

Our Family's Disaster Prevention Notes

English version

What will you do?



Mito Danjo Byodo Sankaku wo Kangaeru Kai
(Mito Gender Equality Association)
Mito City

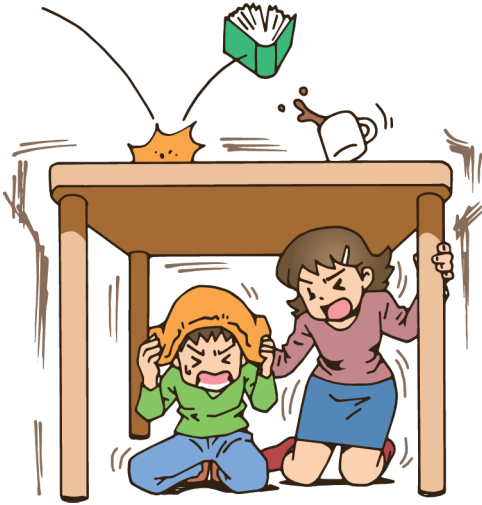
Introduction

After going through a difficult time in the Great East Japan Earthquake on March 11, 2011, we made "Our Family's Disaster Prevention Notes". We created this brochure for foreign nationals in Mito City in a way it can easily be understood so that it could be used if a disaster occurs. Keep it readily available to members of your family and feel free to use it.

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When it starts to shake violently



Get under the table!
Protect yourself!



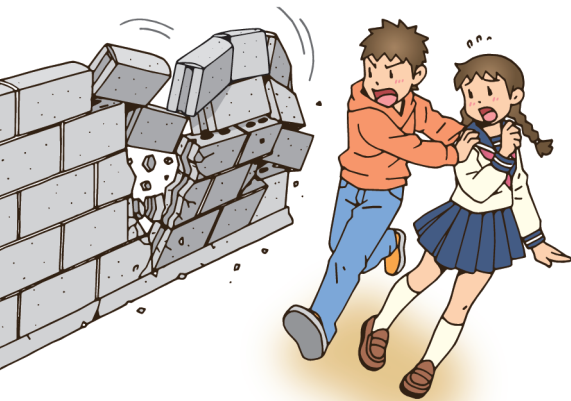
When the shaking subsides
check the sources of fire!



Open the door
to secure a means for escape!



Check the escape route
(emergency door)!



Elevator



Stairs



Don't take the elevator!

Stay away from the wall!

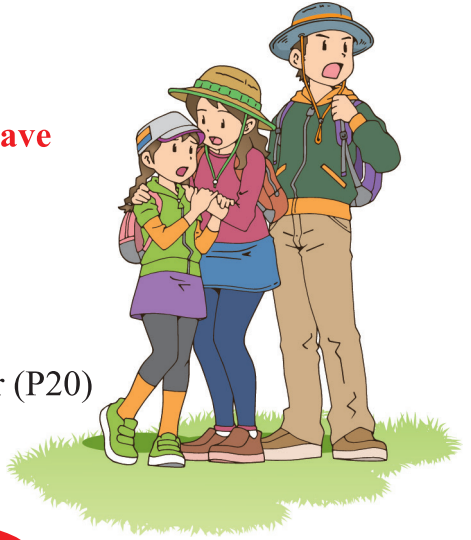
Keep away from the sea
or river and flee to a high
place immediately.



Go to a safe place

When the shaking subsides,
**wear a hat
and running shoes,
take things that you always have
at hand, (P19)**
and go to safe place.

- Nearby park or open space
- Gathering spot
- Designated evacuation center (P20)



Watch out!

- Aftershocks
- Walls will fall down
- Injury by broken glass
- Flames will spread
- Signboards and tiles will fall down



Check the safety of your home

Indoor

Prevent furniture from falling or toppling.



Create a barely-furnished safe room in your home.

Keep the doorway and aisle clear.

Outdoor

Check the seismic capacity of your home.

Use shatterproof film for windows, etc.

Check the condition of the roof tiles, etc.

