

# Every Citizen Is a Disaster Prevention Standby

~ Help and Support Each Other ~

## ○ Help and Support Each Other in Your Neighborhood

There is a limit to how much the City or the Fire Department can do right after a disaster occurs. In an emergency, the people in the neighborhood are the ones who can offer help first. In Japan, the closest neighbors are known as “*mukô sangen ryôdonari*” (neighbors from the two houses on either side and the three houses across the street).

Communicate regularly with your neighbors and take part in activities conducted by your neighborhood association or volunteer disaster prevention group.



## ○ Organize to Help and Support Each Other During Disasters

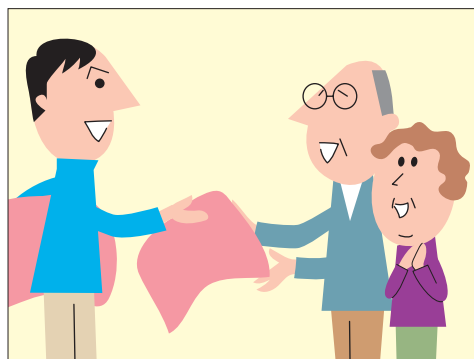
There are people who need special assistance during disasters. They are the elderly, young children, pregnant women, the physically challenged, and international residents. It is important for the community as well as each individual to develop a sense of what kind of assistance these people will need and how you can support them during disasters.



## ○ Cooperate to Manage Evacuation Shelters

Opening and managing an evacuation shelter is to be done with the cooperation of facility personnel (school personnel, etc.), city officials, local residents, and the evacuees themselves.

Keeping mutual help and concession in mind, figure out how to support people who need special assistance and how to help distribute emergency supplies to keep the evacuation shelter running smoothly.



## It Is Important to Regularly Communicate and Socialize with People

Communication with people and cooperation in your community are essential during disasters. It is quite important to establish a neighborhood community where you can feel secure with friendly relationships with your neighbors. For this, you are encouraged to take part in various social activities.

You are also advised to participate in local disaster prevention drills. Hands-on experiences of disaster prevention drills may be helpful in any possible disasters.

# In Case of Localized Heavy Downpours

## ○ Take Due Precaution against Landslide Damage

Prolonged rainfalls for many days, as well as typhoons and localized downpours, bring large amounts of rain water that can soak deep into the ground, allowing the surfaces of slopes to collapse easily and slide down.

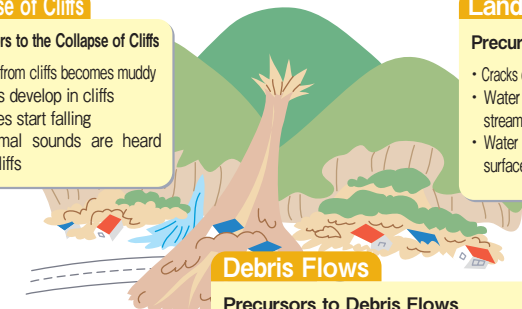
Be aware of precursory phenomena described in the drawings on the right. Take due precaution and try to evacuate as soon as possible if you feel any danger.

### Collapse of Cliffs

- Precursors to the Collapse of Cliffs
- Runoff from cliffs becomes muddy
  - Cracks develop in cliffs
  - Pebbles start falling
  - Abnormal sounds are heard from cliffs

### Landslides

- Precursors to Landslides
- Cracks develop on ground surfaces
  - Water from wells or mountain streams becomes muddy
  - Water splashes out from slope surfaces



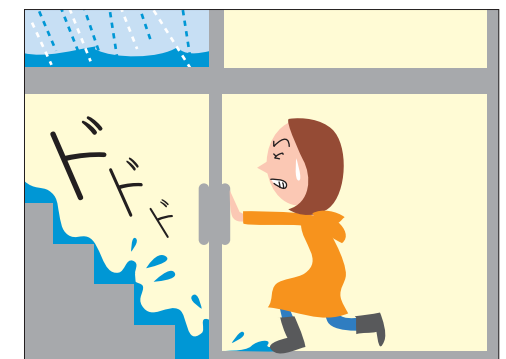
### Debris Flows

#### Precursors to Debris Flows

- Despite continuous rainfall, river water levels become lower
- Roaring sounds can be heard from the mountains
- Sounds of breaking trees and colliding rocks can be heard

## ○ Basement Facilities Are Hazardous

As basement facilities are usually set up in enclosed areas, it is not easy to observe situations outside. If water flows down into basement floors, evacuating against the flow of water is difficult. Closed doors cannot be opened. Immediately evacuate as soon as you have noticed an abnormal situation or you have heard an announcement for evacuation.



