Disaster Prevention Guide



English Version





Be prepared! In order to help live a safe, happy & healthy life in Miyakonojo, please take a look and use this guide to help you prepare for common disasters before they strike.





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Information From City-run Organisations

Miyakonojo City Hall



Miyakonojo City issues disaster-related advisories and warnings.



Miyakonojo International Association (MIA)



MIA posts translations of advisories in English, Chinese and Mongolian on their Facebook page.



Other Sources of Information



Safety tips

"Safety" for your pleasant trip

"Safety tips" is a free application that notifies users with Earthquake Early Warnings, Tsunami Warnings, Volcanic Warnings, Weather Warnings, Heat-related illness Warnings and Civil Protection Information issued in Japan. It is available in multiple languages.



For Android



For iPhone





In addition to being a major source of news, NHK World provides emergency advisories and disaster-related information on the national level. You can watch NHK World for free online.

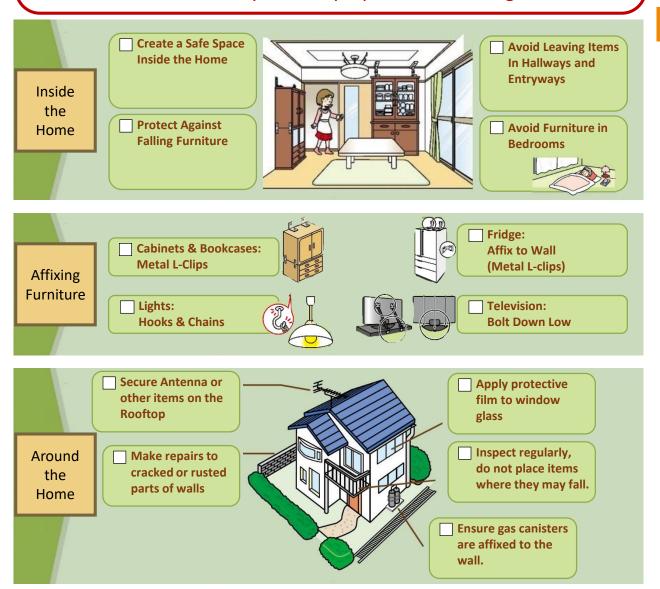


Earthquake Warnings for Mobile Phones

In the event of a major earthquake, your mobile phone and television will alert you with a notice and loud siren. Ensure that you are in a safe location, and prepare for strong tremors. More information on actions to take during an earthquake can be found on page 7.



☑ Check that you have prepared these things.



Disaster Prevention Goods

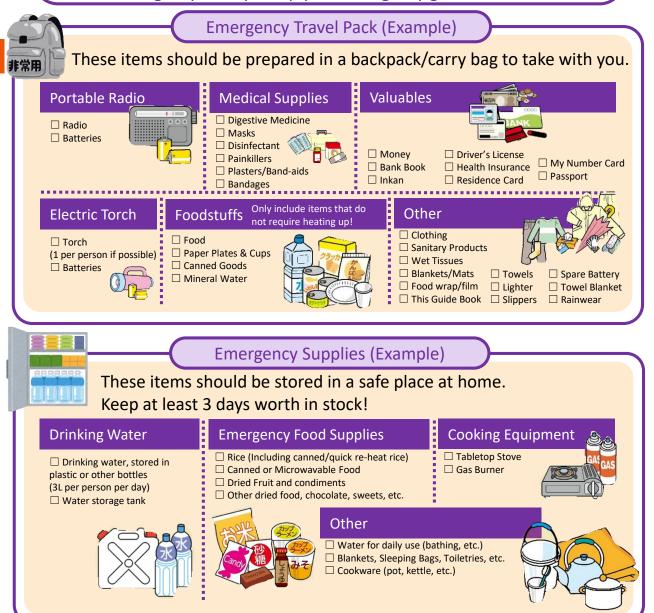


Japan sells a variety of "Disaster Prevention Goods" (防災グッズ、Bōsai Guzzu). These can be found online, or at home building centers. The national fire department has made a video regarding the installation of these goods, which can be found by following this QR Code:



Emergency Pack Preparation & Checks

Regularly check that the following items are ready for use in case of an emergency. Always keep your emergency goods stocked!



Disaster Prevention with the Family

You never know when a disaster may strike. When it happens, in order to reduce casualties, day by day preparedness is vital. Ask your family the following:

- $\hfill\square$ Where in our house is safe?
- \square If we evacuate, where do we go, and how do we get there?
- \square When we evacuate, who will bring what?
- ☐ How will we get in contact with each other?
- ☐ Where do we meet?

