

Contact Information

| Person | Place of contact | Phone number | Cell phone number |
|--------|------------------|--------------|-------------------|
| | | | |
| | | | |
| | | | |

*Determine where you will meet your family in case an emergency happens.

| Nearest evacuation spot | Family meeting place |
|-------------------------|----------------------|
| | |

Helpful Numbers

| | |
|--|-------------------|
| Police station (for crime/traffic accidents) | TEL: 110 |
| Fire station (for medical emergencies/fires) | TEL: 119 |
| Disaster Message Dial Service | TEL: 171 |
| Local municipal government office | TEL: |
| Iwate International Association | TEL: 019-654-8900 |
| Embassy/Consulate (lost passports and more) | TEL: |
| Morioka Immigration Office (visa issues) | TEL: 019-621-1206 |

Using the 171 Disaster Message Dial Service

For landlines only. When phone lines are busy you can use this service to leave a message telling your loved one you are safe. Similar services exist for cell phones – please check with your provider for details.

To leave a message

- ① Call 171. Press 1 and then your phone number.
- ② Press 1# to record a message.
- ③ Press 9# to end the call.

To check messages

- ① Call 171. Press 2 and then the phone number you want to check.
- ② Press 1# to hear messages.
- ③ Press 9# to end the call.

About this pamphlet

Iwate Prefectural Government

- General Disaster Prevention Office, Department of General Affairs
TEL: 019-629-5162 E-mail: AH0006@pref.iwate.jp
- PR and Communications Division, Office of Secretarial and Public Affairs
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Search

English Resources Iwate Prefecture

Disaster Preparedness Booklet



-Iwate Prefecture-

BE PREPARED

- Know how to reach family members, friends, coworkers, and neighbors.
- Stockpile emergency supplies.
- Know how to get to your nearest evacuation point.
- Study up on natural disasters and what to do in each situation.
- Register with your country's embassy.

Survival Kit and Stockpile

Survival Kit

This is a kit with all the essentials that you can grab quickly in the event of an emergency.

Valuables

- Passport
- Residence card
- Cash
- Health insurance card
- Driver's license
- Bank book
- Name stamp
- Copies of passport, etc
- Prescription record book

Emergency Food

- Bottled water
- Canned food
- Nutritional supplements
- Dried food
- Dry biscuits
- Disposable forks, chopsticks, knives, and spoons
- Manual can opener

Lighting

- Flashlight
- Standby battery
- Matches, candles

Radio Equipment

- Portable radio
- Standby battery
- List of available stations

Medical Items

- Latex gloves
- Bandages
- Burn ointment
- Antibiotic ointment
- Disinfectant
- Prescription medicine
- Sanitary items if necessary
- Pain medication
- Thermometer
- Scissors, tweezers
- Breathing mask

Everyday Items

- Underwear
- Change of clothes
- Thick cotton gloves
- Warm layers, hat
- Towels
- Rainwear
- Lighter
- Plastic bags
- Battery/solar-powered phone charger

For Babies and Young Children

- Diapers
- Powdered milk, formula
- Baby bottle
- Change of clothes
- Warm layers, hat
- A favorite toy or blanket

Items for Warmth

- Long underwear
- Heavy coat, hat
- Thick socks and gloves

Stockpile

Should it be necessary to stay within your own home for a few days, you will need supplies to survive. These can be placed inside a closet or in a corner. Food and water should be stockpiled for three days per person.

- | | |
|--|---|
| <input type="checkbox"/> Bottled water | <input type="checkbox"/> Change of socks, underwear |
| <input type="checkbox"/> Food | <input type="checkbox"/> Sturdy boots |
| <input type="checkbox"/> Disposable forks, chopsticks, knives, spoons | <input type="checkbox"/> Breathing masks |
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Cloth-backed tape |
| <input type="checkbox"/> Plastic sheet | <input type="checkbox"/> Rope |
| <input type="checkbox"/> Plastic containers | <input type="checkbox"/> Disposable heat pads |
| <input type="checkbox"/> Table top cooking stove with gas canisters | <input type="checkbox"/> Pots and pans |
| <input type="checkbox"/> Garbage bags and plastic ties for personal sanitation | |

Calling 119 and 110

For emergency care, call **119**
For fires, call **119**

For crimes, call **110**
For traffic accidents, call **110**



Operator: Kaji desu ka?
Kyuuu kyuu desu ka?
Dou shimashita ka?
(Is it a fire? Is it an emergency? What happened?)