## ○ Evacuating to the Second Floor Is Sometimes Safer

Usually for the elderly or physically challenged, who have difficulty in moving around, or when the flood level reaches knee-height, it is rather hazardous to travel to evacuation shelters.

In order to minimize traveling distance, it may be safer to seek shelter inside the house, for instance, on the second floor, or to evacuate to higher floors of nearby buildings.



If you have any worries or questions, contact the Nagaoka City International Affairs Center, *Chikyû Hiroba*.

Regularly pay attention to disaster-related information. If you have any worries or questions, contact the Nagaoka City International Affairs Center, *Chikyû Hiroba*, at any time.

The Nagaoka City International Affairs Center, *Chikyû Hiroba* (in the Nagaoka Civic Center)

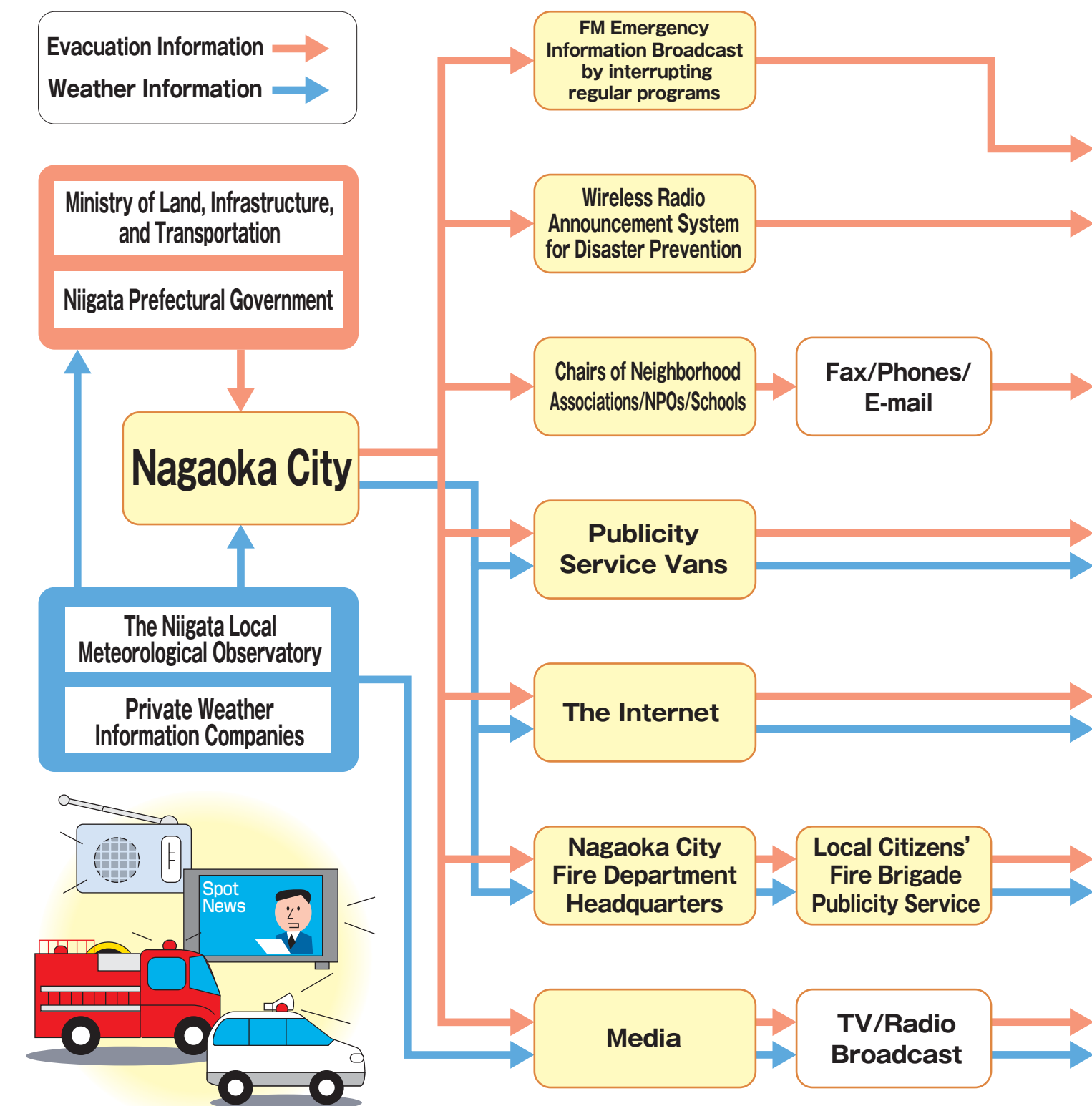
Phone: 0258-39-2714

Website (in English)

URL: <http://www.city.nagaoka.niigata.jp/dpage/kokubun/chikyuhiroba>

# Ways of Providing Evacuation Information

Weather information, precautions about heavy rainfalls or floods (warning/cautions), and information regarding Preparation for Evacuation, Evacuation Recommendations, or Evacuation Orders are provided for citizens through the route shown in the chart below. Sources of information can be confirmed in this chart.



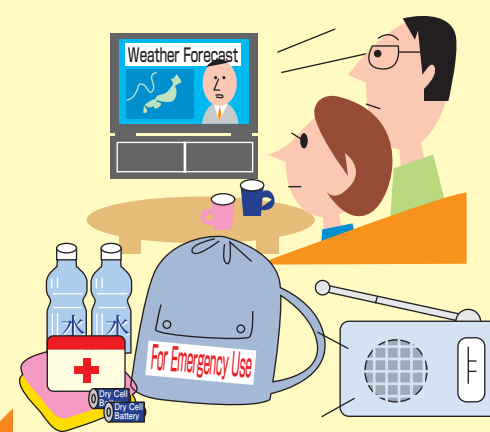
※ In case of an emergency, FM Nagaoka will interrupt regular programs to broadcast disaster information provided by the City of Nagaoka.  
 ※ In some districts, information will be provided by sounding sirens, wireless systems for disaster prevention, or the Off-Talk communication system.

