

# Disaster Prevention Handbook

## English

ぼうさいが い ど えいごばん  
防災ガイド／英語版



Nara Prefecture

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## Image Sources:

- 1) Cover Photos: From “Our Disaster Prevention Strategies”, Nara Prefecture. Tenkawa Village (Top left); Ōtōchō, Gojo City (Center right) (Both taken during the 2011 Kii Peninsula Great Flooding).
- 2) Page 1 Fault Map: From “Secondary Survey Report on Predicted Damage from Earthquakes in Nara Prefecture” (Published October 2004).

出典 表紙写真 : 奈良県「わが家の防災対策」より左上 天川村、右中 五條市大塔町  
(いずれも紀伊半島大水害当時)  
1ページ断層図 : 「第2次奈良県地震被害想定調査報告書(平成16年10月公表)」より

Japan is a country with a lot of natural disasters including earthquakes, heavy rains and typhoons. Here in Nara Prefecture, various types of disasters have also occurred.

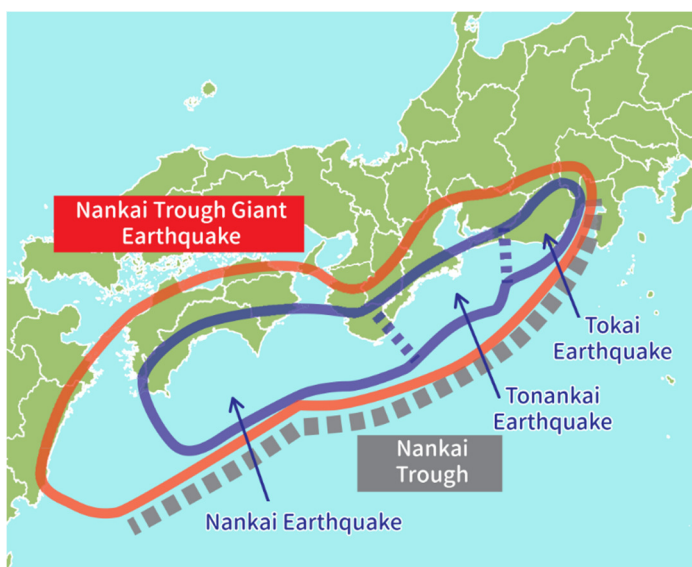
In order to minimize damage during natural disasters, it is important to be prepared on a daily basis, and act calmly in case of an emergency.

## ●Earthquakes じしん 地震

An earthquake is a shaking of the ground. Earthquakes that occur directly below Nara Prefecture can create strong local quakes. If a large earthquake does occur, buildings can collapse and many people can be killed or injured. It can also cause damage to roads, making travel by vehicles impossible. There may also be water, gas and power cuts, with people being cut off from food supplies or other life necessities.

Furthermore, earthquakes that occur at plate boundaries off the coast of the Japanese archipelago (such as the anticipated Nankai Trough Megaquake) may lead to quakes affecting large areas and could cause tsunami on the coast.

The probability of the Nankai Trough earthquake is estimated at around 80% within the next 30 years.



和歌山県「津波から逃げ切るために」を編集  
Revision of "To Outrun a Tsunami", Wakayama Prefecture



気象庁「阪神・淡路大震災写真集」より  
Source: "Great Hanshin-Awaji Earthquake", Japan Meteorological Agency

## ●Rain Storms/Typhoons おおあめ たいふう 大雨・台風

Typhoons are a combination of strong winds and heavy rainfall that can lead to flooding and landslides. It is important to pay attention to weather broadcasts to ensure early action is taken when required.

## ●Landslides どしやさいがい 土砂災害

Landslides can occur along with heavy rainfall, typhoons and earthquakes. Large amounts of earth and rocks from mountains or valleys mixes with water and flows down the slope.



↑ Landslide in Nosegawa Village

Photos of the Kii Peninsula  
Great Flooding (2011)



↑ Flooding in Tenkawa Village

奈良県「紀伊半島大水害の記録」より  
Source: "Record of the Kii Peninsula Great Flooding", Nara Prefecture.