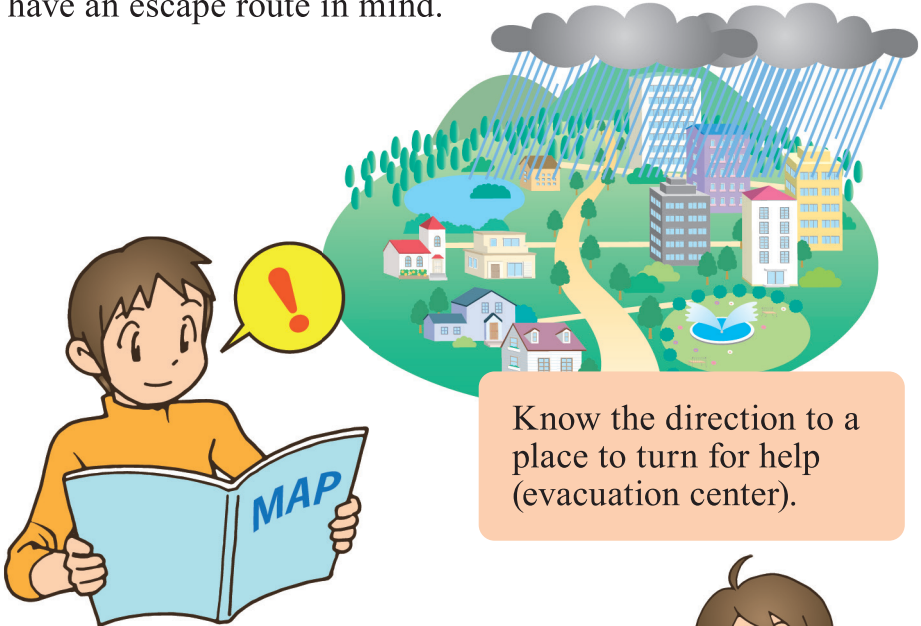
Secure the propane gas cylinder in chains.

Check the condition of the concrete-block wall.

In heavy rain

Downpour (heavy rain) could be predicted by the weather forecast.

Always check dangerous areas and have an escape route in mind.



Know the direction to a place to turn for help (evacuation center).

Shoes

No bare feet or boots.
Wear running shoes with shoelaces.



Use a rope

Secure yourself with a rope so as to stay close to each other and evacuate. Keep an eye on children among others.



Depth one can walk safely

Walking in a water depth of more than 50cm (knee level) is dangerous.

When water runs fast, please note that it is difficult to walk even in 20cm water depth.



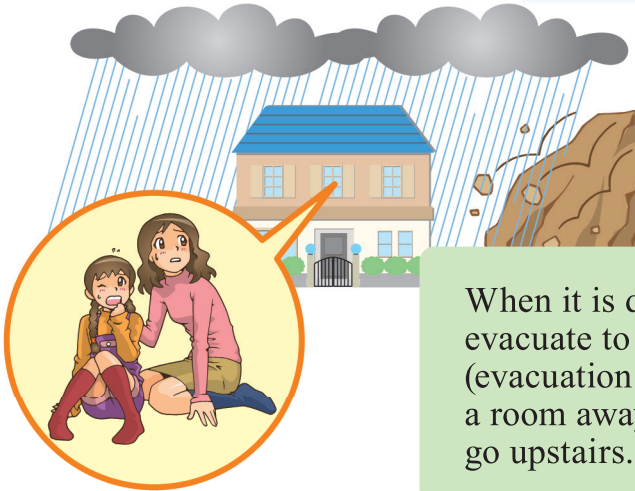
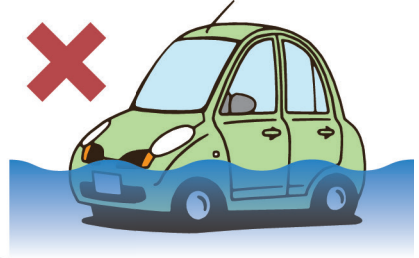
Watch your step

Below water, there could be manholes, street gutters, etc. hiding.

Use a long stick to check footing.

No evacuation by car

You will get stuck when caught in traffic or when water gets in the car (submerged) in water, so if possible evacuate on foot.



When it is difficult to evacuate to a place for help (evacuation center), move to a room away from the cliff, or go upstairs.

Potential landslide

Given these situations, evacuate immediately.



