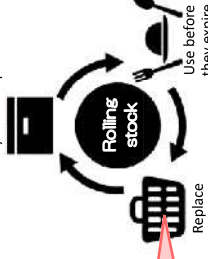


Emergency-use food that can be kept for years



Rolling stock

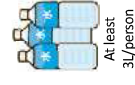
Add to your stockpile



- ① Buy a lot of ready-to-eat pouches
- ② Regularly eat them before they expire
- ③ Replace the ones you've eaten

This way, your supplies can also contain items with shorter expiration dates.

Water stockpile



About 1 weeks' worth

Besides drinking water, prepare some water for cooking and washing in a metal drum, plastic container, or, if necessary, a bathtub.

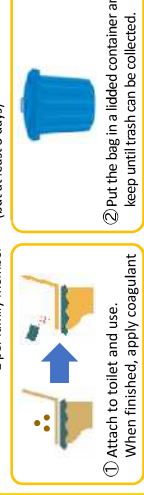
Water for daily use that is kept unchlorinated can develop impurities such as mold, lichen, and bacteria. Keep the water without dechlorinating.

Useful Items

☐ LED lantern	LED ランタン	☐ Batteries, battery charger	充電池、電池、充電器
☐ Radio	ラジオ	☐ Hand-cranked generator	手回し発電機
☐ Lighter, candles	ライター、ろうそく	☐ Cooler box	クーラーボックス
☐ Portable gas stove	カセットコンロ	☐ Lamp oil/kerosene	灯油
☐ Aluminum foil	アルミホイル	☐ String, rope	紐、ロープ
☐ Scissors, can opener	ハサミ、缶切り	☐ Trash bags	ゴミ袋

Try to always have these items available and ready.

Portable Toilets / Simple Toilets



① Attach to toilet and use. When finished, apply coagulant

② Put the bag in a lidded container and keep until trash can be collected.

Plus, items such as these according to your household needs:



Camping Equipment and Disasters

Since camping supplies, such as portable toilets, portable gas stoves, sleeping bags, and tents are made for places where there is no electricity, plumbing, or gas, they are also useful during emergencies. It can be helpful to buy some camping equipment as part of one's disaster preparation.

Preparing to Shelter with Pets

While, in principle, pets can be taken to evacuation shelters, because they will be kept, caged, in a separate area from people, be sure to prepare a litter box, food, a cage, a nametag and photo of your pet.



Valuable Items

☐ Copy of residence card	☐ Copy of bankbook
☐ Copy of passport	☐ Cash
☐ Copy of health insurance card	☐ Copy of car registration, other certificates

Daily Necessities

☐ Drinking water: 3L per day	☐ 飲料水 3L	☐ Food (candy, biscuits, ...)	食糧 (飴、ビスケット等)
☐ Clothes, underwear	衣類、下着	☐ Tooth paste, toothbrushes	歯磨き粉と歯ブラシ
☐ Towels	タオル	☐ Water supply bag	給水袋
☐ Tissues	ティッシュ	☐ Medicine (household, prescription)	常備薬・処方薬

Useful Goods

☐ Flashlight, radio	懐中電灯、ラジオ	☐ Lighter, candles	ライター、ろうそく
☐ Batteries, battery charger	充電電池、充電器	☐ Blanket	ブランケット
☐ Emergency knife	防災用ナイフ	☐ Masks	マスク
☐ Scissors, box cutter	ハサミ、カッター	☐ Disposable hand warmers	使い捨てカイロ
☐ Security whistle	防犯ホイッスル	☐ String, rope, fishing line	紐、ロープ、釣り糸
☐ Pen, notebook	ペン、ノート	☐ Trash bags, portable toilets	ゴミ袋、携帯トイレ

Emergency Goods

☐ Adhesive bandages	絆創膏	☐ Gauze	ガーゼ
☐ Fever medicine, painkillers	解熱、鎮痛剤	☐ Bandage dressing	包帯
☐ EpiPen	エピペン	☐ Medical tape	医療テープ
(Store somewhere easily accessible)		☐ Large cloth	大きな布

Other

☐ Sanitary goods	生理用品	☐ Copy of patient registration card	診療券のコピー
☐ Baby goods	赤ちゃん用品	☐ Copy of medicine notebook	お薬手帳のコピー
☐ Maternal and Child Health Handbook	母子手帳	☐ Soap, disinfectant	石鹸、消毒液
☐ Elderly products	高齢者用品	☐ Wet tissues	ウェットティッシュ

Prepare an emergency bag and/or stockpile for each person; store in an easily-accessible location.



Emergency bag by the entrance.



Emergency bag and stockpile preparation.



An emergency bag for the car, too.

Keep the following items on hand near your emergency bag.