# Being Prepared for Disasters

さいがいの 災害への 備え

## 《Evacuation Sites/Centers》避難場所(にげるところ)を知る

- ◎ Check where to evacuate in case of a disaster, and write it down on your “Personal Data Necessary for Disasters” card (see p14).

**Discuss with your family, friends, etc. in advance about where to meet if separated.**

- Evacuate to a “Designated Emergency Evacuation Site” or a “Designated Evacuation Center” when an evacuation order is issued (→p11) or when your current location is not safe anymore due to a disaster.
- Obtain a disaster prevention map from your municipal office and check in advance the location of these places in your area.

### Designated Emergency Evacuation Site

A place you can go to in case of an emergency caused by a natural disaster.

An open space, park, etc.



### Designated Evacuation Center

A place you can stay for a certain period until it is safe again.

Buildings such as primary schools, middle schools, high schools, community centers, etc.



★An evacuation center is a location where many people can live together and receive water, food, and important information.

People have different lifestyles, so we should do our best to prevent the spread of infection and respect each other's customs while at the evacuation centers.



## ● App あぷり アプリ

Download the app for disaster preparation.

### Safety Tips ...

An app provided by the Japanese Government. It offers disaster information for foreigners in 15 languages including English, Chinese, Korean and Vietnamese.

Apple



Android



## ● Websites う え ぶ さ い と ウェブサイト

Bookmark the following websites for disaster information.

### Nara Prefecture Homepage Disaster Prevention Portal

... Provides information on weather, disasters, roads, etc. in Nara Prefecture.

<http://www.bosai.pref.nara.jp/pc/topdis-nara.htm>



### Japan Meteorological Agency Homepage

... Provides weather and disaster information for the entire country in Japanese, English and other languages.

<https://www.jma.go.jp/jma/indexe.html>



### NHK WORLD JAPAN

...Provides the latest news and emergency information on earthquakes and tsunami in Easy Japanese, English and other languages.

[https://www3.nhk.or.jp/nhkworld/en/multilingual\\_links/](https://www3.nhk.or.jp/nhkworld/en/multilingual_links/)



## Community FM Channels

<b>NHK – FM</b>	87.4MHz (Nara City area), 83.4 MHz (Ikoma City area), 89.0 MHz (Gojo City area), 88.5 MHz (Uda City area), etc.
<b>Nara Dot FM</b>	78.4MHz (Northern part of Nara Pref. (Around Nara City, Ikoma City, Yamato-koriyama City and Tenri City))
<b>FM 81.4 (HAIHO)</b>	81.4MHz (Oji Town area)
<b>FM Gojo</b>	78.0MHz (Gojo City area)
<b>FM YAMATO</b>	77.5MHz (Around Yamato-Takada City, Kashihara City, Gose City, Katsuragi City, Kashiba City and Koryo Town)
<b>FM Mahoroba</b>	79.5MHz (Around Tenri City, Kashihara City, Sakurai City, Kawanishi Town, Miyake Town, Tawaramoto Town, Takatori Town and Asuka Village)

and more.

## 《Decide in advance how to contact each other》

**Discuss with your family, friends, etc. in advance about how to contact each other in the event of a disaster.**


### ●Disaster Message Board (Mobile phone, Smartphone, PC)

In the event of a major disaster, such as an earthquake with a seismic intensity of 6 or above, you can use the Disaster Message Board provided by mobile carriers, allowing you to confirm the safety of your family members, relatives and friends using your smartphone or PC.

Please check the details of the service on the website of each carrier.

(Available languages: Japanese, English, Chinese, Korean)

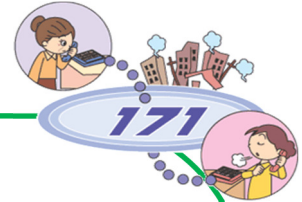
### ●Use Emergency Messaging Services

<b>NTT Disaster Message Board</b> (web171)	<a href="https://www.web171.jp">https://www.web171.jp</a> 
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This is a message board where you can post and check safety status and other information in text format over the Internet.

## Disaster Emergency Message Dial (171)

This service will be available when phone service is down during disasters. If you cannot contact your family members, call 171 to leave or listen to a voice message.