Falling stones



You can see a fissure in the cliff



Water is breaking through the cliff

When you find a fire



Alert others.

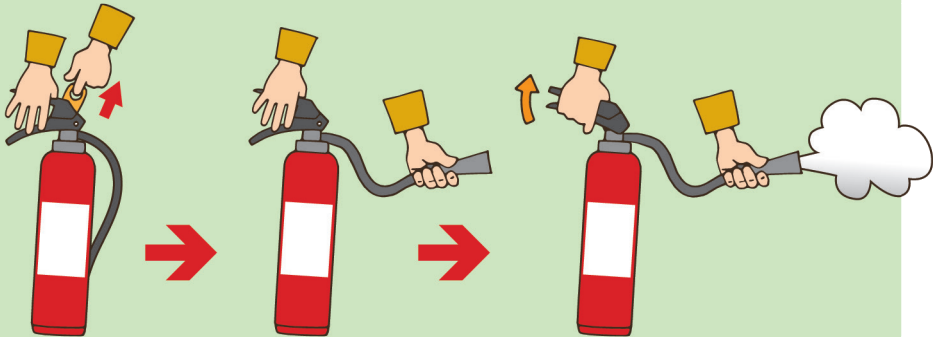
When you find a fire, it is also important to alert others in a loud voice and call 119 for the fire department.

Put out the fire in the early stages.

When the wall or ceiling is not caught in flames, put out the fire with a fire extinguisher.



How to use the fire extinguisher



1 Pull the safety pin.

2 Release and aim the hose at the base of the fire.

3 Squeeze the lever.

Evacuate from a fire

Look at the escape route sign and flee.



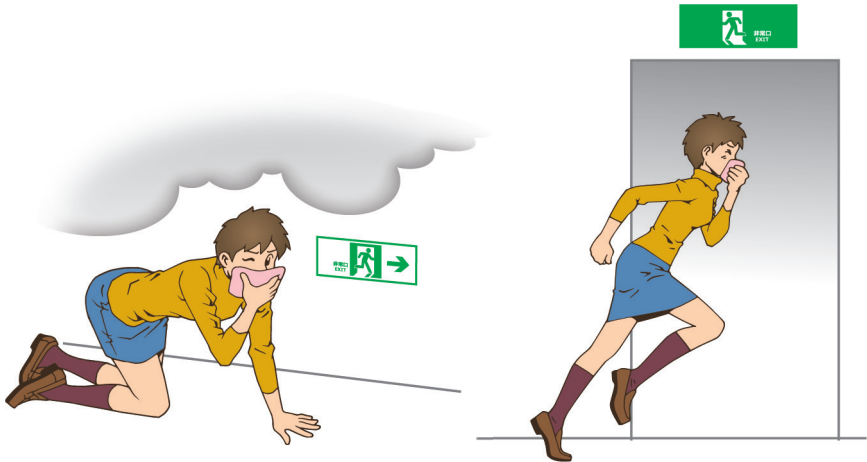
Escape route sign in white

It points in the direction of the emergency exit (exit for escape).



Escape route sign in green

It points to the emergency exit.



Check the location of the emergency exit and escape route sign on a regular basis.

When a fire breaks out, calmly go in the direction of the arrow and escape from the emergency exit (escape route sign in green). Place a towel, handkerchief, etc. over your mouth and nose to make sure not to breathe smoke, get low to the floor, and flee.

ABCs of first aid

119

- When you find an unconscious person
- When a person collapses in front of you



Check the safety around you.
Call out to the person in a loud voice and check whether the person is conscious.



- Call 119 for an ambulance.
- Have another person around you retrieve the AED.

Retrieve the AED.

Check breathing.

- When breathing has stopped
- When breathing is not normal

Note: When breathing is normal, watch the person and wait for the ambulance, etc. to arrive.



Give chest compressions.

Giving chest compressions only is ok.



If you are able, perform artificial respiration.



AED

When the AED arrives
Place the AED pads on the person.

Operate the AED by following the audio guidance.

Undergo lifesaving training.

