



**Disaster
Prevention
Guide**

For Foreigners



**—To protect yourself
from natural disaster—**



Make Sure to Prepare for Natural Disasters

Japan is an earthquake-prone country. Miyako City has experienced earthquakes and subsequent tsunamis repeatedly that caused immense damage. In 2016, we also suffered from an extensive damage due to heavy rain by typhoon. So, please take time to read this guidebook and be prepared for earthquakes, tsunamis, and heavy rain while you stay in Miyako City.

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Protect Yourself First If an Earthquake Hits

Indoors

- Take cover under a desk etc. to protect yourself.
- Protect your head with cushions, magazines etc. Move away from window glass.
- After the shaking subsides, extinguish fire.



Outdoors

- Protect your head with your bag or other items.
- Move away from buildings or concrete-block walls.



Evacuate to High Ground Immediately after Shaking Subsides

Tsunami can hit soon after strong or long earthquakes.
You must move to high ground.

☑ Evacuate first if an earthquake hits !

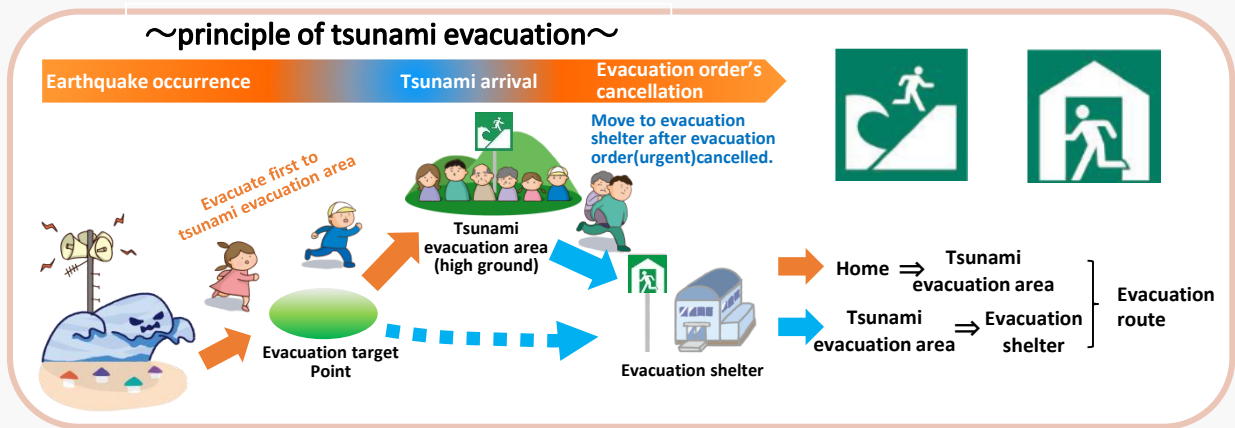
If you feel a strong earthquake (seismic intensity of around 4 or more), or weak but long and slow shake, immediately move away from the coast and evacuate to tsunami evacuation area (high ground) etc.

☑ Tsunamis hit repeatedly!

Tsunami waves are expected to hit repeatedly.
Stay at tsunami evacuation site until tsunami warnings and advisories are cleared.

☑ Too late to evacuate if you wait for information!

Remember to evacuate first to tsunami evacuation area (high ground) etc., then gather information.



Evacuate if in Danger of Inundation Due to Heavy Rain

☑ Evacuate before inundate!

It is difficult to evacuate in inundation. Since flooding can be predicted, evacuate ahead of time if flooding risk becomes high.

☑ Watch your steps not to fall down!

When you evacuate in flooding, walk carefully while feeling your way with a searching stick etc. not to fall into a dip, gutter, or a manhole. Wear comfortable shoes such as sneakers. Do not wear boots. Boots are easily coming off once they get water inside.

☑ It is dangerous to evacuate in flowing water!

Walking in flowing water is difficult even for adults if water depth is 50 cm or over. In such cases, it is safer to move to high ground and wait for rescue.



What is an Tsunami Evacuation Area ?

- A place you evacuate temporarily in time of disasters.
- High ground etc. are designated as tsunami evacuation areas.



