

The disaster preparedness notes in my house

●Our family's evacuation shelter			●The gathering place in my house	
Family members' contact information	Family members' names	Date of birth	Blood type	Notes (Symptoms, Medical history, Phone number, Workplace, etc.)
		(DD/MM/YYYY)	Type Rh(+ / -)	
		(DD/MM/YYYY)	Type Rh(+ / -)	
		(DD/MM/YYYY)	Type Rh(+ / -)	
		(DD/MM/YYYY)	Type Rh(+ / -)	

●Contact address for when assistance is needed Write down the contact addresses of relatives, friends, and people you want to reach in advance!

Name	Phone	Address	Other
		〒	
		〒	

●Emergency contact address

Name of the organization	Location	Phone
Oumu Town Government Office	Oumu, Oumu Town, Mombetsu District 700	(0158) 84-2121
Oumu Residential Police Box	Oumu, Oumu Town, Mombetsu District 1018-28	(0158) 84-2744
Horonai Residential Police Box	Horonai, Oumu Town, Mombetsu District 371	(0158) 86-2055
Okoppe Police Station	Okoppe, Okoppe Town, Mombetsu District 755-3	(0158) 82-2110
Oumu Fire Department Branch	Oumu, Oumu Town, Mombetsu District 862-2	(0158) 84-2052
Oumu Town National Health Insurance Hospital	Oumu, Oumu Town, Mombetsu District 1482-2	(0158) 84-2517

Medical institution: ※Write down the hospital you often go to, etc.

Confirm your method for informing family and friends about safety information!

Disaster message dial **171** When a large-scale disaster occurs, this voice message board service makes it possible to contact family and friends in the affected area by recording and playing messages even when it is difficult to get through because telephone lines are busy due to people calling each other to check if they are safe.

Record **171** → **1** → 0 □ □ □ □ □ □ □ □ □ □ → Record message
 Play **171** → **2** → 0 □ □ □ □ □ □ □ □ □ □ → Play message

Information is broadcast... Home telephone number or telephone number of the person you wish to contact in the disaster area (starting with area code)

For more details, please refer to the NTT website <https://www.ntt-east.co.jp/saigai/voice171/> 171 or NTT

Mobile phone disaster message board All mobile phone operator provide disaster message boards when a large-scale disaster occurs. You can use mobile phones and smart devices to register and confirm safety information. ※For details, please check your mobile carrier's website.

2023
Special Edition
March



Oumu Disaster Preparedness

handbook

+ Disaster Preparedness Map



Oumu Town



700 Oumu, Oumu-cho, Mombetsu-gun, Hokkaido, 098-1792
Telephone: 0158-84-2121
Oumu Town website
<https://www.town.oumu.hokkaido.jp/>



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Obtaining Disaster Information

During disasters, various information may become entangled, which can easily lead to confusion. It is important to obtain the latest accurate information and take action. Pay attention to the weather information released by the Japan Meteorological Agency during normal times. In case of an emergency, confirm in advance how and what kind of information you can receive.

Downloading the app provides access to weather information, evacuation information, river information, and more.

for iPhone/iPad

for Android

NHK Official App On the map, you can confirm information about rainy weather, typhoons, and rivers synchronized with live broadcasts.

for iPhone/iPad

for Android

All Disaster Prevention Information
(Warnings, Advisories / Earthquakes / Tornadoes, etc.)

Hokkaido Disaster Prevention Portal
<https://www.bousai-hokkaido.jp/>

Weather Information

Abashiri Local Meteorological Observatory, Japan Meteorological Agency

Available for PC and smartphones
<https://www.jma-net.go.jp/abashiri/>

Japan Meteorological Agency Website (Smartphone Version)
<https://www.jma.go.jp/jma/>

Road Information

Hokkaido Region Road Information
<https://info-road.hdb.hkd.mlit.go.jp/RoadInfo/>

Disaster Prevention Information

Ministry of Land, Infrastructure, Transport and Tourism Disaster Information Providing Center

<https://www.mlit.go.jp/saigai/bosaijoho/>

Preparing for Storms/Floods

Storm/flood conditions may change rapidly. When you feel something unusual, evacuate immediately.

Low-lying land adjacent to rivers or land with a soft foundation that has been developed are locations with a high risk of flooding.

Confirmation of evacuation shelters during floods

Please check the **Disaster Preparedness handbook (Disaster Preparedness map)** for the nearest **shelter** marked to your location in advance.

Confirmation of the evacuation path

Please confirm the **actual path** to the evacuation shelter. Remembering **landmark objects** will make it easier.

Check inside and outside the house

Minimize the damage caused by hurricanes and tornadoes by **checking your home's countermeasures for storms and floods**.