(Contact information: Ambulance Service Division, Mito City Fire Department
Tel 029-221-0111)

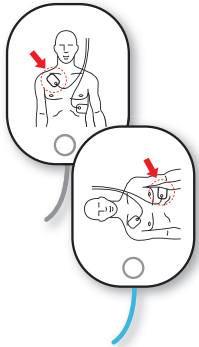
How to use an AED

What is an AED? (AED:Automated External Defibrillator)

The AED is a machine to regain normal cardiac motion by electric shock when the cardiac motion is not normal.

1. When the AED arrives

- Turn on the power.
(There is also a type of AED where power is automatically turned on when the lid of the case is opened.)
- Step-by-step instructions on how to use will be provided by automated audio guidance (simple Japanese) and blinking lights of the button.



2. Place the electrode pads on the person's chest.

- The positions to place the electrode pads are illustrated.
- When you connect the electrode pads to the AED, it will automatically check the person's cardiac status.
- Do not touch the person while the cardiac status is being checked.
- After checking the cardiac status, the AED will not charge when there is no need for electric shock.

3. Deliver electric shock.

- The "shock button" on the AED will blink when there is a need for electric shock.
- To prevent electric shocks, push the shock button after checking that there is no one touching the person.



To get information on the disaster

Internet



Mito City Hall Website

Also available in English, Chinese, and Korean.

Check hazard maps, etc. in advance. This website provides disaster management information from Mito City during a disaster.

<http://www.city.mito.lg.jp/foreigners/foreigners.html>



Japan Meteorological Agency Website

Also available in English. This website provides various weather information.

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



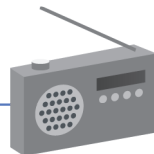
Ministry of Land, Infrastructure, Transport and Tourism (Real Time River Level Data for Naka River)

This website provides the present water level of Naka River (every 10 minutes).

<http://www.river.go.jp/s/xmn0105010/>



Radio



FM Palulun (FM 76.2 MHz)

Broadcast station in Mito City. This radio station provides information on the disaster and evacuation centers in Mito City during a disaster.

E-mail, etc.



Early warning e-mail

You will be notified by automatic text messaging when evacuating during an emergency. ※There are cell-phone models where set-up is necessary or that is unable to receive the early warning e-mail.

E-mail newsletter

You will be notified by Mito City. You will have access to disaster management information among others during a disaster.
※Register in advance.

E-mail newsletter registration method

Access <http://www.city.mito.lg.jp> →

Click "E-mail newsletter delivery application" → Click "E-mail new registration" →

Check "Disaster" → Enter your e-mail address → Click "Register" →

A confirmation e-mail will be sent.

SNS

You will have access to information from Mito City via Twitter or Facebook.

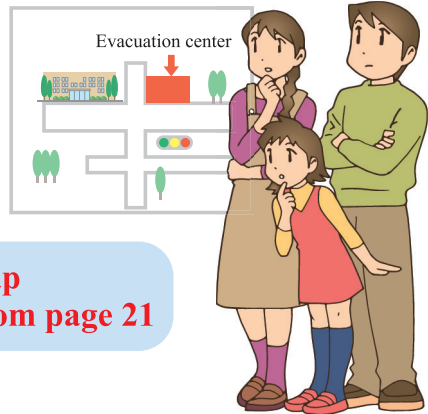
 [kouhou_mito](https://twitter.com/kouhou_mito)

 <http://www.facebook.com/mimika310>

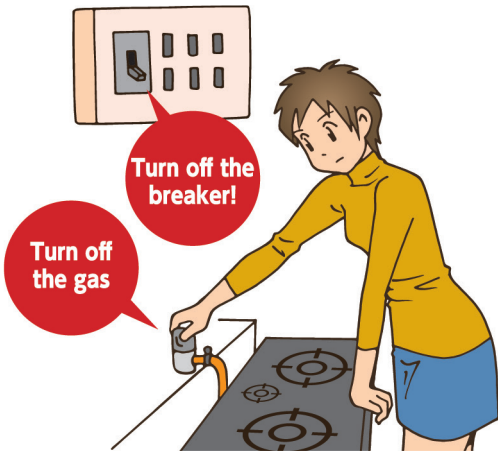


Go to an evacuation center

Elementary schools, junior high schools, and civic centers will provide a place to sleep, food, and toilet.



