



Our Family's Disaster Prevention Manual



**March 2020
Nikko City
(3rd Edition)**

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Disaster Prevention Family Meeting

Natural disasters can hit at any time. In order to ensure your family's safety and keep damage to a minimum, it is important to make everyday preparations. Get your family together to talk about disaster prevention, and protect yourselves from natural disasters. Check for dangerous areas in your home, school, or workplace. Be sure to inspect both indoor and outdoor areas.

- Family Meeting
- Storm and Flood Damage
- Earthquakes
- Fires
- Evacuation Support
- Regional Disaster Prevention
- First Aid
- Preparations
- Record

Confirm Hazard Areas

There are many landslide disaster (special) hazard areas within the city so please check these.

○ Confirm landslide hazard areas

<Nikko City Homepage> http://www.city.nikko.lg.jp/soumu/guide/shoubou/bousai/hazard_map.html

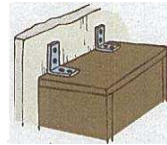
<Tochigi Map Information Public System> https://www.sonicweb-asp.jp/tochigi_pref/

Confirm the Safety of Your House

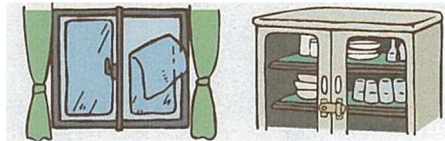
Make safe spaces in your house, and ensure a safe evacuation route.

○ Secure items so they don't fall.

Fix items such as cabinets and bookshelves with L-shaped brackets. If two or more items are stacked on top of each other, connect these together with metal fixtures. Place heavy items such as clothes and books on bottom shelves, and place lighter items on top shelves.



Attach shatter-resistant sheets to your glass windows and glass cupboards. Prevent kitchenware from falling from cupboards by laying non-slip sheets on shelves and attaching safety clasps to doors.



* Do not place TVs or glassware on top of furniture.

○ Check outside your house

| Concrete-Block Walls | | Balcony | | Gas Tanks | |
|-------------------------------|--|------------------------------------------------------------------------------|--|-------------------------------------------------|--|
| Inspect for cracks or damage. | | Adjust items that can fall easily, such as pot plants and clothesline poles. | | Fix gas and kerosene storage tanks with chains. | |

※ Remove or securely fasten items that can easily blow away in the wind.

Emergency Supplies

It is important to make everyday preparations. Do you have the minimum necessities packed compactly and ready to take with you in an evacuation? Have you checked use-by dates?



(→ Pg. 13)

Evacuation Meeting Point and Contact Method

Confirm your evacuation meeting point and contact method in case your family are separated in a natural disaster.

(→Pg. 18)



| |
|------------------------------|
| Family Meeting |
| Storm and Flood Damage |
| Earthquakes |
| Fires |
| Evacuation Support |
| Regional Disaster Prevention |
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| Record |

Preparing for Storm, Flood, and Landslide Damage

Get Information

In order to prepare for storm and flood damage, it is important to be able to gain accurate information quickly, and to know whether you can promptly begin evacuating before disaster levels worsen. Nikko City will announce evacuation information depending on the conditions of the disaster, so please look out for this.

Obtaining Evacuation Information

In Nikko City, evacuation information is provided using a variety of means. Please use the following means to gain information quickly when landslide damage alert information and weather warnings are announced.

- **Emergency Alert Email (Area Email) Simultaneous Distribution**

* In the same way as emergency earthquake information, evacuation information will be simultaneously distributed to municipal area cellphones (NTT Docomo, Softbank, au etc.). However, information cannot be distributed only to the district that is subject to evacuation, so please carefully check whether or not the information applies to the area you live in.

* Depending on the cellphone, it may be necessary to install an app in some cases.

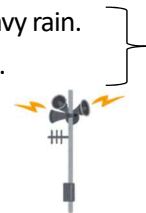
- **City Homepage**

- **Disaster Prevention Outdoor Speakers, Disaster Prevention Radio (Household Radio)**

* Caution - broadcasts via outdoor speakers can be difficult to hear during heavy rain.

* Disaster prevention radios may be available for free loan or paid assignment.

⇒ More on Pg. 16, Pg. 17



- **PR Announcement Car**

* Caution – outdoor broadcasts can be difficult to hear in heavy rain.

- **TV Broadcast** ※ Press the d button to use the data broadcast

- **Information distributed in your region by the neighbourhood council or independent disaster prevention association contact networks.**

- **Alert Level**

| Alert Level | Evacuation Information etc. | Actions Residents Should Take |
|-------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Level 5 (Purple) | Disaster information. ※Special warning for heavy rain. | The best actions to protect your life. ※Move to an evacuation site or a safe place indoors. |
| Level 4 (Light purple) | Evacuation directions (emergency). Evacuation advice. ※Landslide damage alert information. | Evacuation for all. ※In the case that moving to your evacuation site is dangerous, evacuate to a safe place in your neighbourhood or move to an even safer place indoors. |
| Level 3 (Red) | Evacuation preparations, begin evacuating elderly. ※Heavy rain and flood warning. | Begin evacuating individuals who require more time to evacuate. ※If other individuals feel in danger, they may also begin evacuating. |
| Level 2 (Yellow) | Heavy rain and flood advisory. | Prepare for evacuation. Confirm your actions. |
| Level 1 (White) | A warning is possible. | Increase your readiness for a disaster. |

Preparing for Storm and Flood Damage

- Refrain from making nonessential outings when there is danger of a disaster occurring. Return home quickly. Be aware of transportation system suspensions. In the case that you are running late due to the effects of the disaster, clearly relay your travel route and planned time of return to other members of your household.
- Prepare a flashlight, mobile radio (with spare batteries), and a portable battery. If necessary, prepare sandbags in advance.
- Prepare emergency supplies (including at least 3 days' food and drinking water).
- In cases where there is danger of flooding, move important household belongings to a high, safe place.

Family Meeting

Storm and Flood Damage

Earthquakes

Fires

Evacuation Support

Regional Disaster Prevention

First Aid

Preparations

Record

Evacuating

● What is a designated emergency evacuation site?

It is a place to temporarily let the danger brought about by a disaster pass. The general rule of an evacuation is to make your way to an evacuation site.

● What is a designated evacuation shelter?

It is a facility for evacuated people to live for a period of time necessary to let the danger of a disaster pass, or for people who have lost their homes in a disaster to live temporarily.