Dial **1 7 1**

▼ Listen to the prompt (automated message) ▼

To record, dial **1**

To play back (listen to the message), dial **2**

▼ Listen to the prompt ▼

If you are inside the disaster-stricken area, dial the telephone number of your house or a person inside the disaster-stricken area that you want to contact, starting with the area code.

(oooo) oo - oooo

▼ Listen to the prompt ▼

**1** (Record or play back)

▼ Listen to the prompt ▼

**9** (end)

**8** (Repeat the message (only when the message is being played back))



## 《Item Checklist for Evacuation and Stockpile》

に も もの かてい びちく もの  
逃げる時に持つ物・家庭に備蓄する物

Prepare enough emergency food/water/supplies for all family members to live for at least three days. Check your stockpiles at least once a year.

<input type="checkbox"/>	<b>Drinking water</b> (about 3L per person per day) の みず 飲み水(1人1日3リットルくらい)	<input type="checkbox"/>	<b>Cash</b> かね お金
<input type="checkbox"/>	<b>Vacuum-packed food, canned-food, snacks, etc.</b> れ と り と し ゃ く ひ ん か ん づ め か し レトルト食品/缶詰/お菓子	<input type="checkbox"/>	<b>Cash card, bank book, stamp</b> き や っ し ゅ か ー ど ・ つ う ち ょ う ・ い ん か ん キャッシュカード・通帳・印鑑
<input type="checkbox"/>	<b>Mobile batteries, smartphone chargers</b> も ば い る ば っ て り ー す ま ー と ふ ん じ ゅ う で ん き モバイルバッテリー、スマートフォンの充電器	<input type="checkbox"/>	<b>Copy of insurance card</b> け ん こ う ぼ け ん し ょ う こ ぴ ー 健康保険証のコピー
<input type="checkbox"/>	<b>Batteries</b> で ん ち 電池	<input type="checkbox"/>	<b>Passport</b> ぱ す ぽ ー と パスポート
<input type="checkbox"/>	<b>Gloves (work gloves)</b> て ぶ く ろ ぐ ん て 手袋(軍手)	<input type="checkbox"/>	<b>ID (Residence card, etc.)</b> ざ い り ゅ う か ー ど 在留カードなどのID
<input type="checkbox"/>	<b>Household medicine</b> く す り じ ょ う び や く い ち ょ う や く き ず ぐ す り 薬(常備薬・胃腸薬・傷薬)	<input type="checkbox"/>	<b>Toothbrush, toothpaste</b> は 歯 ぶ ら し は み が こ 歯ブラシ・歯磨き粉
<input type="checkbox"/>	<b>Thermometer</b> たい お ん け い 体温計	<input type="checkbox"/>	<b>Wet wipes</b> う え っ と て い っ し ゅ ウェットティッシュ
<input type="checkbox"/>	<b>Flashlight</b> かい ち ゅ う で ん と う 懐中電灯	<input type="checkbox"/>	<b>Emergency toilet kits</b> け い たい と い れ 携帯トイレ
<input type="checkbox"/>	<b>Aluminum emergency blankets</b> ほ お ん あ る み し ー と 保温アルミシート	<input type="checkbox"/>	<b>Duct tape/curing tape</b> が む て ー ぶ よ う じ ょ う て ー ぶ ガムテープ・養生テープ
<input type="checkbox"/>	<b>Towels</b> た お る タオル	<input type="checkbox"/>	<b>Candle, lighter, a box of matches</b> ろう そ く ラ イ タ ー マ ッ チ ろうそく・ライター・マッチ
<input type="checkbox"/>	<b>Clothes (such as warm clothing), underwear</b> ふ く ぼ う か ん ぎ し た ぎ 服(防寒着など)・下着	<input type="checkbox"/>	<b>Memo pad, pen</b> め も よ う し ぺ ん メモ用紙・ペン
<input type="checkbox"/>	<b>Sanitary items, first aid kit</b> せ い り ょ う ひ ん き ゅ う き ゅ う よ う ひ ん 生理用品・救急用品	<input type="checkbox"/>	<b>Knife</b> な い ふ ナイフ
<input type="checkbox"/>	<b>Plastic bags</b> び に ー る ぶ く ろ ビニール袋	<input type="checkbox"/>	<b>Can/bottle opener</b> か ん き せ ん ぬ 缶切り・栓抜き
<input type="checkbox"/>	<b>Masks, hand disinfectant</b> ま す く し ゅ し し ょ う ど ぐ ざ い マスク・手指消毒剤	<input type="checkbox"/>	<b>Newspaper</b> し ん ぶ ん し 新聞紙
<input type="checkbox"/>	<b>Blankets</b> も う ふ 毛布	<input type="checkbox"/>	<b>Radio</b> ら じ お ラジオ

If you have a baby, your emergency kit should include: diapers, baby wipes, the Maternal and Child Health Handbook, baby food and formula.