# Early Preparations for Heavy Downpour Damage Information Regarding Preparation for Evacuation (*Hinan Junbi Jôhō*) will be announced.

- 1 Information Regarding Preparation for Evacuation will be announced beforehand in order for evacuees to begin preparations well in advance so that they can evacuate immediately after Evacuation Recommendations or Evacuation Orders are issued.
- 2 At this time, the city will establish shelters at designated elementary schools, junior high schools, and community centers for people who require extra time to begin evacuating.

## Actions to Be Taken by Citizens

### Information Regarding Preparation for Evacuation (*Hinan Junbi Jôhō*) Evacuation can begin



- 1 Pay close attention to radio and TV broadcasts for weather forecast and disaster information.
- 2 Start preparing for evacuation by checking emergency items to take with you to an evacuation shelter.
- 3 If you have any neighbors who have difficulty in evacuating, please ask them if they need any help.
- 4 People who require extra time to evacuate can voluntarily begin evacuating to shelters that have been established.

### Evacuation Recommendations (*Hinan Kankoku*) Begin evacuation to a designated shelter



- 1 Begin evacuation calmly.
- 2 If you have any neighbors who have difficulty in evacuating, please help them as the need arises.

### Evacuation Orders (*Hinan Shiji*) Evacuate immediately to a designated shelter



**Please evacuate immediately.**

# Information about Disaster Prevention ~ Information Plays an Essential Role ~

Information about disaster prevention is available via radio, TV, the Internet, and mobile phones.