What is an Evacuation Shelter ?

- A place for people whose home being severely damaged etc.
- Regardless of nationality etc., it is open to everybody.
- Accommodation, as well as water and foods, are provided.



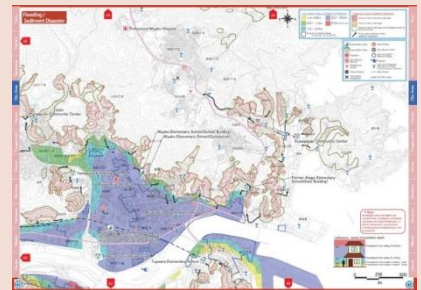
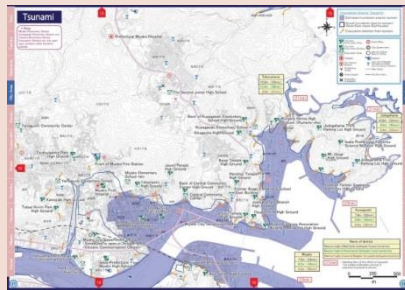
Confirm Warning Areas and Tsunami Evacuation Areas etc. ahead of Time !

Hazard maps are available on the Miyako City website blow. Areas at risk of tsunamis due to an earthquakes, inundation due to heavy rain, or sediment disasters are shown in the hazard maps. You can also confirm tsunami evacuation areas etc.

Tsunami evacuation areas including high ground are available here.



As shown in the right pictures, signboards and guideboards are placed in Miyako City to show tsunami evacuation areas and the evacuation directions. Especially, in the case of tsunamis, please move immediately to high ground guided by these guideboards. You will not have much time to evacuate from tsunamis.



How to Obtain Evacuation Information

If evacuation is required, you will be informed by Miyako City through disaster management radio communications systems etc. Earthquakes, tsunamis, and weather information can be obtained in the following ways.

◆Earthquake Early Warnings◆

Before the tremor hits, you will be informed by a message “a tremor will soon hit” through TV, radio, or smartphones. In case you receive such a message, please act according to Guide 1 and 2.

◆TV and radio◆

Emergency warning including major tsunami warnings and tsunami warnings are available in multiple languages (English, Chinese, Korean, and Portuguese) in the below channels.

	NHK General TV (1ch) BS1 (1ch) BS Premium (3ch)
	NHK Radio 2 (1359kHz)



◆Internet◆

Information on weather, tsunami, warnings, and earthquakes is available in the below website.

• Japan Meteorological Agency



• NHK World



「Safety tips」

An Application for Foreign Travelers on Disaster Information

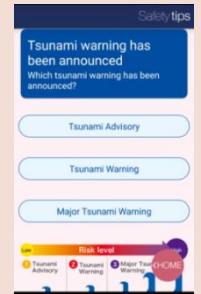
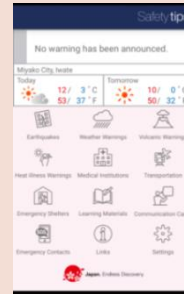
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Safety tips is an application to provide information to foreign travelers in time of disasters.



- Available in 5 languages (English, Chinese(Simplified/Traditional), Korean, and Japanese)
- Features
 - Notice on earthquake early warnings, tsunami warnings etc.
 - Flow chart to show evacuation actions.
 - Communication cards to obtain information from people around the user.
 - List of links to information sources including Japan Meteorological Agency, free public wireless LAN, embassies in Japan etc.



【QR code for download】



For Android



For iPhone

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Safety Confirmation

In time of large-scale disasters, you can confirm safety through Disaster Message Board etc. It is often difficult to make phone calls to the affected areas in time of disasters. So, please take your time to learn how to use them.

	Disaster Message Board (web171) (English/Japanese)	https://www.web171.jp	
	Disaster Emergency Message Dial (Japanese)	TEL: 171	

Emergency Contacts

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Police Station (accidents or other dangers)	TEL : 110
Fire Station (fire, injuries, and sickness)	TEL : 119
Miyako City Government	TEL : 0193-62-2111
Iwate International Association	TEL : 019-654-8900