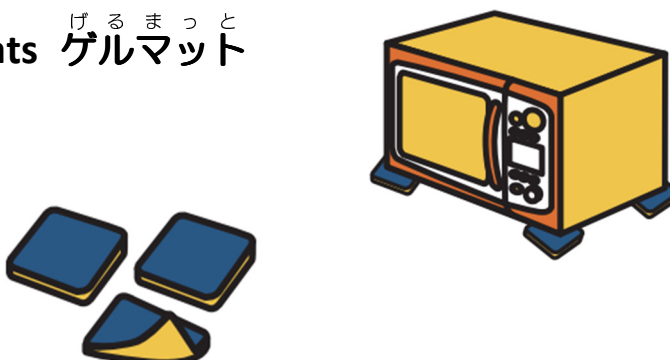
## 《Furniture Fall Prevention Goods》

The following items are designed to prevent furniture from falling over when the house shakes due to an earthquake.

### ●Earthquake-resistant gel mats げるまっと ゲルマット

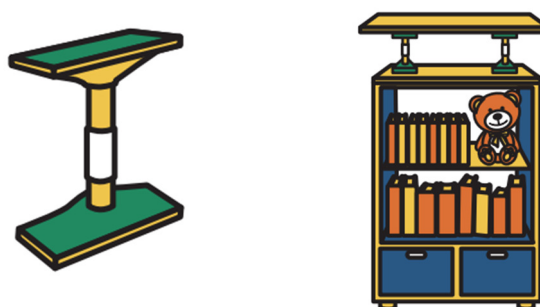
These are adhesive mats.

Attach them to the bottom of appliances etc. that may fall over to hold them in place.



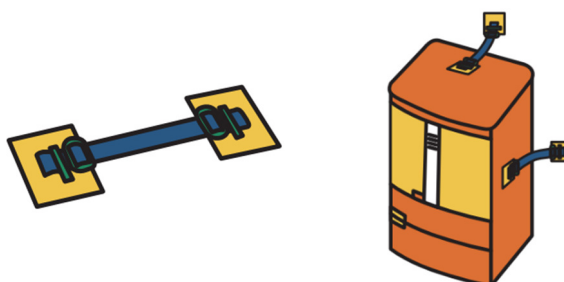
### ●Tension Poles

Install the poles between the ceiling and the furniture to keep the furniture in place.



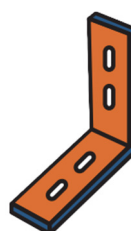
### ●Fall Prevention Belts

Use to affix the sides and top of furniture to the wall.



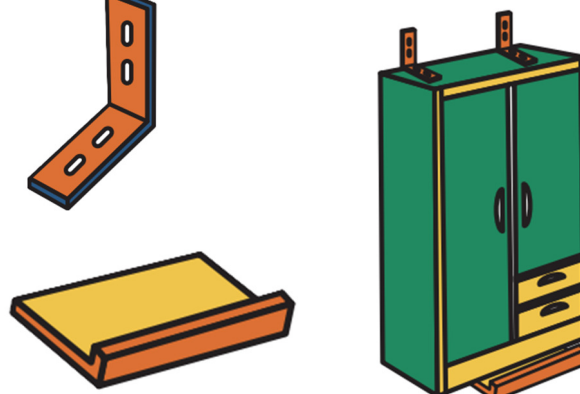
### ●L-shaped metal bracket

Use to affix furniture to the wall with screws.



### ●Stopper

Place under furniture to prevent falling.



○In addition to installing the above, participate in disaster drills to be sure about what to do in the case of a disaster.

奈良県「女性視点の防災ハンドブック」を編集

Revised from “Women’s Handbook for Disaster Prevention”, Nara Prefecture.