## Radio and TV

FM Nagaoka (80.7MHz), FM Niigata (77.5MHz), FM PORT (79.0MHz), NHK (837kHz), BSN (1062kHz) ※FM Nagaoka will interrupt regular programming to broadcast disaster information provided by Nagaoka City.  
Cable TV NCT Channel 9

## Nagaoka Disaster Prevention Information (Disaster prevention information from Nagaoka City can be viewed.)

[Website] <http://www.bousai.city.nagaoka.niigata.jp/>

[Cell Phone Website] <http://www.bousai.city.nagaoka.niigata.jp/i/>

※In some districts, information will be provided by the information networks of neighborhood communities and volunteer disaster prevention groups, wireless systems for disaster prevention, or the Off-Talk communication system.



## Niigata Prefecture Information System for River Disaster Prevention (Information on the water levels of major rivers is available.)

[Website] <http://doboku-bousai.pref.niigata.jp/kasen/>

[Cell Phone Website] [http://doboku-bousai.pref.niigata.jp/kasen\\_m/](http://doboku-bousai.pref.niigata.jp/kasen_m/)



## Niigata Prefecture Information System for Landslide Damage (Information on the danger of potential landslides is available.)

[Website] <http://doboku-bousai.pref.niigata.jp/sabou/>

[Cell Phone Website] [http://doboku-bousai.pref.niigata.jp/sabou\\_m/](http://doboku-bousai.pref.niigata.jp/sabou_m/)



## Information Provided by Non-Profit Organizations (NPOs)

**OCOCONAGOKA (Regional SNS Community)** (Information provided by registered members can be accessed.)

<http://www.sns.ococo.jp/>

**Jûmin Anzen (Citizens' Safety) Network Japan** (Information can be received via mobile phone e-mail.)

<http://jmjp.jp/npo/index.html>

[Registration instructions for new users] Access the screen to compose new e-mail.

- |  |  |
|--|--|
| 1. In the [To:] section, enter jm@jmjp.jp                          | You will receive a confirmation message.               |
| 2. In the [subject:] section, enter 111 using half-size characters | Follow the instructions to complete your registration. |
| 3. Leave the body of the message blank and send the e-mail         |  |



## Check on the Safety of Your Loved Ones with This Message Service

### ●Disaster Emergency Message Number (171)

You can easily record messages and listen to other people's messages by dialing 171.

**To record your message** 1 7 1 → 1 → 0 0 0 (0 0 0) 0 0 0 0

**To listen to other people's messages** 1 7 1 → 2 → 0 0 0 (0 0 0) 0 0 0 0

Listen to the instructions

Disaster victims enter their home phone number and people outside the disaster area enter the victim's phone number

### ●Safety Check Information System

#### Safety Check Information System

(Nagaoka Disaster Prevention Information)

[Website] <http://www.bousai.city.nagaoka.niigata.jp/>  
[Cell Phone Website] <http://www.bousai.city.nagaoka.niigata.jp/anpi/>



### ●Disaster Message Board

The Disaster Message Board is provided by cell phone companies, and can be used to input your message and check other people's messages on your cell phone and the Internet.

※Format varies according to cell phone companies. Ask your cell phone company for further information.

Registered. Would you like to send the message to the address below? ※Your phone number will be displayed along with your message.

▼ Pre-registered addresses: 31

▼ Comment (up to 100 full-size or 200 half-size characters)

▼ Number of Mail Sending applicants: 2

▼ Number of Mail Sending applicants: 3 people

▼ Link to the list of those who requested to receive messages from you.

▼ To Disaster Message Board

▼ Mail Settings

▼ Back to Top

<http://www.nttdocomo.co.jp/english/info/disaster/guidance/index.html>

# Useful Tips for Evacuation

How can I evacuate?



- **Do not evacuate alone. Evacuate in a group. Please ask your neighbors if they need any help before you evacuate.**

If you evacuate alone, it can be very dangerous if you get into an accident. Do not evacuate alone. Evacuate in a group. Please ask your neighbors if they need any help before you evacuate.

You are advised to communicate with your neighbors regularly and to participate in activities organized by your neighborhood association or volunteer disaster prevention group.



