

## 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  
TEL: 019-629-5283 E-mail: kouhou@pref.iwate.jp

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.

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

## 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。	Shuukyoku 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).