XRolling Stock



Examples of Rolling Stock: Food, Water, Portable Gas Canisters, etc.

Typhoons & Storm Damage

Japan experiences heavy rain and typhoons each year. Watch the weather, and be ready to help each other out when it comes time to evacuate!

Heavy Rain Information! What can we do at home?

Advisory

Issued whenever flooding or landslides from heavy rain is expected.



Accurate information is vital! Follow up with swift action!

Warning

Emergency Warning

Issued whenever major flood damage or landslides from heavy rain is expected.

Issued whenever once-in-a-decade levels of concentrated rain or catastrophic damage is expected.

※Record-breaking amounts of rain have been reported by the Bureau of Meteorology in recent years. For Miyazaki Prefecture, up to 120mm in one hour has been reported.

Rain
Amount &
Strength

Rain/hour	10-20mm	20-30mm	30-50mm	50-80mm	80mm+
Phrases used on	やや強い雨	強い雨	激しい雨	非常に激しい雨	猛烈な雨
Television and Radio	Yaya Tsuyoi Ame	Tsuyoi Ame	Hageshii Ame	Hijōni Hageshii Ame	Mōretsuna Ame

Proper preparation and following official advisories is critical to your safety and well-being.

Typhoon
Size &
Strength

Size/Area (Windspeed > 15m/s)	500- 800 km	800km+	Strength (Maximum Windspeed)	33-44 m/s	45-54 m/s	55m/s+
Phrases used on Television and Radio	大型	超大型	Phrases used	強い	非常に強い	猛烈な
	Ōgata	Chō Ōgata	on Television and Radio	Tsuyoi	Hijōni Tsuyoi	Mōretsu na

Strong Concentrated Rain

Towards the end of the rainy season, strong concentrated rain is common, but it is difficult to predict exactly when it will occur. They occur suddenly, and over short periods of time. Strong concentrated rain is often the cause of river overflow, landslides, and other natural disasters. Pay close attention to weather reports, and be well prepared for their eventual occurrence.

Regarding Underpasses

Underpasses are roads that pass underneath railroads. They are dangerous to use during periods of heavy rain.

There are underpasses at Nishimachi, Yamado-cho nakakirishima, Yamanokuchi-cho hananoki, and Minamitakao.

Floods & Water Damage

Flooding & Inundation

There are two major types of flooding: Inundation (river overflow) and inland flooding (failure to drain away water).

Flooding by Inundation

Caused by a sudden increase in river water levels, resulting in overflow.



Inland Flooding

Caused by concentrated rain in surrounding areas that cannot drain away.



River Water Levels & Warnings

Rivers become dangerous as their water level rises. When there is a danger of flooding, Miyakonojo City will send out alerts and evacuation notices.

Detailed information on Oyodo River is available here (Japanese Only):

国土交通省「州の防災情報」 Kokudo Kōtsūshō "Kawa no Bōsaijōhō" Ministry of Land, Infrastructure, Transport and Tourism (MLIT) River Observations https://www.river.go.jp/portal/?region=80&c ontents=multi



Information on all rivers is available here (Japanese Only):

宮崎県の雨量・河川水位観測情報 Miyazaki-ken no Uryō Kasen Sui'i Kansokujōhō Miyazaki Prefecture Rain & River Observations http://kasen.pref.miyazaki.jp/index.html



Name	Observatory	Watergate Adjustment Standby Level	Overflow Warning Level	Evacuation Decision Level	Overflow Danger Level
Oyodo River	Takeshita (National)	3.20	3.70	4.10	4.80
Okimizu River	Okimizu-bashi	2.50	3.20	4.10	4.40
Marutani River	Koshu-bashi	2.20	3.30	3.30	3.60
Takasaki River	Takasaki-bashi	0.10	0.90	0.90	1.20
Higashidake River	Oide-bashi	2.00	2.30	2.30	2.50
Hagiwara River	Eigenji-bashi	0.20	1.70	1.70	2.50

(Units: Meters)

Landslides

Heavy rains are often followed by landslides, causing major damage where they occur.