Emergency care

It's a medical emergency.
Please send an ambulance.

救急です。

救急車をお願いします。

Kyuu kyuu desu.

Kyuu kyuu sha onegai shimasu.

Describing symptoms ↓

Very sick
Very hurt
Bleeding
A broken bone
Allergic reaction
Convulsions
Chest pains
Can't breathe
Lost consciousness
High fever
Bad burns

重病です。

大けがしました。

出血です。

骨折です。

アレルギー反応です。

痙攣です。

胸が大変苦しいです。

呼吸困難です。

意識不明です。

高熱です。

ひどいやけどです。

Juubyo desu.

Ookega shimashita.

Shukketsu desu.

Kossetsu desu.

Arerugii hannou desu.

Keiren desu.

Mune ga taihen kurushii desu.

Kokyuu konan desu.

Ishiki fumei desu.

Kounetsu desu.

Hidoi yakedo desu.

Fires, Crimes, and Traffic Accidents

There's a fire.
There's been a traffic accident.
There's been a crime.

火事です。

交通事故です。

犯罪です。

Kaji desu.

Koutsuu jiko desu.

Hanzai desu.

Other phrases

I can't speak Japanese.
Can you speak English?
My name is [].
My address is...
I'm near [landmark].
I will wait here.

日本語ができません。

英語ができますか。

名前は[]です。

住所は...

[]の近くです。

ここで待っています。

Nihongo ga dekimasen.

Eigo ga dekimasu ka.

Namae wa [] desu.

Juusho wa...

[] no chikaku desu.

Koko de matte imasu.

Weather Warnings and Advisories

Special Warnings (特別警報, tokubetsu keihou)

| Japanese | Reading | English |
|----------|------------------------------|---------------------------------|
| 大雨特別警報 | Ooame tokubetsu keihou | Torrential rain special warning |
| 大雪特別警報 | Ooyuki tokubetsu keihou | Heavy snow special warning |
| 暴風特別警報 | Boufuu tokubetsu keihou | Storm gale special warning |
| 暴風雪特別警報 | Boufuusetsu tokubetsu keihou | Blizzard special warning |
| 波浪特別警報 | Harou tokubetsu keihou | High wave special warning |
| 高潮特別警報 | Takashio tokubetsu keihou | High tide special warning |

Weather Warnings (警報, keihou)

| Japanese | Reading | English |
|----------|--------------------|-------------------------|
| 大雨警報 | Ooame keihou | Torrential rain warning |
| 大雪警報 | Ooyuki keihou | Heavy snow warning |
| 暴風警報 | Boufuu keihou | Storm gale warning |
| 暴風雪警報 | Boufuusetsu keihou | Blizzard warning |
| 波浪警報 | Harou keihou | High wave warning |
| 高潮警報 | Takashio keihou | High tide warning |

Weather Advisories (注意報, chuuihou)