Independent Evacuation

The basis of an evacuation is speed. Even if no evacuation advice has been issued, please evacuate if you feel you are in danger. In the event that there is danger of a disaster occurring, such as approaching typhoons etc., Nikko City will set up facilities for people evacuating independently.



Making Your Way to an Evacuation Site

In an evacuation, the basic rule is to make your way to a designated emergency evacuation site. Check in advance where the closest evacuation site to you is. When evacuation information is announced, quickly make your way to your evacuation site.

✕ In order for pets to accompany you in an evacuation, training and preparation is essential. Please check the Ministry of Environment's 'Guideline's on Pet Aid Measures in a Disaster'.

Emergency Evacuation to a Safe Place

In cases where water levels have risen to knee-height, or the flow of water is very strong, moving to an evacuation site can be dangerous. Limit movement as much as possible. Evacuating to places such as the 2nd floor of your house or to a tall building nearby may be safer.

Do not put yourself in a dangerous situation. Wait for rescue in a high place.



Evacuating in High Water Levels

● Footwear (avoid bare feet, rain boots)

It is recommended to wear sneakers tied with laces.

● When you have no choice but to move...

Connect yourselves together with rope. Keep your eyes on children. Be careful of your footing. Be cautious of manholes and gutters below the surface of the water.



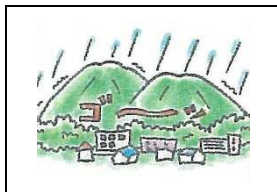
When evacuating, call out to your neighbours and move together

Mudslide



A mudslide is when mountainside, mountain stream rocks, and earth and sand are washed away downstream all at once from a typhoon or concentrated heavy rainfall. The speed of flow can reach 20-30 km per hour, and can destroy houses and fields in an instant.

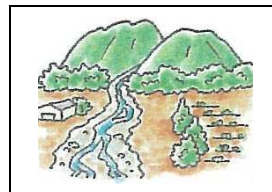
Warning Signs



Mountain rumbles

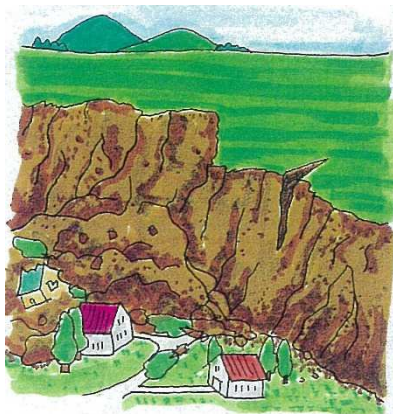


Murky river water with driftwood



Decrease in river's water level even during heavy rainfall

Cliff Collapse



A cliff collapse is a sudden collapse in a slope brought about by the effects of rain or earthquakes. Since cliff collapses occur suddenly, many people are unable to escape in time, so death rates can be high.

Warning Signs



Small rock falls



Water gushing out of the cliff



Cracks appearing in the cliff

Landslide

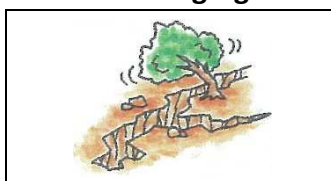


Landslides occur on relatively gentle slopes when surfaces susceptible to slipping, such as underground layers of clay, slowly start moving due to the effects of things such as underground water. Since they occur over a wide-spread area, large-scale damage can occur to houses, roads, and railways.

Warning Signs



Muddy swamp or well water



Small cracks, collapses, or protrusions



Abnormalities in furniture fittings

In Nikko City, we have made a hazard map to let people know about dangerous landslide areas. This is available to the public via the city homepage, so please take note of dangerous areas in your region.

Family Meeting

Storm and Flood Damage

Earthquakes

Fires

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Preparing for Earthquakes

When an earthquake 5 or over on the seismic intensity scale is predicted, the names of all regions that are expected to experience shocks over 4 in seismic intensity will receive emergency information in the form of an emergency earthquake alert. The alert will be sent to cellphones along with a warning sound, and will also be broadcast on TV and radio with the same warning sound.

However, in the case of shallow earthquakes in populated areas, or in regions close to the epicentre, it is possible that the alert may not sound in time. Therefore, it is important to understand the features of this alert.

Using the Emergency Earthquake Alert
Ensure your own safety by remaining calm and assessing your surroundings.

At home...

Protect your head, and get under something like a sturdy desk. Remain calm and do not run outside.



When driving...

Do not slam on the brakes. If you feel an earthquake, slowly come to a stop and turn on your hazard lights.



In a building with many people...

Follow the orders of the person in charge. Move in a calm fashion. Do not run for the exit.

In an elevator...

Let it stop at the closest floor and get off immediately.



On a bus or train...

Hold on tightly to the handrails or straps.



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- Earthquakes**
- Fires
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In the Event of an Earthquake


Even if an earthquake hits, it is important to remain calm and deal with things one at a time. Decide in advance which actions are best to take in the event of an earthquake.



0-2 mins

1 Put Your Safety First (Take Individual Action)


- Get under a desk or table.
- Open a door or window to ensure a possible exit.
- Deal with any fires after shaking has stopped.
- Do not panic and run outside. Make calm decisions.



2-5 mins

2 Prepare for Aftershocks


- Put on slippers or shoes to protect yourself from injury. Beware of things like broken glass.
- Confirm your family's safety. Make sure they are not stuck under fallen furniture.
- Turn off gas, and switch off the electricity at the breaker. Confirm the origin of any fires. Prevent the outbreak of a fire.
- If a fire breaks out, extinguish it if it is in the initial stages.
(It is fine to put out the fire if it has not begun burning the ceiling. Calmly extinguish the fire.)
- Evacuate if there is danger of a building collapse or landslide disaster occurring.



5-10 mins

3 Make Evacuation Preparations

- Have your emergency supplies ready close by.
- Turn on the radio – understand the current conditions.
- If there are people with serious injuries or you discover a fire and you can't manage on your own, make it known in a loud voice to those around you.



10 mins –
several hours

4 Cooperate with Your Neighbours (Take Cooperative Action)

- Call out to your neighbours. Confirm and ensure each other's safety.
 - Take action in cooperation with your neighbourhood council and independent disaster prevention associations. Do not put yourself in danger. Call out for help when you are in a difficult situation.
- When you have confirmed the safety of you and your family/household:
- Prioritise fire extinguishing and rescue over evacuation.

5 In the Event of an Evacuation...

- Evacuate on foot. Keep your luggage light.
- Re-check gas taps and the electricity breaker.
- Move with your neighbours.
- Beware of falling objects, vending machines, and concrete walls.
- Avoid riverbanks and cliffs.