Landslide Disaster Warning (Level 4 Warning)

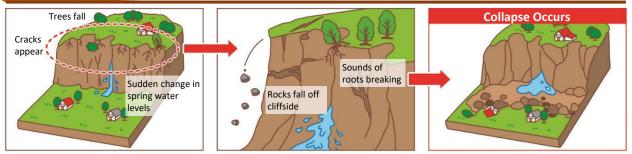
A "Landslide Disaster Warning" is issued whenever there is immediate concern of a landside occurring. These are often issued after heavy rain warnings.

Precursors to various forms of Landslides

If you notice changes in the environment around you, immediately move to a safe location. Regularly confirm which areas are dangerous, and what route to take when evacuating.

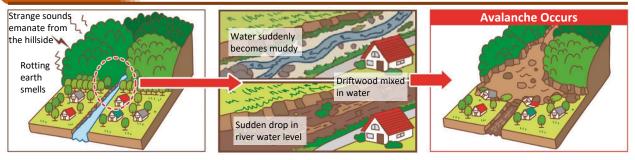
Collapse

The earth quickly falls out from underneath you. These types of landslides occur suddenly. Due to this, people are often late to evacuate, and many suffer as a result.



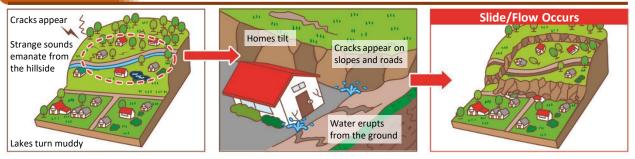
Avalanche

Large amounts of rain can cause rocks and earth to tumble downhill. These often fall at around 20-40 km/h, and can quickly destroy fields and houses.



Slide/Flow

The ground and earth slowly falls away. However, due to the large amount of earth that moves, there are a large number of victims across a large area.



Earthquake Flow Chart



1-2 **Minutes**

Minutes

Minutes

10 Minutes+ The first big quake lasts for around 1 minute.

- Make sure you protect your body, especially your head.
- Put out sources of fire.
- For particularly strong earthquakes, quickly head outside and search for a safe place to take shelter.



If you decide to evacuate, check fo

danger around you before you go

Once the shaking stops:

- Check sources of fire once more. Extinguish if necessary.
- · Check that your family is safe and sound.
- Put shoes on, even inside, to protect your feet (glass may be on the ground)

Check everyone is safe. Stop fires from starting (P.8)

- Be prepared for aftershocks to occur at any time.
- · Check in on your neighbours and make sure they are okay.
- · Confirm the safety of people you know, and help those around you.

Listen out for accurate information.

- Confirm all information you receive using official sources (P.1).
- Don't get swept up in rumors or gossip.
- · Avoid using the phone, except for emergency purposes.



Work together to put out fires & help each other.

- · Continue to gather information about the earthquake.
- Do not enter into any damaged or fallen houses.

Tall Buildings

- Open doors and windows to make a pathway to escape.
- Do NOT use the elevator.
- · Use the stairs to descend and escape.

When Inside

Malls, Theaters, etc.

- Keep away from glass.
- Stay close to the wall or pillars.
- Follow the directions of staff

Elevators

- Press all floor buttons, and get off on the nearest floor.
- · Press the call button and call for assistance.
- As you may be trapped for a long time, conserve energy until help arrives.

When Outside

Walking

- Keep your distance from glass, signboards and concrete walls.
- Head to an open space or a park (away from buildings)
- Take care to avoid fallen or damaged power lines.

When Driving

- Slow down, park on the left
- Wait until the quake stops.
- If you leave your vehicle, leave it Listen out for further unlocked with keys inserted.
- · Take important documents (car registration, etc.) with you.
- · Escape on foot.

On the Coastline

- There is a chance that a tsunami hand side, and turn the engine off. may occur after an earthquake.
- Leave room for ambulances, etc. Head for high ground, or a tsunami evacuation tower.
 - information.
 - Even should the warning be lifted, do not return to the coastline.

On a Train, etc.

- · Hold on to hand rails or supports firmly with both hands.
- · Follow the guidance of nearby staff members.
- · Even should the vehicle come to a halt, do not leave of your own accord through windows or other means unless instructed.



Don't think to put it out yourself; call 119 and alert your neighbours. If the fire grows out of control, escape!

First Steps for Fighting Fires



Call For Help

Alert your neighbours by calling out "炎事だ!(Kaji da!)". If you cannot speak due to smoke, bang on a pot or pan. Always call 119!



Extinguish the Fire

When there is no water or fire extinguisher, you can use cushions to beat the fire down, or blankets to smother it.

If you find the fire, deal with it, ask others nearby to call 119.