| Japanese | Reading | English |
|----------|---------------------|----------------------------|
| 大雨注意報 | Ooame chuuihou | Torrential rain advisory |
| 洪水注意報 | Kouzui chuuihou | Flood advisory |
| 大雪注意報 | Ooyuki chuuihou | Heavy snow advisory |
| 強風注意報 | Kyoufuu chuuihou | Storm gale advisory |
| 風雪注意報 | Fuusetsu chuuihou | Blizzard advisory |
| 波浪注意報 | Harou chuuihou | High wave advisory |
| 高潮注意報 | Takashio chuuihou | High tide advisory |
| 濃霧注意報 | Noumu chuuihou | Fog advisory |
| 雷注意報 | Kaminari chuuihou | Thunderstorm advisory |
| なだれ注意報 | Nadare chuuihou | Avalanche advisory |
| 融雪注意報 | Yuusetsu chuuihou | Snow melting advisory |
| 乾燥注意報 | Kansou chuuihou | Dry air advisory |
| 低温注意報 | Teion chuuihou | Low temperature advisory |
| 着氷注意報 | Chakuyou chuuihou | Ice accumulation advisory |
| 着雪注意報 | Chakusetsu chuuihou | Snow accumulation advisory |
| 霜注意報 | Shimo chuuihou | Frost advisory |

Earthquakes and Tsunami

| Japanese | Reading | English |
|----------|------------------------|-----------------------------|
| 緊急地震速報 | Kinkyuu jishin sokuhou | Earthquake early warning |
| 津波注意報 | Tsunami chuuihou | Tsunami advisory (up to 1m) |
| 津波警報 | Tsunami keihou | Tsunami warning (1m-3m) |
| 大津波警報 | Ootsunami keihou | Major tsunami warning (3m+) |

Disasters in Iwate

Natural disasters are scary occurrences, which is why it is so important to be knowledgeable and prepared about their possibilities. Here are some of the disasters that could occur in Iwate.

Earthquakes 地震 Jishin

Japan is a country with many earthquakes, which can cause damage to buildings and fires to rage.

- Secure heavy furniture with stabilizers (found in home supply stores).
- An earthquake early warning (緊急地震速報, kinkyuu jishin sokuhou) may be sent out a few moments before so you can brace yourself for impact.
- During an earthquake, **protect your head** by getting under a table or desk. Open a door or window to ensure you can get out after the quake stops.
- **Turn off any heat or fire sources** (stoves, heaters) as soon as the shaking subsides.
- Beware of aftershocks – an aftershock could be stronger than the original earthquake.
- If you're outside, move away from walls and buildings.

Tsunami 津波 Tsunami

Tsunami are large waves that are caused by earthquakes. You must always be aware of the tsunami risk when visiting or living in a coastal area.

- The only way to save yourself from a tsunami is to **get to higher ground as quickly as possible**. Do not wait for an evacuation order.
- Stay away from rivers and other bodies of water after an earthquake.
- Do not go back to the danger zone until officials have declared it safe.
- If you live in a coastal area, there will be evacuation drills to help you practice getting to a safe area.



Sign for tsunami evacuation area

Typhoons 台風 Taifuu

Typhoon season in Japan comes in autumn, but torrential rains can happen at any time of the year. Additionally, landslides can occur when immense amounts of rain loosen the ground. Keep an ear out for evacuation warnings during heavy rainfall.

Heavy Snow 大雪 Ooyuki

Some parts of Iwate are prone to high snowfall levels, and too much snow can cause roofs to collapse. You will need assistance clearing off your roof from the weight of the snow, because falling off the roof is one of the top causes of injury during snowstorms.

Volcanoes 火山 Kazan

There are four volcanoes in Iwate. Always check their status before mountain climbing. If you live near one of these volcanoes, you will need to know where you can evacuate to in case of eruption.

Volcano Levels

- Level 5: Evacuate
- Level 4: Prepare to evacuate
- Level 3: Do not approach the volcano.
- Level 2: Do not approach the crater.
- Level 1: Normal levels



Evacuating, spending time in a shelter, and useful phrases

Evacuation points or areas 避難場所 Hinan basho

These are safe areas where you can escape to after a natural disaster. As a rule of thumb, evacuation points are usually found in elementary schools or public gathering halls (kouminkan), but they may also be found on higher ground and other outside spots. Feel free to consult with your neighbors if you are unclear.



*When you move into a new place, you can inquire with your local municipal office about the closest evacuation area.