Several hours
– 3 days

6 Cooperate with Your Surroundings

- Take action in cooperation with your surroundings.
- If there is no danger of damage to your house:
- Distribute any extra food and water you have between your neighbours.
 - Go to an evacuation site if you need treatment for an injury, or well-being/damage information.
- If you are at an evacuation site:
- Cooperate with other citizens, administration staff, and facility management staff to run the evacuation site effectively.

Family Meeting

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Earthquakes

Fires

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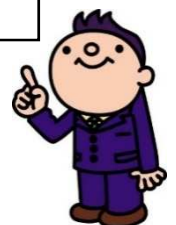
Your home is the closest evacuation site – perfect your preparations.

If your house collapses during an earthquake, or you become trapped under furniture, the rescue or emergency measure which follows, no matter how accurately it is done, will be a loss.

Make your house a safe place by taking protective measures in advance such as earthquake-proofing, making repairs, and securing furniture in place. Saving the lives of you and your family decreases the number of victims and rescuers, and keeps damage within the region to a minimum.

After ensuring your own safety, go between those who need support and those who are the supporters. In a large-scale earthquake disaster, regional cooperation (beginning with checking on the 3 houses on either side of you) goes a long way to reducing the effects of a disaster.

Protect the lives of you and your family, and protect your region from natural disaster!
The first step to disaster prevention begins with your surroundings.



Preventing Fires

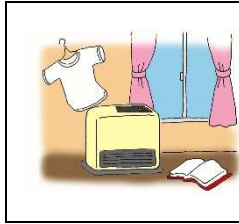
It is important to take care on a daily basis to prevent terrifying fires from happening, like ones that turn everything to ash in a short time after only the slightest inattention.

Using the steps for fire prevention as a basis, reflect on your lifestyle, and check your own current fire prevention measures.

10 Steps for Fire Prevention

1 Keep the area around heaters clear

Be especially careful of curtains and laundry. Always turn off a kerosene heater before adding oil or moving.



2 Do not leave any pans unattended when deep-frying

Always turn off the heat before using the phone or talking to guests. Do not place any easily flammable items nearby.



3 Do not smoke in bed, or throw aside cigarette butts

Create an environment where there is no smoking in bed. Do not leave lit cigarettes lying around. Do not toss aside cigarette butts.



4 Create an environment free from arson

Do not leave easily burnable items around your house. Lock your shed and garage.



5 Refrain from lighting open-fires on windy days

Do not leave children around an open fire on their own. Do not light open-fires on windy days.



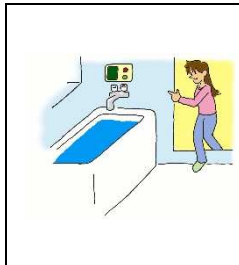
6 Do not let children play with fire

Enforce this often. Do not leave matches or lighters in places children can see them.



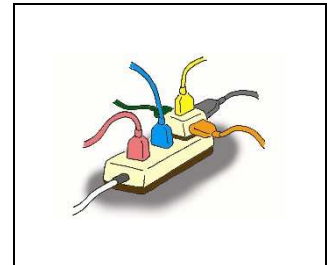
7 Do not heat an empty bath

Check the bathtub water level when the heating light is on. Visually confirm when switching on and off.



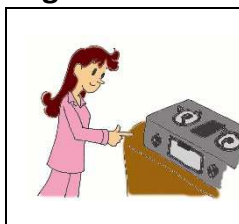
8 Take care when using plug boards

Do not overload an electrical circuit, and take care not to let dust build up around plug boards. Unplug when not in use.



9 Take precautions against fires before going to bed

Check gas taps and *kotatsu* plugs using the finger point check.



10 Make fire-extinguishing preparations

Install a household fire extinguisher and fire alarms. Participate actively in a fire prevention training course.



Individuals Requiring Evacuation Support

Some individuals require various considerations during a disaster. Amongst these individuals, there are also people who are unable to evacuate on their own during a disaster.

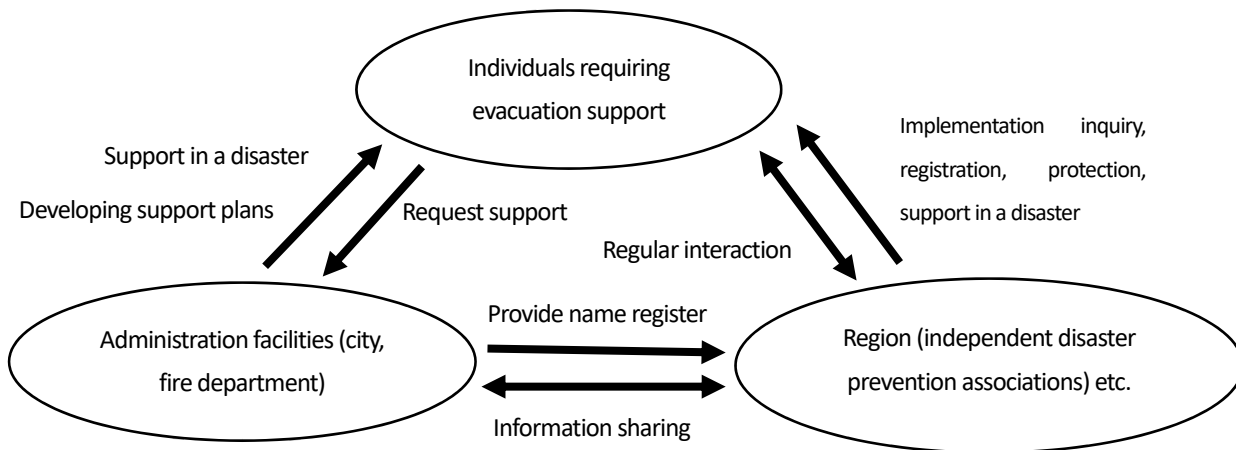
In order to protect individuals like this who are most at risk of suffering damage when a disaster hits, create an environment in your region (neighbourhood, independent disaster prevention association etc.) that can support these individuals.



- Individuals requiring support:**
- People with physical disabilities
 - People with mental disorders
 - People with incurable illnesses
 - People receiving primary nursing care
 - People who are pregnant
 - People with intellectual disabilities
 - People with developmental disorders
 - Elderly
 - Infants
 - People who do not understand Japanese

Nikko City is proceeding with strengthening a support system for those who require evacuation support in a disaster so that the region and administration can cooperate to provide help to those who need it.