# What to Do

# さいがい お 災害が起きたら

## 《Tips to protect yourself during an earthquake》 じしん 地震

### Earthquake Early Warnings (EEW)

Earthquake Early Warnings are prompt alerts issued by JMA. The warning is provided through the disaster prevention administration radio system (large speakers set up in towns), TV, radio, smartphones, etc. Just before an earthquake, your smartphone will play a warning: “Mamonaku ookina yure ga toutatsu shimasu” (There will be a large quake shortly). When you hear this warning, please evacuate to a safe location.



au: Sample alarm sound when receiving the EEW (with guidance) for smartphones  
([https://www.youtube.com/watch?v=0DGAuxO\\_YWE](https://www.youtube.com/watch?v=0DGAuxO_YWE))

#### ●At Home

- Protect your head and seek shelter under a table while shaking is occurring.
- Wait until shaking stops, then check the gas valves and stove.
- Don't rush outside.

#### ●Outdoors

- Stay away from concrete-block walls, as they may collapse.
- Watch out for falling signs and broken glass.



#### ●In Public Buildings

- Follow the instructions of facility staff. • Don't rush for the exit.

#### ●In the Car

- Carefully stop the car on the left side of the road to leave room for any ambulances or fire trucks.
- Leave the car keys inside and, without locking the doors, get out and walk to safety.

#### ●On Buses or Trains

- Follow the instructions of the driver(s) and conductor(s).