 **Check the map on page 20 from page 21**



When you leave your home, turn off the breaker, turn off the gas, and indicate the evacuation center.

Have a designated meeting place for your family



Have a designated meeting place for your family and write it down

①
②

Use the Disaster Emergency Message Dial

As a line of communication with your family, etc. in disasters, practice making a phone call to the Disaster Emergency Message Dial **171**

※Free trial on the first and fifth of each month

※Area code unnecessary

Dial 1 7 1

When recording a message

→ **1** → Home/Cell phone numbers → **Dub the message**

When playing back a message




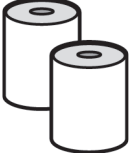
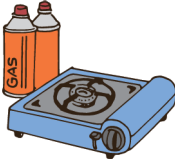




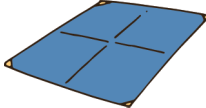






→ **2** → Home/Cell phone numbers → **Listen to the message**

Things to bring and things to stock

In case of electricity or water supply cut off, be prepared to have enough to live on.

Include essentials (indicated by a **○**) in your bag and keep it readily available (close to the door, etc.)

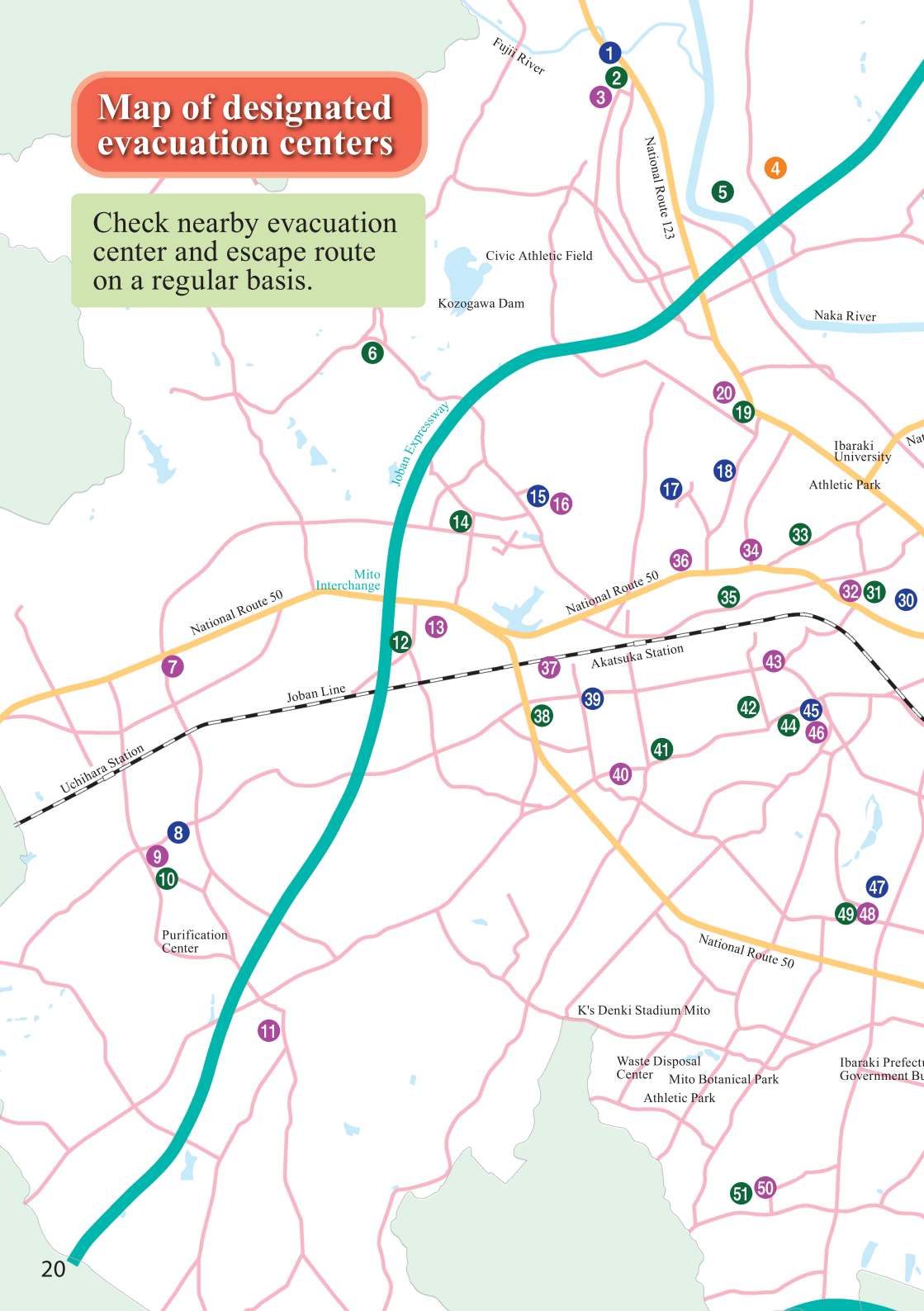
Carry the bag when evacuating.