Assistance Process for Individuals Requiring Evacuation Support



● To Individuals and the Family of Individuals who Require Evacuation Support

In order to quickly provide evacuation support to those who require it when it becomes necessary, regional and administration facilities have to first be able to grasp information regarding who will require support and where.

Please contact the city if you wish to receive support in a disaster. Please also submit the implementation inquiry survey to an independent disaster prevention association (or neighbourhood council). We kindly request your cooperation in this matter.

Nikko City will make a support plan for those who need evacuation assistance in each region based on the information provided, and will provide support by cooperating with regional independent disaster prevention associations (or neighbourhood councils), district welfare officers, child welfare officers and those who require evacuation support.

Evacuation support organisations and supporters such as independent disaster prevention associations will make regular calls to these people based on the received information, and will confirm your safety or provide evacuation support.



- Family Meeting
- Storm and Flood Damage
- Earthquakes
- Fires
- Evacuation Support
- Regional Disaster Prevention
- First Aid
- Preparations
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Protecting Your Region

It is said that, in recent years, relationships with neighbours have weakened. When a disaster hits, in order to prevent this and keep damage to a minimum, beginning to protect not only your own family, but the entirety of the region that you live in will in turn ensure the safety of you and your family. In order to create a city that you can rely on, prioritise making regional connections, and strengthen the feeling of solidarity.

The Importance of an Independent Disaster Prevention Association



If a large-scale disaster such as a major earthquake hit Nikko City and brought about extensive damage, it is predicted that public disaster prevention organisations such as fire departments, police, and the self-defence force would not be able to deal with it sufficiently on their own.

At times like these, organised disaster prevention actions conducted by regional citizens become important. Independent disaster prevention associations were formed with a focus on disaster prevention actions, and are based on regional citizens' cooperative spirit in wanting to 'protect their own region with their own hands'.

There are active independent disaster prevention associations in all regions within Nikko City.

Independent Disaster Prevention Association Activities

Independent disaster prevention associations conduct regular activities to prepare for large-scale disasters, including promoting an understanding of regional danger and household safety checks, grasping an understanding of individuals who require evacuation support, and holding regionally specialized disaster prevention trainings.

When a disaster hits they protect lives, and conduct the necessary activities to prevent the spread of the disaster.



Initial Disaster Response



① Gather and communicate information

The gathering and communicating of information is especially important in the initial response period after a disaster.

Compiling information on damage conditions and fire outbreaks within the region, as well as grasping the region's conditions quickly, enables evacuation guidance and rescue actions. Rapid support is also possible if conditions are relayed to the city.

Prepare a system in advance which makes possible the rapid collection of information by dividing up regional investigation sections and deciding supervisors' selection methods.

② Extinguish fires early (prevent the outbreak of fires)



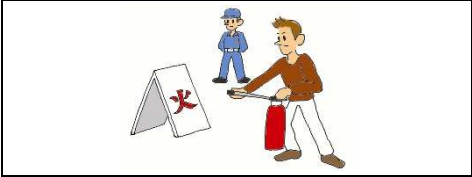




The purpose of initial fire-extinguishing is to prevent the spread of fires. If firefighters or the volunteer fire department arrive, follow their instructions.

③ Rescue/first-aid work/evacuation

Based on the gathered information, cooperate by conducting suitable actions quickly.

Independent Disaster Prevention Association Group Actions – Regular Actions vs. Actions in a Disaster

The following is an example of the actions which independent disaster prevention associations take in ordinary times and in a disaster.

| Group Name | Regular Actions | Actions in a Disaster | |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| Information Group | <ul style="list-style-type: none"> ● Hold trainings to convey information to citizens, and send out pamphlets to enlighten people about disaster prevention.  | <ul style="list-style-type: none"> ● Convey information received from the city and fire department, investigate damage in the region as well as evacuation conditions, and report this to the city.  | Family Meeting Storm and Flood Damage Earthquakes |
| Fire Extinguishing Group Rescue/First-Aid Group | <ul style="list-style-type: none"> ● Teach about fire-extinguishing equipment checks and effective fire extinguishing techniques, and instruct citizens on proper handling methods. ● Conduct trainings on how to use rescue equipment, how to transport injured people to hospital, and how to give first aid treatments. Confirm in advance the location of medical facilities and first aid stations.  | <ul style="list-style-type: none"> ● With the help of surrounding citizens, extinguish fires in their initial stages, and prevent the spread of fires. ● Prepare equipment and conduct rescue operations, administer first-aid to injured people, and transport people to treatment facilities and first-aid stations.  | Fires Evacuation Support Regional Disaster Prevention |
| Evacuation Instruction Group (Assistance for individuals who require evacuation support) | <ul style="list-style-type: none"> ● Gain an understanding of evacuation sites and possible evacuation routes, and hold trainings on how to lead an evacuation. An awareness of dangerous areas within the region is also necessary. ● Gain knowledge of individuals within the region that will require evacuation support in a disaster. | <ul style="list-style-type: none"> ● As an organisation, call out for people to evacuate, and lead a safe evacuation. Lead citizens, including people who require evacuation assistance such as elderly, to the evacuation site.  | First Aid Preparations |
| Evacuation Site Management Group | <ul style="list-style-type: none"> ● In addition to stockpiling and managing supplies, hold evacuation site management training including how to make 'alpha rice' and how to set up portable toilets and room dividers.  | <ul style="list-style-type: none"> ● Ensure food and water supplies, as well as take in and distribute food and relief supplies.  | Record |

Protecting Lives

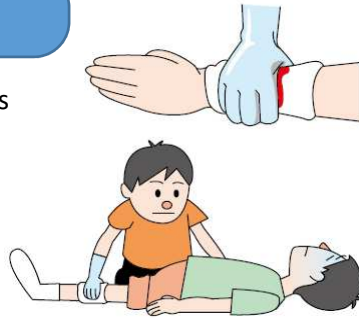
No one knows when or where a disaster will hit. In a disaster, ambulance crews may take time to arrive. Remember the following first aid treatments so you can protect those who are important to you.

First Aid Treatment Methods

Stop the Bleeding

When treating injuries you need to:

- ① Stop the bleeding
- ② Prevent bacteria from entering the wound



First Aid Treatment

- ① Stop the bleeding by covering the wound completely with a clean cloth or gauze, and apply slight pressure.
- ② Keep the wound clean, and apply a bandage.
- ③ Wear plastic or rubber gloves (supermarket plastic bags work too) so you do not touch the blood directly.