- **Please help the elderly and people who need special assistance evacuating.**

Your assistance is appreciated when the elderly, young children, or the physically challenged in your neighborhood evacuate well in advance. Daily attention, especially to the elderly living alone or to the sick, is needed.



- **When evacuating, stay away from any hazardous areas.**

It is dangerous to pass through areas like underpasses, cliffs, or riverbanks. Stay away from these areas even though they are shortcuts. Crossing bridges when evacuating should be avoided.



## My Flood Evacuation Map

Try walking to an evacuation shelter with your family.  
Find out the safest route for evacuation by actually walking it.  
Draw a map of your route to the shelter.

<Evacuation Route>

## Checklist of Emergency Items to Take with You

This list includes items that you are advised to take first with you in an emergency.

- Keep them handy in a backpack
- Prepare necessary items in a manageable amount so that you can easily move around

<b>Emergency Food and Drinks</b>	<input type="checkbox"/> Water (3 liters per person) <input type="checkbox"/> Food (Portable food such as crackers/hard biscuits, at least enough for one meal)
<b>Clothing</b>	<input type="checkbox"/> Helmets <input type="checkbox"/> Masks <input type="checkbox"/> Glasses <input type="checkbox"/> Contact lenses (including preserving solution) <input type="checkbox"/> Rain gear <input type="checkbox"/> Underwear and socks <input type="checkbox"/> Towels <input type="checkbox"/> Sanitary napkins etc. <input type="checkbox"/> Diapers
<b>Items for Disaster Prevention</b>	<input type="checkbox"/> Portable radio <input type="checkbox"/> Flashlight (one per person if possible) <input type="checkbox"/> Batteries <input type="checkbox"/> Mobile phone charger <input type="checkbox"/> Plastic bags <input type="checkbox"/> Ground sheet <input type="checkbox"/> Rope
<b>Emergency Medicine</b>	<input type="checkbox"/> Household medicine (including prescriptions for chronic diseases) <input type="checkbox"/> Simple first aid kit <input type="checkbox"/> Wet wipes/tissues
<b>Valuables</b>	<input type="checkbox"/> Cash <input type="checkbox"/> Health Insurance Certificate (or a copy of it) <input type="checkbox"/> Bank account books, personal seals, etc. <input type="checkbox"/> Passport <input type="checkbox"/> Foreign National's Registration Card

## Checklist of Stocked Items

Minimum amount of items necessary to be self-sufficient for several days until the situation has improved.

- Store them together in a cardboard box
- Prepare the box to hold enough rations to last three days per person

<b>Food and Drinks</b>	<input type="checkbox"/> Water (9 liters per person) <input type="checkbox"/> Food (Canned goods and boil-in-the-bag food) <input type="checkbox"/> Can opener <input type="checkbox"/> Paper plates, disposable chopsticks, plastic wrap <input type="checkbox"/> Portable stove, gas cylinders
<b>Clothing</b>	<input type="checkbox"/> Underwear <input type="checkbox"/> Clothes <input type="checkbox"/> Cold weather outfits <input type="checkbox"/> Blankets or sleeping bags <input type="checkbox"/> Disposable heating devices and cooling patches
<b>Items for Daily Use</b>	<input type="checkbox"/> Lighters and candles <input type="checkbox"/> Batteries <input type="checkbox"/> Toilet paper
<b>Valuables</b>	<input type="checkbox"/> Backup data for computers

### For families with Younger Children

Powdered milk, baby bottles, diapers, solid baby food, spoons, washing sponges, a piggy-back pouch for carrying babies, etc.

### For Families with a Pregnant Woman

Sanitary cotton, gauze, bleached cotton cloth, T-shaped belt, washing cotton, items for new born babies, Mother and Child Health Handbook, etc.

### For Families with Members Who Require Special/Elderly Care

Diapers, tissue paper, spare supporting equipment, medicine for daily use, Certificate Note for the Disabled, etc.

## Prepare Yourself According to Your Family's Needs

## Family Member Contact Information

Name	Contact Address	Telephone Number

## Emergency Contact Information (List the names of schools or family physicians)

Name	Contact Address	Telephone Number