Escape Danger

- Fires that extend to the roof are extremely dangerous.
- Do not hesitate when it is time to escape.
- Close windows and doors when leaving to reduce air flow to the fire.







When There is no Fire Extinguisher

Oil Fires

Do not throw water on the fire in panic. Drape a large, moistened towel over the fire starting near to you, and smother the fire.

Stovetop

Similar to oil fires, drape a large, moistened towel over the fire starting near to you, and smother the fire.

Your Clothing

Stop, Drop & Roll to put out the fire. If your hair has caught fire, cover your head with a towel or similar item.

Bathroom

Don't immediately throw open the door. Shut off any source of gas, slowly open the door, then put out the fire.

Electric Stove

Do NOT use water. Remove the power cord from the wall outlet, and throw the breaker switch.

Curtains & Bedding

Pull on them, remove them, or kick them. Try and ensure that flames do not reach the room.

Using a Fire Extinguisher

①Pull the pin

2 Point the hose

3 Squeeze the lever







An instructional video with examples of usage can be found on Miyakonojo City's official YouTube channel. https://youtu.be/TOABPxIPI1w



Smoke Alarms

The installation of smoke alarms in your home is required by law. Smoke alarms will sound a siren to alert you to fires in the home, giving you and your family time to safely escape if necessary. Smoke alarms must be installed in:

- All bedrooms
- All stairwells

Smoke alarms must be inspected once per year, to ensure they are in working order.





Volcanic Eruptions & Warnings Near Miyakonojo

Mt. Kirishima has erupted a number of times in the past, and is still active now. Ensure that you are prepared for an eruption in the future.

Туре	Phrases us Television		Affected Areas	Warning Levels	Volcanic Activity	Action to Take
Emergency	Eruption Warning (Residential Area) OR Eruption	がいまう 噴火警報 (居住地域) Funka Keihō (Kyoju Chi'iki)	To nearby residential areas and beyond	Level 5 Evacuate	An eruption damaging the nearby residential area will, or is expected to, occur.	Listen to advisories from the city. Turn off gas. Help your neighbours. Do not panic. Lock your
Warning	Warning	電火警報 Funka Keihō		Level 4 Evacuate the Elderly	An eruption damaging the nearby residential area is expected to occur.	doors, and go to the evacuation point.
Marsina	Eruption Warning (Caldera Area) OR Caldera Vicinity	電火整報 でできる。 大口間 がたらしますべん 大口間の Funka Keihō (Kakō Shūhen) かたらしますべん かたらしますべん かたらしますべん にある (Kakō Shūhen)	From the Caldera to nearby residences	Level 3 Entry Restrictions	An eruption damaging near to residential areas may or will occur.	Listen for accurate information, and be wary of false information. Prepare to evacuate. Be careful of
Warning	Warning	警報 Kakō Shūhen Keihō	Around the Caldera	Level 2 Caldera Closure	An eruption affecting the area around the caldera may or will occur.	small rock falling through the air. Approaching at this level may lead to your death!
Advisory	Eruption Advisory	g人からほう 噴火予報 Funka Yohō	Within the Caldera	Level 1 Beware of Volcanic Activity	The volcano is at rest. Volcanic ash may be expelled at times.	Prepare for Level 2 & above.

^{*}The following information is a translation of JMA's (Japan Meteorological Agency) chart: https://www.data.jma.go.jp/svd/vois/data/tokyo/STOCK/kaisetsu/level_toha/level_toha.htm

^{*}Additional Level 1 Actions to consider taking: Confirm your route to your evacuation center. Check your emergency travel pack (Page 3).

Evacuation Information & Warning Levels

Evacuation Information & Warning Levels

Once a disaster comes, it's time to consider evacuating to avoid danger.

Whenever a landslide or flooding occurs (as mentioned on pages 4-6), the city will announce "evacuation information" and a "warning level". There are a total of 5 different warning levels. You should evacuate before level 5 is reached. Preparations can be made for typhoon and heavy rain ahead of time. Ensure you know what to do when it comes time to evacuate.