Broken Bones

How to spot a broken bone:

- Severe pain
- Swelling or deformity
- Chills or cold sweats
- The bone is protruding from the wound opening

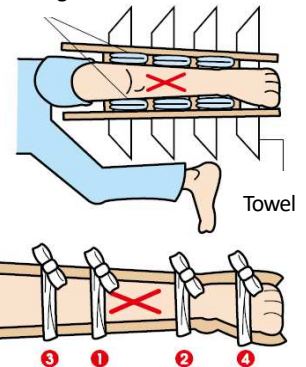
First Aid Treatment

- ① First treat any bleeding.
- ② Place injured area on something such as a magazine, and fix in a position that does not hurt. Make sure the magazine extends past the joints above and below the broken area.
- ③ If the bone is protruding from the wound, place clean gauze or cloth on top of it, and wrap with a sheet.

Broken Leg

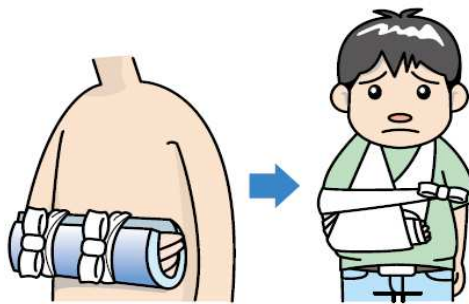
- ① Place magazines etc. around both sides of the injured area.
- ② Fix in order (1-4, as shown below) so the joints do not move.

Padding



Broken Arm

- ① Place a magazine around the broken area, and fix in place above and below.
- ② Make a sling with a towel, and then fix again around the chest.



Chest Compressions

When someone is unable to breathe normally, perform chest compressions and mouth-to-mouth (artificial respiration).

- ① Place your hands on top of each other in the middle of the chest, press your weight down vertically, and, making sure the lower 5cm or more of the chest are compressed, press down at a speed of 100 or more times a minutes. (Do not bend your elbows).



- ② After compressing 30 times, conduct mouth-to-mouth (artificial respiration) twice. Repeat this at a fixed interval.

※ If you are unable to perform mouth-to-mouth, or hesitate due to blood in the injured person's mouth, continue administering chest compressions.



Everyday Preparations

Depending on the scale of the disaster, it may take time for support to be delivered. Prepare enough supplies to get you through at least 3 days. Prepare emergency supplies that you can reach immediately to take with you when you evacuate, as well as supplies that will be necessary for everyday life after suffering damage from a disaster.

Emergency Kit (Have This Ready to Take With You in the Event of an Evacuation)

It is important to have an emergency kit prepared that you are able to access immediately to take with you in the event of an evacuation. Place the prepared items in a backpack so that your hands will remain free in an evacuation.



First Aid • Hygiene Goods

First aid kit, medication (household medication, prescribed medication), tissues, wet wipes, female sanitary products, masks, portable toilet etc.



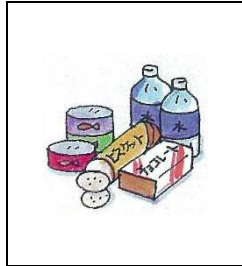
Clothing etc.

A change of clothes, towel, helmet, cotton gloves, emergency blanket etc.



Emergency Food Supply

Canned foods, canned bread, biscuits, chocolate, mineral water etc. (i.e. food you can eat without cooking).



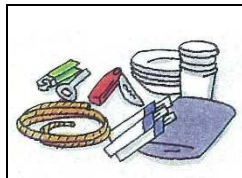
Valuables

Personal stamp, bankbook, 'my number' card, health insurance card, copy of driver's license, cash (including 10 yen coins for using payphone) etc.



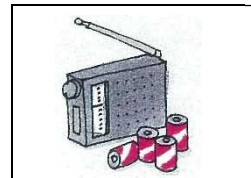
Tools/Equipment

Pocketknife, disposable chopsticks, disposable tableware, cling wrap, rope, plastic bags, picnic blanket, notebook and pen etc.



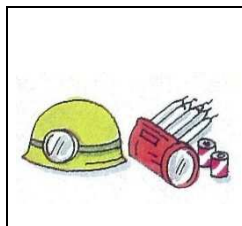
Devices to Gather Information

Cellphone (including charger), external battery, portable radio, spare batteries.



Lighting Equipment

Flashlight, headlamp (1 per person if possible), spare batteries, candles, lighter etc.



Other

Disposable heating pads, address book/phone book (emergency contacts), glasses, contact lenses (spares), whistle etc.



Remember:

- ① As a family, consider what items will be necessary in an evacuation.
- ② Check your emergency kit at least once a year. Check best before dates and medication expiry dates. It is also recommended to change emergency kit clothing with each change of season.
- ③ A cellphone will be important in acquiring information in a disaster. Prepare an external battery or a battery-powered charger so you can charge your phone even in an electrical outage.
- ④ For individuals with food allergies, prepare 'allergy milk' and food (baby food etc.), and prescribed medication (epipen, ointments etc.).

Family Meeting

Storm and Flood Damage

Earthquakes

Fires

Evacuation Support

Regional Disaster Prevention

First Aid

Preparations

Record



Emergency Supplies (Ensure You Have Everyday Supplies for After a Disaster Hits)

■ Food Supplies

Rice, 'alpha' fast-cooking rice, packed and sterilized foods, cups of instant-noodles, pickled plums, condiments, snacks etc. If you have an infant, also prepare milk (or an alternative product if allergic).



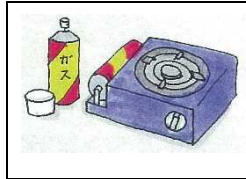
■ Water

Approximately 3 litres per person per day of drinking water. It is important to replace these often.

Fill your bath with water for other everyday use (laundry, toilet). It is effective to also store water in a tank in advance. Also prepare emergency water supply bags.

■ Fuel

Portable gas burner (and spare gas cans), solid fuel.



■ Everyday Essentials

Portable toilet, plastic bags, tissues, toilet paper, female sanitary products.

Remember:

The larger the scale of a disaster, the longer it takes to be able to receive support supplies. Consider what your family would need in the event of a power outage or water outage, or if gas supply stopped. Additionally, in the same way as your emergency kit, prepare appropriate supplies if you have people with food allergies.

What to Do in a Power Outage

In the Hokkaido Iburi Eastern Earthquake, and in the 2019 Bousou Peninsula Typhoon, largescale power outages occurred. When electricity stops, many devices become unusable. Confirm in advance what you should do in a power outage.