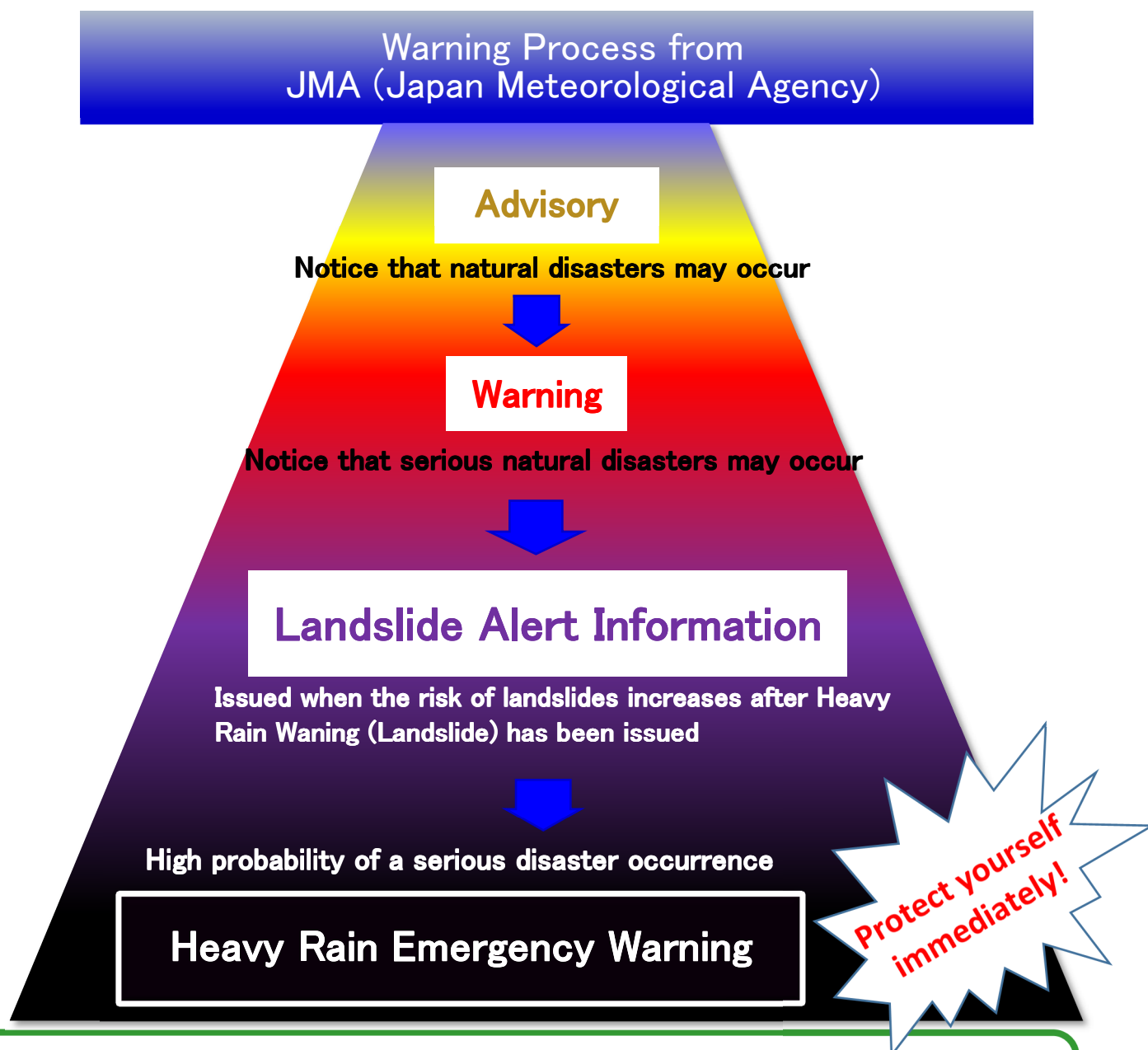
#### ●In the case of fire

- Put out the fire with water or an extinguisher if it is not too dangerous to do so. If you feel you are in danger, evacuate immediately.
- Inform people around you about the fire.

## 《What to Do When a Rain Storm/Typhoon is Coming》

大雨と台風が近づいたら

- Check the TV and/or internet for the most recent weather information from the Meteorological Agency if a rain storm is forecast or a typhoon is heading your way.
- Make sure to access evacuation information from your municipal government.



- During a typhoon, strong winds can knock objects down.
- Clean up your gardens and balconies, and move all loose objects inside in advance.
- Stay at home during strong winds.
- Do not go near mountains, rivers or oceans.

## Evacuation Information

ひなんじょうほう  
避難情報

Information about evacuation may be issued from your municipal government, so be sure to check it on your smartphone or the TV (→ p4,5). Even if no information has been issued by your municipal government, rivers can overflow, houses can be flooded and landslides may occur. If it happens, evacuate to a safe place such as an evacuation site. (→ p3)

Alert Level	Information	How to Act
<b>Level 5</b>	<b>Emergency Safety Measures</b>	If you have not evacuated, ensure your safety immediately because your life is in danger.
<Be sure to evacuate before the Alert Level reaches 4!>		
<b>Level 4</b>	<b>Evacuation Order</b>	Everyone should evacuate from dangerous areas immediately.
<b>Level 3</b>	<b>Evacuation of the Elderly, etc.</b>	People who will take time to evacuate, such as the elderly and people with disabilities, should start evacuating from dangerous areas.
<b>Level 2</b>	<b>Heavy Rain/Flood Warning</b>	Check the hazard map to verify how and where you should evacuate in the case of an emergency.
<b>Level 1</b>	<b>Early Warning Information</b>	Enhance readiness for the disaster.

- Once an evacuation order is issued, evacuate immediately to a safe place such as an evacuation site (→ p3).
- When leaving the home is dangerous, move to the safest part of your house (2<sup>nd</sup> floor, etc.).
- ※ Do not go near windows if inside a building!

# Disaster Knowledge and Notes 災害の知識・メモ

## 《Disaster Terminology》

さいがいようご さいがい  
災害用語(災害のことば)