<input type="checkbox"/> Drinking water  at least 3 liters per day per person	<input type="checkbox"/> Emergency food  at least 3 meals for 3 days	<input type="checkbox"/> Portable toilet 	<input type="checkbox"/> Toilet paper 
<input type="checkbox"/> Portable stove 	<input type="checkbox"/> Lighter 	<input type="checkbox"/> Candle 	<input type="checkbox"/> Battery 
<input type="checkbox"/> Newspaper 	<input type="checkbox"/> Tarpaulin 	<input type="checkbox"/> Towel 	<input type="checkbox"/> Wet tissue 
<input type="checkbox"/> Thermal blanket 	<input type="checkbox"/> Plastic bag 	<input type="checkbox"/> Gloves 	<input type="checkbox"/> Disposable body warmer 

<input type="checkbox"/> Knife 	<input type="checkbox"/> Cellophane wrap 	<input type="checkbox"/> Packing tape 	<input type="checkbox"/> Rope 
<input type="checkbox"/> Mask 	<input type="checkbox"/> First-aid medicine 	<input type="checkbox"/> Baby diaper 	<input type="checkbox"/> Sanitary goods 
<input type="checkbox"/> Nursing care products for seniors and sick persons 	<input type="checkbox"/> Flashlight 	<input type="checkbox"/> Valuables  ID, cash, insurance card, passport, etc.	<input type="checkbox"/> Extra clothes 
<input type="checkbox"/> Toilet set 	<input type="checkbox"/> Radio 	<input type="checkbox"/> Whistle 	<input type="checkbox"/> Head protective gear  helmet, etc.
<input type="checkbox"/> Daily medication 	<input type="checkbox"/> Writing tools 	<input type="checkbox"/> Cell-phone 	

Map of designated evacuation centers

Check nearby evacuation center and escape route on a regular basis.