Causes of Largescale Power Outages:

- Damage to power generation facilities or power transmission facilities caused by the earthquake (Hokkaido Iburi Eastern Earthquake).
- Damage to power transmission facilities from strong winds in a typhoon (2019 Bousou Peninsula Typhoon).
- ※The larger the scale of damage, the longer a power outage can last.

Effects:

- No longer able to use AC/heat pump.
- Food in the fridge and freezer will go off.
- No light at night time.
- Unable to gain information from the TV.
- Unable to use cellphone.
- Unable to use cooking devices.
- Unable to heat a bath.
- No running water. Etc.

Prepare for a Power Outage

■ Check how to switch your solar panels to independent movement mode

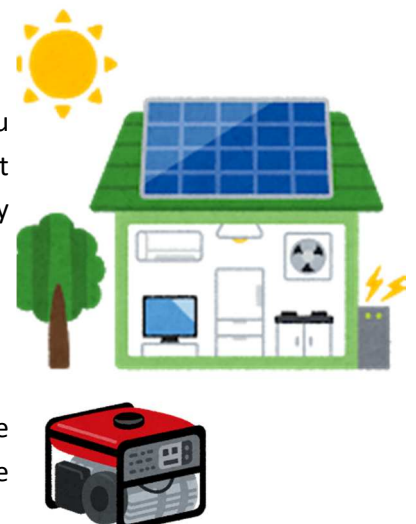
If you have solar panels, you can use solar power in a power outage. When you use these, it is sometimes necessary to switch them to independent movement mode, so check in advance how to do this, and confirm that you can supply electricity to your outlets using the solar power.

■ Stock up on lighting equipment

Prepare items such as flashlights and candles.

■ Generators and storage batteries

You can also use generators and storage batteries in a power outage. If you have these items, make sure you have enough fuel, and you understand how to use them.



Toilets in a Disaster

In the Great Eastern Japan Earthquake and the Great Hanshin Earthquake, the thing that became an issue during life in evacuation was the toilets. If water is suspended as a result of a large earthquake or power outage, toilets may become unusable. Prepare a portable toilet you can use in your home or at an evacuation site.

There is a chance you will become unable to use your home toilet or the evacuation site toilet. You would be able to endure a lack of food if you had to, but this is not the same for going to the toilet.

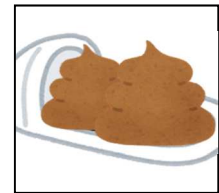
Causes for being unable to use the toilet:

- ① The toilet cannot be flushed due to a water suspension.
 - ② The sewerage cannot flush due to damage to the sewer pipes or sewerage facilities.
 - ③ Toilet facilities are unusable due to a power outage.
- ※ Water suspensions can also occur if a power outage becomes prolonged.



Toilet conditions in previous disasters

- Evacuation site toilets or public toilets could not be flushed and became clogged.
- People relieved themselves away from public gaze, causing bad smells to waft around.
- In order to hold on from going to the toilet, people did not eat enough or drink enough water at evacuation sites, and developed health issues.
- Even though there were temporary toilets set up at evacuation sites, the toilet waste collection could not be completed in time, so they then became unusable.



Let's prepare in advance to prevent these conditions

Emergency Supply Toilet

Store a portable toilet in your home. You can use it at your house or at an evacuation site.

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Portable Toilet | |
| <p>Cover a western-style toilet or portable toilet with the bag to use. A coagulating agent is attached to the bag, so any faeces or urine will solidify. You can then seal the bag and place in the waste.</p> <p>You can use this on your household toilet, and it is also ideal for keeping in your reserve supplies.</p> | |

Toilets used at Evacuation Sites

The following types of toilets are often used at evacuation sites.

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Manhole Toilet | |
| <p>In a disaster, a portable toilet can be used by placing it over a manhole in a sewerage pipeline. They are set up at evacuation sites and are used until water supply or sewer systems can be repaired, or until a temporary toilet (chemical toilet) can be set up.</p> | |
| Temporary Toilet/Chemical Toilet | |
| <p>These are toilets set up temporarily in places where there are originally no toilets such as event arenas, construction sites, and disaster evacuation sites, in cases where existing toilets become unusable, or in places where the number of toilets are insufficient. They are set up at evacuation sites approximately 2-3 days after a disaster hits.</p> | |

Family Meeting

Storm and Flood Damage

Earthquakes

Fires

Evacuation Support

Regional Disaster Prevention

First Aid

Preparations

Record

Disaster Apps

For information regarding disaster prevention or civil protection, please use disaster prevention apps such as 'safety tips' what the Japan Tourism Agency is supervising.

Push Information Delivery App "Safety tips" Overview ①

As of March 2020



Functions

- This Japan Tourism Agency app that provides disaster information to international visitors was launched in October 2014 so that they could travel while feeling safe in Japan, which has many natural disasters.
- Besides providing push notifications of Earthquake Early Warnings, Tsunami Warnings and Weather Warnings in Japan, it also provides links gathering information necessary during disasters, communication cards to take information from surrounding people, and a response flow chart showing how to evacuate depending on the surrounding situation.
- Supported languages: 14 languages
English, Chinese (Simplified / Traditional), Korean, Japanese, Spanish, Portuguese, Vietnamese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese and Mongolian
- Fee: Free
- Information shown as push notifications
Earthquake Early Warnings, Tsunami Warnings, Weather Warnings, Eruption Notices, Heatstroke Information, Ballistic Missile Launch and other civil protection information, Evacuation Advice, etc.



Push Notifications

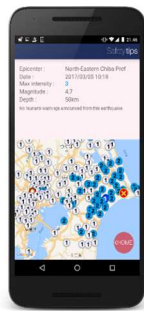
Action to Take

Android:

iPhone



Language can be selected through in-app setting button



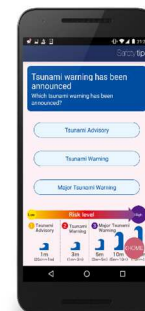
Shows seismic intensity of surrounding area for earthquakes



Visualizes area of disasters and current location



Displays disaster information history



Response Flow Chart



Link List

Disaster Prevention Outdoor Speakers

In order to widely distribute disaster information, Nikko City has established disaster prevention outdoor speakers in 299 places within the city. They will broadcast emergency earthquake alerts, evacuation information, and notices from the city.