Category 区分	Japanese 日 本 語				English 英 語
		Pronunciation よみ方	Easy Japanese やさしい日本語		
In cases where danger is imminent 危険がせまった時	避難	ひなん	Hinan	にげること	Evacuation
	避難指示	ひなんしじ	Hinan-Shiji	にげてください	Evacuation order
	避難場所	ひなんばしょ	Hinanbasho	さいがいのとき、にげるところ	Evacuation site/center
	避難所	ひなんじょ	Hinanjo	にげたあと せいかつ できる ところ	Evacuation center/shelter
	安否確認	あんぴ かくにん	Anpi-kakunin	そのひとが だいじょうぶか どうか しらべます	Safety confirmation
Weather 気象	注意報	ちゅういほう	Chuihou	あめ、かぜ、つなみ などが 「あぶない」というおしらせ	Advisory
	警報	けいほう	Keihou	あめ、かぜ、つなみ などが 「とても あぶない」という おしらせ	Warning
	特別警報	とくべつ けいほう	Tokubetsu-Keihou	「けいほうより とてもあぶない とくに きをつけて ください」という おしらせ	Emergency warning
	暴風雨	ぼうふうう	Boufuu-u	とても つよい あめと かぜ	Severe rain storm
	暴風域	ぼうふういき	Boufuuiki	とても つよい かぜが ふく ところ	Severe storm area
Earthquake 地震	震源	しんげん	Shingen	じしんが おきた ところ	Epicenter
	震度	しんど	Shindo	じしんの ゆれの つよさ・おおきさ (0~7 まであって 7 が いちばん つよい・おおきい)	Seismic intensity (Scale of an earthquake)
	余震	よしん	Yoshin	おおきな じしんの あとに おこる じしん	Aftershock
	耐震性	たいしんせい	Taishinsei	じしんに たえる ちから	Earthquake resistance



Category	Japanese 日 本 語				English 英 語
区分		Pronunciation よみ方		Easy Japanese やさしい日本語	
Rain Storm/ Typhoon	崖崩れ	がけ くずれ	Gake- kuzure	やまで、つちや いしが おちます	Landslide, Massive collapses
大雨・台風	土砂 崩れ	どしゃ くずれ	Dosha- kuzure	じしん、あめで やまの つちが きゆうに くずれおちること	Landslide, Rock/mudslide
	洪水	こうずい	Kouzui	あめが たくさんふり、かわ のみずが あふれること	Flood
	浸水	しんすい	Shinsui	いえの なかに みずが はいること	Flood
Life  生活	ライフ ライン	らいふ らいん	Lifeline	すいどう、でんき、がす、 でんわなど	Essential utilities, necessities
	断水	だんすい	Dansui	すいどうを つかうことが できません	Water outage
	給水	きゅうすい	Kyuusui	みずを もらう ことが できます	Water supply /water service
	非常食	ひじょう しょく	Hijou- shoku	さいがいの ときの ために じゅんびしておく たべもの	Emergency food
	救援 物資	きゅうえん ぶっし	Kyuuen- busshi	さいがいなどで こまった ときに、ただで もらえるも の	Relief supplies
	炊き出し	たきだし	Takidashi	ごはんや あたたかい のみものを もらうことが できます	Soup kitchen/ food provision
	配給	はいきゅう	Haikyuu	たべものなどを ただで くばること	Distribution aid
	被災者	ひさいしゃ	Hisaisha	さいがいを うけたひと	Disaster victim
	罹災 証明	りさい しょうめい	Risai- shoumei	さいがいに あったことを しょうめいするもの	Proof of being affected by a disaster
	仮設 住宅	かせつ じゅうたく	Kasetsu jyuutaku	さいがいで いえが なくな ったとき、いちじてきに すむことが できます	Provisional housing
	備蓄品	びちくひん	Bichikuhin	さいがいの ときの ために じゅんびしておくもの	Emergency stockpile

# Personal Data Necessary for Disasters

きんきゆうこじんカード  
緊急個人カード

Make your evacuation card and put it in your bag!

ひなん かいど さくせい かばん い  
避難したときのために、カードを作成しカバンなどに入れておきましょう！

Name <small>なまえ</small> 名前			
Language <small>げんご</small> 言語		Nationality <small>くに</small> 国	
Date of Birth <small>せいねんがっぴ</small> 生年月日		Blood Type <small>けつえきがた</small> 血液型	
Address, Phone Number <small>じゅうしょ でんわばんごう</small> 住所と電話番号			
Passport No. <small>ぱすぽーと</small> パスポートNo.		Name and Map of Evacuation Site <small>ひなんばしょ ちず</small> 避難場所の地図	
Residence Card No. <small>ざいりゅうか ーど</small> 在留カードNo.		Name:	
Family Members' Names, Contact Details <small>かぞく なまえ れんらくさき</small> 家族の名称と連絡先			
Workplace Contact Details <small>きんむさき なまえ れんらくさき</small> 勤務先の名称と連絡先			
Overseas Contact Details <small>がいこく れんらくさき</small> 外国の連絡先			
Embassy or Consulate Info <small>りょうじかん たいしかん</small> 領事館・大使館			
Municipal Office <small>しちょうそんやくば</small> 市町村役場			