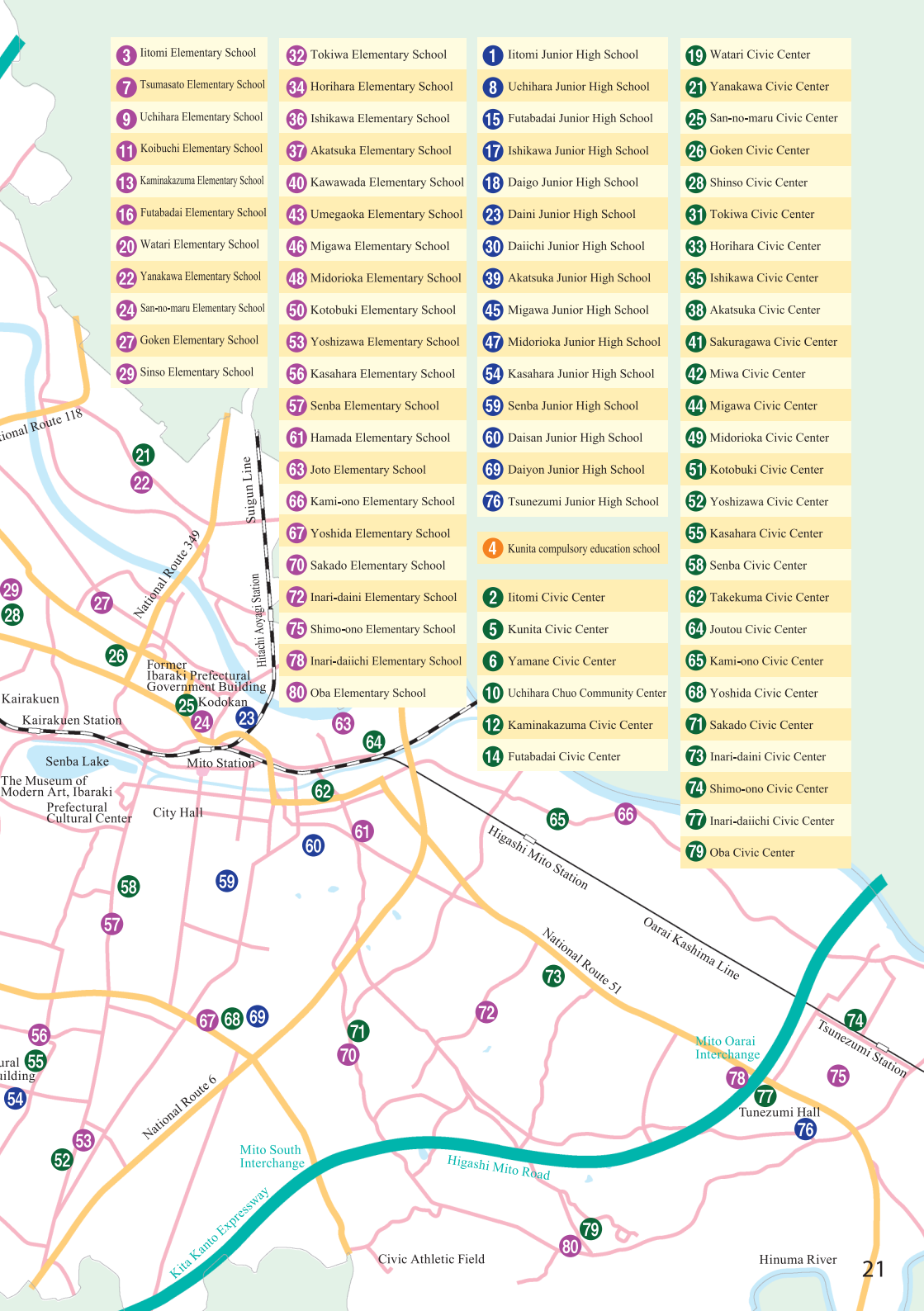


- 3 Iitomi Elementary School
- 7 Tsumasato Elementary School
- 9 Uchihara Elementary School
- 11 Koibuchi Elementary School
- 13 Kaminakazuma Elementary School
- 16 Futabada Elementary School
- 20 Watari Elementary School
- 22 Yanakawa Elementary School
- 24 San-no-maru Elementary School
- 27 Goken Elementary School
- 29 Sinso Elementary School

- 32 Tokiwa Elementary School
- 34 Horiyara Elementary School
- 36 Ishikawa Elementary School
- 37 Akatsuka Elementary School
- 40 Kawawada Elementary School
- 43 Umeogaoka Elementary School
- 46 Migawa Elementary School
- 48 Midorioka Elementary School
- 50 Kotobuki Elementary School
- 53 Yoshizawa Elementary School
- 56 Kasahara Elementary School
- 57 Senba Elementary School
- 61 Hamada Elementary School
- 63 Joto Elementary School
- 66 Kami-ono Elementary School
- 67 Yoshida Elementary School
- 70 Sakado Elementary School
- 72 Inari-daini Elementary School
- 75 Shimo-ono Elementary School
- 78 Inari-daiichi Elementary School
- 80 Oba Elementary School

- 1 Iitomi Junior High School
- 8 Uchihara Junior High School
- 15 Futabada Junior High School
- 17 Ishikawa Junior High School
- 18 Daigo Junior High School
- 23 Daini Junior High School
- 30 Daiichi Junior High School
- 39 Akatsuka Junior High School
- 45 Migawa Junior High School
- 47 Midorioka Junior High School
- 54 Kasahara Junior High School
- 59 Senba Junior High School
- 60 Daisan Junior High School
- 69 Daiyon Junior High School
- 76 Tsunozumi Junior High School
- 4 Kunita compulsory education school
- 2 Iitomi Civic Center
- 5 Kunita Civic Center
- 6 Yamane Civic Center
- 10 Uchihara Chuo Community Center
- 12 Kaminakazuma Civic Center
- 14 Futabada Civic Center