Broadcast Content

- Emergency information (emergency earthquake alerts, special warnings, evacuation information, missile information etc.)
- Notices from the city (administration information, event information etc.)
- Test broadcasts (J-Alert test broadcast several times a year, test broadcasts etc.)
- Scheduled broadcasts

※Please contact us if speakers are not carrying the broadcast.

Nikko City General Affairs Division: 0288-21-5166

Broadcast Content Guidance Service

Please use the Broadcast Content Guidance Service automatic phone response when you need to confirm broadcast content or when the broadcast is difficult to hear. **Ph.: 0180-992-188 (toll call)**

※From landline (within the city) – 9.35 yen/3 min (tax included). From cellphone (within the city) – 11 yen/14 seconds.

※Cannot be used on some VoIP, some direct phone lines, some cable TV phones, prepaid cellphones, public train telephones, and international calls.

Broadcast content will also be uploaded to the city homepage. ※In some cases, it may take time before content can be uploaded. <http://www.city.nikko.lg.jp/soumu/okugaisupi-ka-.html>





This is Nikko City...

Disaster Prevention Radio (Household Receiver)

Nikko City is conducting free lending, as well as paid assignment, of disaster prevention radios (household receivers) so that you can listen to the same content that is broadcast on the disaster prevention outdoor speakers indoors.

Disaster Prevention Radios

| Standard Type (sound only) | Character Display (for hearing impaired) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p style="position: absolute; top: 10px; left: 10px; border: 1px solid black; border-radius: 10px; padding: 5px;">Power outage lamp</p> |  <p style="position: absolute; top: 10px; left: 10px; border: 1px solid black; border-radius: 10px; padding: 5px;">Broadcast content will be displayed as characters※</p> |

※ Regular radio broadcasts will not be character displayed.

Broadcast Content

- Emergency information (emergency earthquake alerts, special warnings, evacuation information, missile information etc.)
- Notices from Nikko City (administration information, event information etc.)
- Test broadcasts (J-Alert broadcast tests 4 times a year, test broadcasts etc.)
- Scheduled broadcasts

※ Please contact the number below if you become unable to receive broadcasts

Nikko City General Affairs Division: 0288-21-5166

Free Lending ※ free lending conditions may be subject to change

- Houses or businesses included in the landslide hazard areas or landslide special hazard areas
- The following requirements apply to all households above in which disaster prevention emails cannot be received via cellphone ('insufficient knowledge on how to operate emails' etc. will not be seen as acceptable reasons).

- ① Households with individuals who are being granted with a Physical Disability Record Book, Special Education Record Book, or Health Benefits Record Book for Mentally Ill
- ② Households with individuals who are patients of specific incurable diseases
- ③ Households with individuals receiving primary nursing care requirement authorization
- ④ Households receiving welfare benefits
- ⑤ Households with only individuals over 65 years of age
- ⑥ Households residing in areas where it is difficult to hear disaster prevention outdoor speakers

※ As an exception, individuals with disabilities and elderly individuals who are unable to gain information due to the member of their household who can receive the disaster prevention emails having to leave the house for work purposes will also be eligible.

Paid Assignment

Individuals who reside within Nikko City and do not meet requirements for free lending radios, or business individuals whose business is located within Nikko City are eligible for a paid assignment radio.

| | | | |
|---------------|------------|-------------------|------------|
| Standard Type | 13,000 yen | Character Display | 23,000 yen |
|---------------|------------|-------------------|------------|

Please contact the number below if you require a paid assignment radio.

Nikko City General Affairs Division: 0288-21-5166



Information about Our Region



All regions within Nikko City have formed independent disaster prevention associations (pg. 10) with neighbourhood councils at their centre.
 Prepare for all possible situations by consolidating your region's disaster prevention information, including information from your local independent disaster prevention association, or information on dangerous areas in the region.

Family Meeting

Storm and Flood Damage

Earthquakes

Fires

Evacuation Support

Regional Disaster Prevention

First Aid

Preparations

Record

(1) Independent Disaster Prevention Association's Information

| Job Title | Name of Person in Charge (Phone Number) | Job Title | Name of Person in Charge (Phone Number) |
|----------------------------------------------------------|-----------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| President | | Vice-President | |
| Information Team Leader | | Residential District Information Team Leader | |
| Fire Extinguishing Team Leader | | Rescue/Aid Team Leader | |
| Evacuation Guidance Team Leader | | Residential District Evacuation Guidance Team (Person in Charge) | |
| Team Leader for Individuals Requiring Evacuation Support | | Evacuation Site Management Team Leader | |
| Regional Disaster Prevention Specialist | | Regional Disaster Prevention Specialist | |

(2) Dangerous Areas in the Region

| Type | Area Name | Region | Designated Emergency Evacuation Site (Phone Number) | Notes (Individuals Requiring Evacuation Support etc.) |
|------|-----------|--------|-----------------------------------------------------|-------------------------------------------------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

(3) Regional Evacuation Sites etc.

| Area Name | Gathering Site (Phone Number) | Designated Emergency Evacuation Site (Phone Number) | Designated Evacuation Site (Phone Number) |
|-----------|-------------------------------|-----------------------------------------------------|-------------------------------------------|
| | | | |
| | | | |
| | | | |

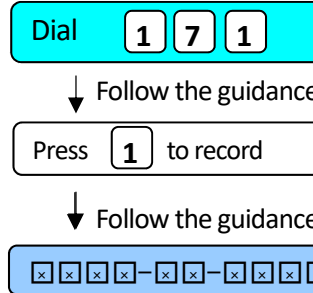
Our Home's Disaster Prevention Memo

Confirm your safety with 'Disaster Voice Messaging Service [171]'

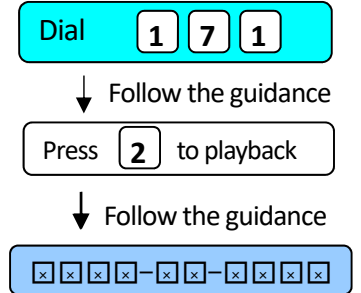
The 'Disaster Voice Messaging Service [171]' is provided by NTT and is a service to confirm the safety status of you and others via telephone during a disaster. When using, dial [171] and follow the guidance to record or playback a message. It can be used from any subscribed phone, public phone, or cellphone.

※ The recorded message can be heard by all individuals who know the phone number of someone located in the disaster area. You will need to set a PIN number in advance if you do not wish your recorded messages to be heard by all others. Please contact NTT for inquiries regarding settings etc.