Warning Level (Situation)	Notices & Information ① From the City ② Regarding Floods ③ Regarding Heavy Rain/Landslides			Evacuation Preparation and things to confirm	What should our family do?
	English	Japanese	Romaji		
Level 1 (Weather expected to worsen)	① - ② - ③ Early Warning System Notice	① - ② - ③早期 ちゅういほう 注意報	① - ② - ③ Sōki Chūihō	Take a look at this guide or the online disaster prevention map, and prepare for emergencies.	Eg. Prepare and check evacuation supplies and travel pack.
Level 2 (Weather has worsened)	① - ② Potential Flood Alert ③ Heavy Rain/Flood Alert	① - はんらんちゅうい ②氾濫注意 はらほう 情報 ③大雨洪水 ちゅういほう 注意報	1 - 2 Hanran Chūi Jōhō 3 Ōame Kōzui Chūihō	Take a look at this guide or the online disaster prevention map, and prepare for emergencies.	Eg. Confirm your evacuation plan. Location: It will take min to get there.
Level 3 (A disaster may occur)	① Elderly Evacuation ② Flood Warning ③ Heavy Rain Warning	①嵩齢者等 避難 ②氾濫警戒 情報 ③失箭警報	① Kōreisha tō Hinan ② Hanran Keikai Jōhō ③ Ōame Keihō	Evacuate those who need time to evacuate (the elderly and children)!	Eg. Begin evacuating.
Level 4 (A disaster will occur)	① Evacuation Order ② Flood Danger ③ Landslide Warning	つ避難指示 ②氾濫危険 に記述 (2)氾濫危険 情報 (3)土砂災害 (対)が以害 (対)がは、対)にはいる (対)がが、害 (対)がが、情報	① Hinan Shiji ② Hanran Kiken Jōhō ③ Dosha Saigai Keikai Jōhō	Evacuate from dangerous places! Everyone should evacuate now!	Eg. Once you arrive at the evacuation center, check Safety Tips for information.
Level 5 (A disaster has occurred/is occurring)	① Emergency Safety Measures ② Overflow Incident ③ Heavy Rain Emergency Warning	まなますうあんぜん ・	① Kinkyū Anzen Kakuho ② Hanran Hassei Jōhō ③ Ōame Tokubetsu Keihō	All lives are in danger; protect your life where you are. Do NOT evacuate!	Eg. At your evacuation center, confirm the status of your friends and family.

Your Personal Timeline

Evacuating does not simply mean "go to an evacuation center"!

Evacuating involves moving from a dangerous location to a safer location; when it is possible to remain safely at home, do so! Sheltering at home, or taking shelter with friends and family when your own home is in danger, can sometimes be the best course of action.

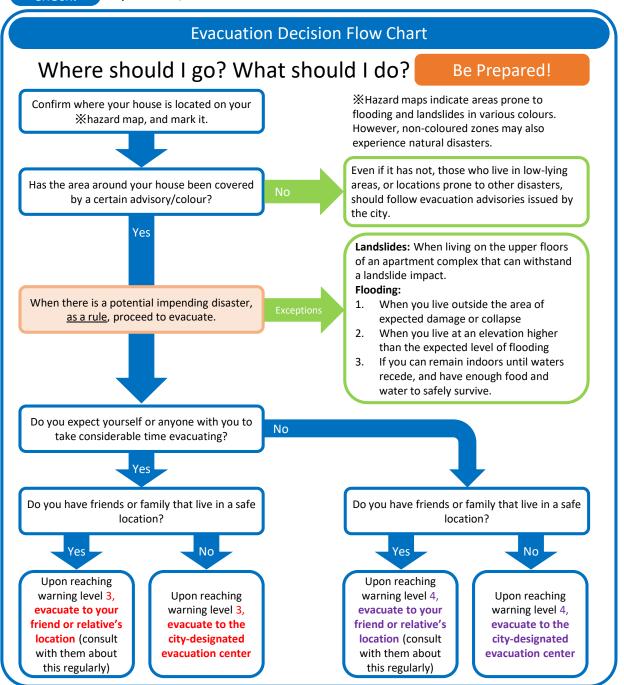


When danger is near, ① Avoid going outside, ② Move to higher floors, and ③ Wait for aid to arrive. For example:

- At night during heavy rain, you cannot see which areas are dangerous.
- Walking through water at or above the knees is dangerous.
- Even when below the knees, fast flowing water is very dangerous.



Always Check! Remember to first "protect your life yourself", consider the risk of damage to your home, and decide what course of action to take.



Shared Living at Evacuation Centers

There is limited space at evacuation centers, so it is important to follow the rules for shared living. Protection of privacy, mutual respect and cooperation are vital.

Shared Living: Manners & Advice

Items Brought From Home

- Ensure that you write your name on all of your belongings.
- Ensure that all of your belonging fit into a single bag.

