

2018 Gifu JET Emergency Booklet



Emergency Information

Your Address: _____

Phone Book	
Police:	110
Ambulance/ Fire Department:	119
Supervisor:	
Closest JET:	
Close JTE/Teacher:	

(1) Closest Evacuation Center: _____

Natural Disaster Preparation

Be Prepared

- Make sure you have your information registered with CLAIR and your BoE.
- Familiarize yourself with the Japan Meteorological Agency website (in English) at: <https://www.jma.go.jp/jma/indexe.html>
- During a disaster, your city will play warnings over the loud speakers. These can be difficult to hear but if you miss an announcement from your city's alert speakers, the text of the announcements are now commonly posted on city websites.
- Download the English Safety Tips App. Keep it on your phone (http://www.mlit.go.jp/kankocho/news03_000136.html):

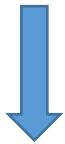
For Android:



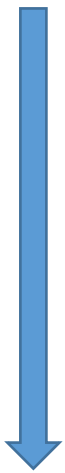
For iPhone:



Weather Advisories

Name (Kanji)	Meaning	Note*	Color Associated	Level of Danger
注意ほ報 <i>Chuuihō</i>	Advisory		Yellow	Low
警報 <i>Keihō</i>	Warning	May result in school closures etc	Red	
特別警報 <i>Tokubetsukeihō</i>	Emergency Warning		Purple	

Evacuation Orders

Name	Meaning	What to do	Color Associated	Level of Danger	
避難準備 <i>Hinan-junbi</i>	Prepare for possibility of evacuation	Prepare for the possibility of evacuation and wait for further information	Yellow	Low	
避難勧告 <i>Hinan-kankoku</i>	Evacuation advisory	Evacuate if you are in a particularly dangerous position or you have difficulties that would make it harder to evacuate later, otherwise stay tuned for further information	Orange		
避難指示 <i>Hinan-shiji</i>	Compulsory evacuation order	Evacuate to the designated point immediately.	Red		High

During an Evacuation

In general: Head to your designated evacuation point. If away from your home or office, go to the nearest evacuation point (if unsure, ask those around). Follow any official guidance given by police or other officials and stay abreast of new information.

BUT: Do not blindly rush for the evacuation point if doing so presents more danger than staying put. E.g. If there is torrential rain and the risk of major flooding in the middle of the night and you are in a 3rd floor apartment, it may be more dangerous to rush out into the night if the disaster poses no danger to you in your home.

During an Evacuation

In general: Head to your designated evacuation point. If away from your home or office, go to the nearest evacuation point (if unsure, ask those around). Follow any official guidance given by police or other officials and stay abreast of new information.

BUT: Do not blindly rush for the evacuation point if doing so presents more danger than staying put. E.g. If there is torrential rain and the risk of major flooding in the middle of the night and you are in a 3rd floor apartment, it may be more dangerous to rush out into the night if the disaster poses no danger to you in your home.

During an Earthquake

- Stay calm, cover your head
- If **inside**, stay inside
 - Move close to the center of the building.
 - Get under something stable
 - Avoid windows and things that can fall
- If **outside**, move away from things that could fall, including buildings, power lines, trees and signs
- If in a **car**, pull to the side, stop and use the parking break.

After an Earthquake: expect tremors

- Check gas, water and electric lines for damage
- If you smell gas evacuate immediately and report it to the authorities
- Turn on your radio/check for advisories
- If it is a bad quake, turn off gas, electricity and water, lock your door and put a sign up for others to see, then head to your closest emergency evaluation shelter.
- Do not use elevators to evacuate

Essential Disaster Vocabulary

避難所	hinanjō	Evacuation Shelter, the place you should go in the event of a major disaster
大雨	ōame	heavy rain
洪水	kōzui	flood
土砂災害	doshasaigai	landslide
地震	jishin	earthquake
雷	kaminari	thunder / lightning
大雪	ō-yuki	heavy snow
台風	taifū	typhoon
暴風	bōfū	high winds

Key phrases:

Where is the emergency shelter?

Hinanjō wa doko desu ka?

避難所はどこですか？

Where is the hospital?

Byōin wa doko desu ka?

病院はどこですか？

Is it safe here?

Koko wa anzen desu ka?

ここは安全ですか？

Help

Tasukete

助けて

What is the embassy's phone number?

(Country name) no taishikan no denwa bangō wa nan-ban desu ka?

()の大使館の電話番号は何番ですか？

General Preparations

- Get a fire extinguisher and keep it in the kitchen, read how to use it beforehand. Locate any communal extinguisher and read the instructions.
- Don't put easily burnable things on or around open flames.
- Secure gas canisters and kerosene tanks to prevent them from falling.
- Identify main gas line and electric circuit breakers off and on.
- Ensure your Emergency Pack is stocked up and you can open any tins.
- Identify your possible escape route and make sure it is always clear.
- Keep heavy items as close to the floor as possible.
- Identify your evacuation shelter!

Set-up Your Emergency Kit

Many supplies for a Disaster Kit can be found easily at a 100 yen store, and your local shopping center. Pre-made disaster kits can also be ordered on amazon.

Your disaster kit should have

- Water (4 liters(1 gallon) per person per day. Change water every 3-5 months)
- Food (canned or pre-cooked, requiring no heat or water)
- Flashlight with spare batteries and bulbs
- Radio (battery operated with spare batteries)
- Large plastic trash bags (for waste, water protection or temporary blanket)
- Hand soap and/or disinfecting hand cleaner gel that does not require water
- Toilet paper
- Feminine hygiene supplies
- Essential medications as required; glasses if you normally wear contacts
- Paper plates, cups, plastic utensils, cooking foil, plastic wrap (wrapped around plates so that they were re-usable) and paper towels
- First Aid kit with instructions
- Yen in small bills (ATMs may not work after a disaster), with coins and phone cards for public phones.

Download and print CLAIRs pocket guide: http://jetprogramme.org/wp-content/themes/bizvektor/pdf/support/JET_pocketguide.pdf

IMPORTANT: Place emergency supplies and your telephone in places where they are less likely to be knocked over or buried by falling objects (on the floor under a strong table is a good choice).

Typhoons

A typhoon is the name given to a hurricane or tropical storm which originates in the western part of the North Pacific Ocean. They are most common from June to November. Typhoons bring strong winds, heavy rainfall, and high humidity. Gifu is a landlocked prefecture meaning that we are less prone to the effects of typhoons which are strongest the minute they reach land.

Preparation for Typhoon:

1. Check emergency kit
2. Have a flashlight and battery radio, charge your cell phone
3. Bring in items from veranda so they do not blow around
4. Clear rain gutters and drains
5. Stay away from riverbanks and low areas
6. Check the expected intensity on the JMA website or TV / RADIO
7. If extreme winds are expected, consider taping your windows
8. Do not drain water from washing machines or bathtubs

Earthquakes

Tokai Earthquake Theory

It is believed that a lot of earthquake energy is building up in the area off the coast of Shizuoka. No large earthquake has been recorded in this area since 1854. However surrounding regions have experienced large quakes in the magnitude of 8 or above approximately every 100-120 years.

How much damage is predicted?

The Central Disaster Prevention Council predicts that hundreds of thousands of buildings will suffer severe damage, soil liquefaction and tsunamis will occur in the near future. Gifu is a land locked prefecture not far from Shizuoka. Any large scale earthquake occurring as a result of plate movement in the region is likely to cause strong shaking in Gifu. Active faults under Gifu Prefecture have the potential to damage townships and infrastructure.