# Useful Japanese にほんご 日本語で伝える

<Show the following when in trouble これを見せて伝えましょう>

<b>Situation</b> <small>ばめん 場面</small>	<b>What to Say</b> <small>つた ことば 伝えたい言葉</small>
<p>If you do not know where the evacuation shelter is.</p> <p><small>ひなんじょ ばしょ</small> 避難所の場所がわからないとき</p>	<p><b>Watashi wo hinanjo ni tsureteitte kudasai</b></p> <p>(Please take me to an evacuation shelter.)</p> <p><small>わたし ひなんじょ</small> 私を避難所に連れて行ってください。</p>
<p>If you are in trouble because you are terribly sick or injured.</p> <p><small>おお びょうき</small> 大きな病気やけがをしてこま困っているとき</p>	<p><b>Kega wo shiteimasu</b></p> <p>(I am injured.) けがをしています</p> <p><b>Byouin ni tsureteitte kudasai</b></p> <p>(Please take me to a hospital.)</p> <p><small>びょういん</small> 病院に連れて行ってください。</p> <p><b>Kyuukyuusha wo yonde kudasai</b></p> <p>(Please call an ambulance.)</p> <p><small>きゅうきゅうしゃ</small> 救急車を呼んでください。</p>
<p>If the train or bus stops.</p> <p><small>でんしゃ ばす と</small> 電車やバスが止まったとき</p>	<p><b>Itsu ugokimasuka?</b></p> <p>(When will it (the bus/train) run again?)</p> <p><small>うご</small> いつ動きますか?</p> <p><b>Watashi wa ○○made ikimasu ga, doshitara iidesuka?</b></p> <p>(I want to go to ○○, what should I do?)</p> <p><small>わたし</small> 私は○○まで行きますが、どうしたらいいですか?</p>
<p>When you want to find a person who can speak English.</p> <p><small>えいご ひと さが</small> 英語がわかる人を探してつた伝えたいとき</p>	<p><b>Komatteimasu. Eigo ga hanaseru hito wa imasuka?</b></p> <p>(I am in trouble. Is there someone who can speak English?)</p> <p><small>こま えいご はな ひと</small> 困っています。英語が話せる人はいいますか?</p>

## Disaster Language Volunteers

Nara Prefecture International Citizens Support Center is recruiting “volunteer interpreters and translators” to support foreign residents and tourists in the event of major disasters in or around Nara Prefecture.

### 【Activity Details】

- ◇ Responding to inquiries from foreign disaster victims (at evacuation centers, consultation desk, and by phone)
- ◇ Interpretation and translation of disaster information
- ◇ Collection and distribution of disaster information for foreign victims, etc.



Please see our website for more information. <https://www.pref.nara.jp/67810.htm>

## Consultation Service for Foreign Residents

We offer consultations for foreign residents in Nara regarding any worries or problems you may have in your daily life. Consultation is available face to face, by telephone or on the web. All consultations are free and confidential.

### 【Telephone Number for Consultation】 0742-81-3420

■ Consultation Hours: Monday to Friday, and Sundays 9 am - 5 pm  
(Closed Saturdays, national holidays and New Year period)  
(Sunday consultations will begin in April 2025.)

■ Available Languages for In-person Consultation :

Japanese Monday – Friday and Sundays (Sunday consultations will begin in April 2025.)

English Tuesday / Vietnamese Wednesday / Chinese Thursday

■ Available Languages for In-person Consultation via Automatic Translation System:

Korean, Vietnamese, Nepali, Indonesian, Tagalog, Thai, Spanish, Chinese, Portuguese and English (Monday - Friday and Sundays)

Please see our website for more information.

<https://www.pref.nara.jp/31742.htm>



## Issued by Nara Prefecture International Citizens Support Center

Address: (2nd Floor, Silkia Nara) 8-1 Sanjo Honmachi, Nara City  
3-minute walk from the West Exit of JR Nara Station

TEL: 0742-81-3320 FAX: 0742-81-3321