Evacuating

| Japanese | Reading | English |
|----------|---------------|--|
| 避難勧告 | Hinan kankoku | Evacuation advisory. You are recommended to leave your home for a shelter. |
| 避難指示 | Hinan shiji | Order to evacuate. You are strongly advised to evacuate for a safe area. |

When evacuating, remember:

- You don't need to wait for an evacuation order if you feel danger. Go as soon as you feel it is necessary.
- Listen carefully to your municipality's announcements.
- Walk, don't use a car. If you are in your car when a disaster strikes, pull over to the side and leave the keys in the ignition before getting out.
- Try to stay away from the sea, rivers, and cliffs, as they can be dangerous.

Evacuation shelters 避難所 Hinanjo

If you cannot return to your home due to a natural disaster, you will be able to live in a temporary shelter until you can go back. These are operated by the local government. Natural disasters are high-stress situations, so here are a few tips for living comfortably and safely in a shelter.

- Try your best to support and empathize with your fellow shelter-mates.
- Respect other's privacy. Don't just walk into other people's spaces.
- Take off your shoes when walking into your space or other people's spaces.
- Keep your cell phone on silent and take calls outside.
- Wait patiently in lines for meals or the bathroom.
- Prioritize the elderly, people with disabilities, and nursing mothers.
- When supplies are delivered, do your best to hand them out as equally as possible. Don't take more than your fair share of the resources.
- Keep the toilet area clean.
- Properly dispose of garbage.
- Don't disturb others during lights out.
- Inform the people-in-charge if you are moving out of the shelter.

Useful phrases

General

| Japanese | Reading | English |
|---------------------------|---|--|
| 私のスペースはどこにありますか。 | Watashi no supesu wa doko ni arimasu ka. | Where is my individual space? |
| 日本語ができないので、ご対応よろしくお願ひします。 | Nihongo ga dekinai node, go taiou yoroshiku onegai shimasu. | I cannot speak Japanese, so I would appreciate if you look out for me. |
| お医者さんに診てもらいたいです。 | Oishasan ni mite moritai desu. | I need to see a doctor. |
| トイレはどこですか。 | Toire wa doko desu ka | Where is the toilet? |
| お風呂はどこですか。 | Ofuro wa doko desu ka | Where is the shower/bath? |
| お願いします | Onegaishimasu | Please |
| すみません | Sumimasen | I'm sorry, excuse me |
| ありがとう | Arigatou | Thank you |
| 分かりました | Wakarimashita | I understand |
| 分かりません | Wakarimasen | I do not understand |

Meals

| Japanese | Reading | English |
|--------------|----------------------------------|---------------------------------|
| 食事は何時ですか。 | Shokuji wa nanji desu ka. | When is the next meal? |
| 〜が食べられません。 | ~ ga taberaremasen. | I cannot eat... |
| アレルギーです。 | Arerugii desu. | I have an allergy. |
| 宗教に制限されています。 | Shuukyuu ni seigen sarete imasu. | It's restricted by my religion. |
| ベジタリアンです。 | Bejitarian desu. | I'm a vegetarian. |
| ビーガンです。 | Biigan desu. | I'm a vegan. |
| 牛肉、豚肉、鶏肉 | Gyuuniku, butaniku, toriniku | Beef, pork, chicken |
| 卵 | Tamago | Eggs |
| 食肉エキス | Shokuniku ekisu | Meat extract (used in soups) |
| 乳製品 | Nyuuseihin | Dairy |
| 小麦 | Komugi | Wheat |
| 大豆 | Daizu | Soy |
| ナッツ、ラッカセイ | Nattsu, rakkasei | Nuts, peanuts |
| 貝類 | Kairui | Shellfish |

Getting supplies

| Japanese | Reading | English |
|---------------------------------|---|--|
| 【毛布・お薬・洋服・靴・電話・おむつ・生理用品】がほしいです。 | 【Moufu/okusuri/youfuku/kutsu/denwa/omutsu/seiri youhin】 ga hoshii desu. | I need (a blanket/ medicine /clothes/shoes/a phone/diapers/ feminine sanitary products). |