☐ Safety helmet	防災ヘルメット	☐ Thick-soled shoes	厚底の靴
☐ Work gloves, other gloves	軍手、手袋	☐ Cane, walking stick, ...	杖や長い棒など
☐ Flashlight	懐中電灯	☐ Raincoat	レインコート
☐ Thick jacket	厚手の上着	☐ Simple toilet	簡易トイレ
☐ Leisure sheet/tarp	レジャーシート	☐ Odor-proof bags	防臭袋

How to Use a Fire Extinguisher



Remove the yellow safety pin



Point the hose toward the flame



Grip the lever tightly

Points to Evacuating from the Scene of a Fire

- If the fire spreads to the ceiling, evacuate quickly.
- Prioritize evacuating the elderly, children, and those who are pregnant or ill. Help if you can.
- Don't worry about your clothes or belongings, evacuate quickly, and do not return.
- To avoid exposure to toxic fumes, stay as low as possible and evacuate calmly.
- If anyone is late or unable to evacuate, inform the fire department right away.

※To avoid getting lost or panicked in an evacuation, prepare all necessary items and conduct safety drills well beforehand, to be prepared to evacuate at any time.



Push strongly against the glass.



Head for the emergency exit.



Cover your nose and mouth with a moist handkerchief.

Key Words and Phrases

①非常ボタン, *hijō botan* : Emergency button, to notify people of fire or other emergency

To ask where the button is: “Hijō botan wa doko desu ka?” (非常ボタンはどこですか)

To ask someone to press it: “Hijō botan wo oshite kudasai” (非常ボタンを押してください)

②非常口, *hijō-guchi* : Emergency exit

To ask where the emergency exit is: “Hijō-guchi wa doko desu ka?” (非常口はどこですか)

③119 通報, *hyaku-jū-kyū ban tsūhō* : Emergency number 119, to request ambulance services or fire services

To request someone call: “Hyaku-jū-kyū ban tsūhō shite kudasai” (119 通報してください)

Tsunami

There is no worry of tsunamis hitting Okazaki but, should you be near the ocean during one:

- There is a high possibility of a tsunami occurring after a strong earthquake that lasts 20 seconds or more.
- If the tide is low, hurry and seek shelter on higher ground.
- If inside a building or shelter, move away from windows and doors.
- Wait until it is safe to leave, confirming by radio or internet.



Tsunami Evacuation Building
tsunami hinan bldg
津波避難ビル



Tsunami Evacuation Location
tsunami hinan basho
津波避難場所

Landslides

- Evacuate if a landslide warning is issued for your area.
- If you notice any of the following warning signs, evacuate immediately:

Cliff failure: Small rocks start tumbling. Cracks appear. Water gushes from the slope.

Mudslide: The water level of a river drops, it gets muddy, driftwood begins to appear.

Land slip: Fissures appear in the ground. Sudden change in water quantity of ponds, etc.

☆Soil Liquefaction (液状化現象・液状化)

There is a danger of power lines and buildings collapsing in areas susceptible to "liquefaction" (where ground shaking can cause underground water, mud, sand, etc. to gush out and act like a liquid). Please look into the risk of liquefaction of your area.

☆Road Conditions

After a powerful earthquake, there is the possibility of road collapse, road blockages due to debris, and the scattering of dangerous items.

If you need to go out, do not use cars, bicycles, baby carriages and, instead, go carefully on foot.



Key Words and Phrases

①津波 "tsunami": Potentially large waves that may follow an earthquake.

To ask if a tsunami is coming: "Tsunami wa kite-imasu ka?" (津波は来ていますか)

To ask where to take refuge: "Tsunami hinan basho wa doko desu ka?" (津波避難場所はどこですか)

②道路の状態 "dōro no jōtai": Road conditions (since cracks, fallen trees, other obstacles may make them impassible)

To ask if the roads are usable: "Dōro wa tōremasu ka?" (道路は通れますか)

Preparations You Can Make at Home

Tension Brace

tsutsumari bō
突っ張り棒



Helps guard against tall furniture falling over.

Safety latch

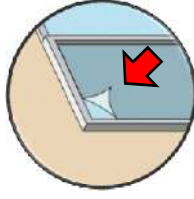
sutoppā
ストッパー



Helps prevent cabinets and cupboards from spilling and shattering their contents.

Shatter-resistant film

hisan bōshi firumu
飛散防止フィルム



Helps prevent windows or doors from scattering glass shards.

Topple prevention

rakka bōshi
落下防止



Reduce risk of injury by removing items from above tall furniture.



Furthermore...

- Keep a helmet, jacket, shoes, emergency bag, etc. near a table or desk that you can hide under in an earthquake.
- Don't block or clutter your escape route.
- Arrange furniture and items such that they don't pose a danger if there's an earthquake while you are sleeping.

Everyday Precautions You Can Take

- Also keep items such as masks, wet tissues, household medicine, and bandages in your everyday bag, not only in your emergency bag.
- Keep some cash on hand as credit cards and electronic payment may be unusable.
- If you have a car, keep an emergency bag, water, food, clothes, and first-aid kit inside.
- Participate in disaster prevention practice activities at your workplace, in your community, etc.
- Discuss and engage in disaster drills with your family, children, and roommates.

Keywords

①耐震 "taishin": A building's durability against earthquakes.

To inquire: "Koko no taishin-sei wo oshiete kudasai" (この耐震性を教えてください)

②地震対策 "jishin taisaku": Earthquake preparedness.

③地震対策グッズ "jishin taisaku gudzu": Earthquake preparedness goods

④防災訓練 "bōsai kunren": Safety drills such as evacuation drills, practice with a fire extinguisher, etc.