- 19 Watari Civic Center
- 21 Yanakawa Civic Center
- 25 San-no-maru Civic Center
- 26 Goken Civic Center
- 28 Shinso Civic Center
- 31 Tokiwa Civic Center
- 33 Horiyara Civic Center
- 35 Ishikawa Civic Center
- 38 Akatsuka Civic Center
- 41 Sakuragawa Civic Center
- 42 Miwa Civic Center
- 44 Migawa Civic Center
- 49 Midorioka Civic Center
- 51 Kotobuki Civic Center
- 52 Yoshizawa Civic Center
- 55 Kasahara Civic Center
- 58 Senba Civic Center
- 62 Takekuma Civic Center
- 64 Joutou Civic Center
- 65 Kami-ono Civic Center
- 68 Yoshida Civic Center
- 71 Sakado Civic Center
- 73 Inari-daini Civic Center
- 74 Shimo-ono Civic Center
- 77 Inari-daiichi Civic Center
- 79 Oba Civic Center



Emergency contact number for your family

Present address	
Home phone number	

Name	Relationship	Cell-phone number and contact information of workplace and school

Contact information of the relevant agencies

Mito City Hall **029-224-1111**

Mito City International Center **029-221-1800**

Mito Police Station **029-233-0110**

**Fire-fighting or emergency first-aid
(Mito Fire Headquarters)** **029-221-0111**

Disaster terminology

Japanese	Romaji	English	Meaning
じしん 地震	Jishin	Earthquake	Disaster caused by the shaking of the surface of the earth
よしん 余震	Yoshin	Aftershock	Earthquake that occurs after a previous large earthquake
つなみ 津波	Tsunami	Tsunami	Giant wave coming from the sea after an earthquake
たいふう 台風	Taifu	Typhoon	Disaster caused by heavy rain and strong winds
すいい 水位	Suii	Water level	Elevation of the surface of a river, etc.
こうずい 洪水	Kozui	Flood	Disaster caused by the rising of the water level of the river and flowing of water into towns, etc.
くず がけ崩れ	Gake-kuzure	Landslide	Disaster caused by collapsing slopes in an earthquake or typhoon
ひじょうぐち 非常口	Hijoguchi	Emergency exit	Exit to flee for safety from a building when a fire breaks out
しんぞう 心臓マッサージ	Shinzo-massaaji	Chest compression	Way to resuscitate from cardiac arrest by the use of firm pressure on the chest
ばんつうほう 119番通報	119ban-tsuho	Call 119.	Phone number when calling a fire engine or ambulance in Japan
ひなん 避難	Hinan	Evacuation	Move to a safe location from a hazardous location, etc.
ひなんじゅんび 避難準備・ こうれいしゃとうひなんかいし 高齢者等避難開始	hinan-junbi・ koreisha-tou- hinan-kaishi	Preparation of evacuation, Seniors to start evacuation	Information that "those needing extra time to exacuate* must evacuate now"
ひなんかんこく 避難勧告	Hinan-kankoku	Evacuation advisory	Information saying that "it is advisable that you evacuate"
ひなんしじ きんきゅう 避難指示(緊急)	Hinan-shiji (kinkyu)	Evacuation directive (emergency)	Information saying to "evacuate"
ちゅういほう 注意報	Chuiho	Advisory	Information saying to "take precautions against the disaster"
けいほう 警報	Keiho	Warning	Information saying that "this is a potentially dangerous disaster"
ひなんじょ 避難所	Hinanjo	Evacuation center	Place to turn for help when a disaster occurs

*Seniors, disabled persons, persons with children, their evacuation supporters

Emergency contact information

To report fire, first aid, or rescue **119**

To report an incident or accident **110**



Our Family's Disaster Prevention Notes English version

Prepared by; Mito Danjo Byodo Sankaku wo Kangaeru Kai
(Mito Gender Equality Association)

Mito City Disaster Prevention and Crisis Management Section

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