How to Record a Message



How to Playback a Message



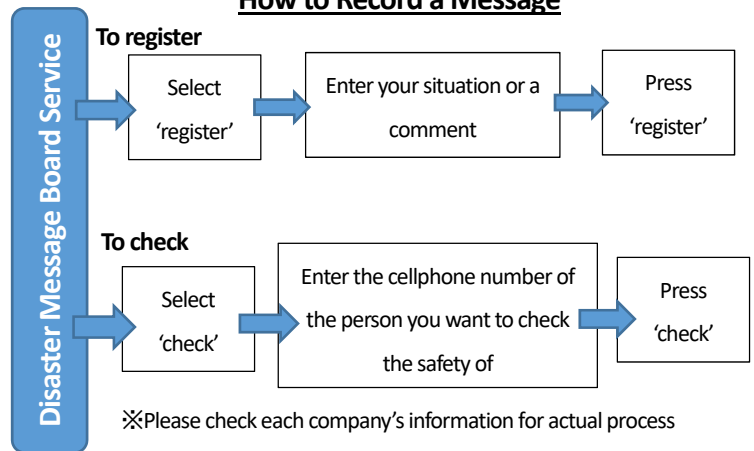
※ Please use the area code when dialing someone in the disaster area.

Disaster Message Board Service WEB171

In largescale earthquakes, as well as when largescale storm and flood damage occurs from typhoons or severe rainfall in a concentrated area, NTT and other cellphone operating companies start up a Disaster Message Board. On the Disaster Message Board, you can, via the internet, register your own safety information and confirm the safety information of family and friends.

※ Each company's service is connected, so you can also check content registered on another company's Disaster Message Board.

How to Record a Message



| | |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NTT | https://www.web171.jp/ |
| NTT DoCoMo | https://www.nttdocomo.co.jp/info/disaster/disaster_board/ ※The above is an information site. In a disaster, you will be able to access it from d-menu etc. |
| au | http://dengon.ezweb.ne.jp/ ※Access the above site or download the app in advance. |
| Softbank | https://www.softbank.jp/mobile/service/dengon/boards/ ※The above is an information site. Please download the app to be able to access this site on your smartphone. |

Disaster Prevention Institution

| | | | | | |
|-----------------------------------------|---------|-----------------------------------------|---------|-------------------------------|--------------|
| Nikko City Hall | 22-1111 | Nikko Fire Station | 54-0050 | Imaichi Police Station | 23-0110 |
| Nikko Gyosei Centre | 54-1112 | Ashio Fire Station Branch | 93-3839 | Nikko Police Station | 53-0110 |
| Fujiwara Gyosei Centre | 76-4100 | Chugushi Fire Station Branch | 55-0131 | Tokyo Denryoku Power Grid Co. | |
| Ashio Gyosei Centre | 93-3115 | Kiyotaki Fire Station Detachment Office | 53-0428 | Customer Centre Tochigi | 0120-995-112 |
| Kuriyama Gyosei Centre | 97-1112 | Fujiwara Fire Station | 76-1444 | NTT | 116 |
| Nikko City Fire Department Headquarters | 21-0016 | Kawaji Fire Station Branch | 78-1000 | | 0120-116-000 |
| Imaichi Fire Station | 21-0539 | Yunishigawa Fire Station Branch | 98-0299 | | |
| Osawa Fire Station Branch | 26-9991 | | | | |

< Memo >

Push Information Delivery App "Safety tips" Overview ①

As of March 2020



Functions

• This Japan Tourism Agency app that provides disaster information to international visitors was launched in October 2014 so that they could travel while feeling safe in Japan, which has many natural disasters.
 • Besides providing push notifications of Earthquake Early Warnings, Tsunami Warnings and Weather Warnings in Japan, it also provides links gathering information necessary during disasters, communication cards to take information from surrounding people, and a response flow chart showing how to evacuate depending on the surrounding situation.

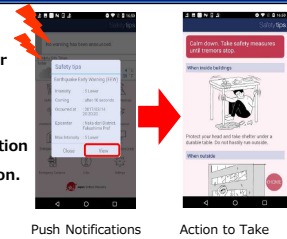
Supported languages: 14 languages

English, Chinese (Simplified / Traditional), Korean, Japanese, Spanish, Portuguese, Vietnamese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese and Mongolian

Fee: Free

Information shown as push notifications

Earthquake Early Warnings, Tsunami Warnings, Weather Warnings, Eruption Notices, Heatstroke Information, Ballistic Missile Launch and other civil protection information, Evacuation Advice, etc.



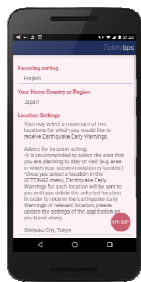
Push Notifications

Action to Take

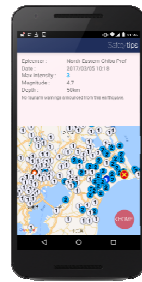
Android:



iPhone



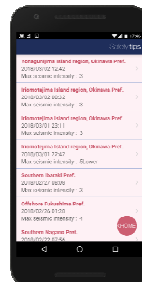
Language can be selected through in-app setting button



Shows seismic intensity of surrounding area for earthquakes



Visualizes area of disasters and current location



Displays disaster information history



Response Flow Chart



Link List

Push Information Delivery App "Safety tips" Overview ②

As of March 2020



Weather Forecasts

Heat Stroke Information

Transitions to heat stroke explanations and response flow chart

Evacuation Advice / Instructions

- Displays points (the current position when automatic point setting is selected) registered in advance by the user over the past month
- Link posted at bottom of page to evacuation information (external app)

Emergency Contact Information

- Notes when using 110 and 119, and one-click dialing
- One-click dialing to embassy according to the user's registered home country information

Top Screen
Supported languages
English, Chinese (Simplified / Traditional), Korean, Japanese, Spanish, Portuguese, Vietnamese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese and Mongolian

Announcement Status of Warnings

Medical Institutions Accepting Foreign Tourists

Provides information for medical institutions where foreign tourists can receive treatment in a foreign language in each prefecture (about 1,970)

Transportation Information

Advance Learning

Explanations of various warnings

First aid info

Links

- NHK WORLD-JAPAN
- Embassy information
- Transportation information
- Meteorological Agency
- Medical Institutions Accepting Foreign Tourists
- Free public Wi-Fi information
- Japan National Tourism Organization (JNTO)
- Voice translation app "VoiceTra" (NICT)

Editing and publication by Nikko City Hall Planning and General Affairs Department, General Affairs Division

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