Shared Living Rules

- Assist in shared living duties, such as cleaning toilets, preparing food, and managing water.
- As there may be a shortage of water, ensure that you are careful with its usage.
- Give priority and assistance to the injured, the disabled, the elderly, and pregnant women.
- Do not invade the privacy of others.
- Ensure that you correctly dispose of your garbage.
- Ensure that you dispose of toilet paper appropriately so as to avoid blockages.
- · You are responsible for your own protection.
- · Report any suspicious activity immediately to the police, city hall staff, and any other nearby staff.
- If you decide to go to another evacuation center, ensure that you inform city hall staff before leaving.
 Under no circumstances should you leave an evacuation center without first consulting staff.
- All evacuation centers are smoke-free zones. If you need to smoke, use the assigned space.

General Manners

- · Food and water will be handed out at regular intervals. Do not panic, and line up in an orderly fashion.
- Keep the spaces you use and your surroundings clean. Keep pathways clear.
- Remove your shoes while indoors.
- Remember that some people are not comfortable with pets. All pet owners must be respon and properly attend to their pets.

on Common Time

Regarding Food Poisoning

- Food poisoning can happen at any time. Ensure that you maintain proper hygiene practices, and regularly wash your hands.
- Ensure that utensils are thoroughly washed after use.

Avoiding the Spread of Disease

- Avoid the three C's (Closed spaces, Crowded places, and Close-contact settings)
- Wash your hands, rinse your mouth, and disinfect your hands regularly.
- When discarding used tissues and other waste products, always make use of gloves and plastic!
- If you are suffering from a fever or diarrhea, ensure that you inform a staff member immediately.

General Health & Wellbeing



Regarding Economy Class Syndrome:

Long periods of time without moving can result in blood clots in your legs, which may move to your arms or brain after moving once more. Regularly move your body (even when sitting) and drink water to help avoid this condition.

Regarding Heat Stroke:

Heat stroke is common in the summer, resulting from excessive sweating resulting in fever. This is often accompanied by dizziness, headaches, nausea and blackouts. Consuming sufficient amounts of water and salts, as well as use of a parasol and hat outside can help to avoid heat stroke.



がせんできずい河川の増水

かせん はんらん 河川の氾濫

堤防の決壊

危険水位

浸水

Evacuation Centers

We highly recommend that you take a look at Miyakonojo City Hall's Disaster Prevention Map. Here, you can find which evacuation center is closest to your home, which locations are dangerous during various weather events, and more.

Disaster Prevention Map & Evacuation Centers Chinese Japanese English Vietnamese

Useful Phrases

Earthquakes Japanese Romaji **English** しんど震度 Shindo Earthquake Strength とうかい 倒壊 Tōkai Collapsed Building Tachi Iri Kinshi Do Not Enter 立ち入り禁止 断水 Dansui No Flowing Water ていでん Teiden Power Failure

行电	reiden	Tower randre
ガス漏れ	Gasu More	Gas Leak
なっきゅう 復旧	Fukkyū	Restored to Normal
	Typhoon	S
Japanese	Romaji	English
たいふう 台風が 上陸する	Taifū ga Jōrikusuru	Typhoon will make landfall
たいふう つうろ 台風の通路	Taifū no Tsuro	Path that the typhoon takes
かせん ぞうすい 河口口の土拍力	Kasen no Zōsui	Increase in River

Kasen no Hanran

Teibō no Kekkai

Kiken Sui'l

Shinsui

water levels

River overflow

Embankment

Dangerous Water

Collapse

Level

Flooding

Japanese	Romaji	English
きゅうすいしゃ給水車	Kyūsuisha	Water Distribution Vehicle
きゅうすいばしょ 給水場所	Kyūsuibasho	Location of Water Distribution
被災者	Hisaisha	Victims of Disasters
きゅうごしょ 救護 所	Kyūgosho	Medical Bays
食糧配給	Shokuryō Haikyu	Distribution of Food
炊き出し	Takidashi	Making & Distribution of Food

Traffic

Evacuation Centers

Ifallic						
Japanese	Romaji	English				
うんきゅう 運休	Unkyū	No Service (Bus & Train)				
欠航	Kekkō	No Service (Boat & Plane)				
っぅ こぅ ど 通行止め	Tsūkō Dome	Road Closure				
うかいる 迂回路	Ukairo	Diversion				
うんでん み あ 運転見合わせ	Unten Miawase	Suspension of Service (Bus & Train)				