Oumu's main flood damage

Date and Time of Occurrence	Reason	Total rainfall	Housing damage
September 15, 1998, 2:10 p.m. - September 17, 7:20 a.m.	Hurricane No. 5	165mm	Water flooding on the ground 43 buildings Water flooding below the ground 29 buildings
September 9, 2001, 9:00 a.m. - September 11, 3:00 p.m.	Autumn rain front and Hurricane No. 15	212mm	Water flooding on the ground 7 buildings Water flooding below the ground 15 buildings

Wind-resistance and flood-resistance evaluation for one's home

"Please check the safety measures in your home and tick the box if measures have been implemented. If there are any shortcomings, please take measures as soon as possible."

- Is it possible that power lines will drop low or come into contact with tree branches?
- Is the air conditioner securely in place?
- Is there a risk of tree branches breaking or trees falling in the yard?
- Is the brick wall cracked or shaky? Is it reinforced with steel?
- Have you moved items like clotheslines and potted plants indoors to prevent them from being blown away?
- To prepare for potential flooding, have you moved household belongings to at least the second floor?
- Is the TV antenna reinforced with a support cable, etc.?
- Is there any damage to the galvanized steel plates on the roof?
- Is the propane gas cylinder securely fastened? Are the pipes wobbly?
- Is the kerosene tank securely fastened?
- Has anti-shatter film been applied to the windows?
- Have items placed around the house that may be sent flying or get damaged been secured or brought indoors?
- Please prepare by storing water and emergency food supplies in advance.
- Please inspect the emergency items you'll be taking with you when evacuating.
- To prepare for power outages, please have spare batteries, a portable radio, flashlight, and candles ready.

Storm/flood
Landslides
Earthquake, tsunami
Blizzard, tornado
Preparing for Disasters
Disaster Preparedness Map
Refuge facility

Preparing for Floods

Because it's too late once floods or other water-related disasters occur, please check in advance!

Evacuating while it's still raining means poor visibility and is very dangerous. Watch your step when evacuating.

1 Get the latest information

Please pay attention to the television and radio and strive to obtain the latest disaster information on rain and hurricanes.



2 Confirm the evacuation shelter

Before evacuating, turn off the gas, electricity, and fire sources, confirm the evacuation shelter, and decide on a meeting place in case family members get separated along the way.



3 Evacuate early

Evacuate proactively and as early as possible based on the evacuation alert level.



4 Evacuation instructions

Evacuation instructions will be issued when danger is imminent. Please evacuate quickly. During evacuation, follow the instructions of the police department, fire department, local leaders, and others.



5 Safe evacuation

When evacuating, choose higher roads as much as possible. When there are flooded areas, be very careful about ditches and waterways. Furthermore, be extra cautious in areas with cliffs and other places where there is a risk of landslides.



6 If you evacuate too late

If you are late evacuating and danger is imminent, run to the 2nd floor or above of a nearby sturdy building.



Check the Danger Level of the rain and wind

Hourly rainfall reference



[Fairly heavy rain]
(10~20mm)

Water falls and splashes onto the ground, wetting your feet. A large puddle forms.



[Heavy rain]
(20~30mm)

In torrential rains, you'll get wet even with an umbrella. Even with the car wipers operating at full speed, it's hard to see clearly.



[Very heavy rain]
(30~50mm)

It's pouring rain, and the road is like a river.



[Extremely heavy rain]
(50~80mm)

Rain pours down like a waterfall, and umbrellas are ineffective. Driving is dangerous.



[Torrential rains]
(80 mm or higher)

It has a suffocating feeling that makes it difficult to breathe. The surroundings are white, causing poor visibility.

Wind and damage reference

*The wind speed is the average wind speed over 10 minutes. The maximum instantaneous wind speed can be about 1.5 to 3 times or more the average wind speed.

[Fairly strong winds]
(Wind speed of 10~15 m/s)

It's difficult to walk into the wind. Whole trees and wires start to sway.

[Strong winds]
(Wind speed of 15~20 m/s)

Power lines are making noises, signs and galvanized sheets are starting to peel off. High-altitude work is dangerous.

[Extremely strong winds]
(Wind speed of 20~30 m/s)

You can't stand without holding onto something. There's a risk of injury from flying objects, so it's extremely dangerous to be outside. Thin tree trunks break, signs fall or scatter.

[Howling winds]
(Wind speed of 30 m/s or higher)

Trees, utility poles, and streetlights topple. Trucks overturn while driving.

Evacuation Alert Level

Here are the 5 disaster warning levels and what action should be taken.

Evacuation alert level information issued due to disasters, etc.

Danger level	Warning level	How residents should behave when evacuating
High	5	Disaster is imminent or has occurred Oumu Town issued instructions Ensure safety at once
Danger level	Must evacuate from the danger zone before the alert level reaches level 4!	
	4	Great concern of the possibility of a disaster Oumu Town issued instructions Evacuation Order
	3	Concern of the possibility of a disaster Oumu Town issued instructions Evacuation of the elderly, etc.
Low	2	Worsening weather conditions Announcement from the Japan Meteorological Agency Heavy rain/Flooding/High tide advisories
	1	Concern that weather conditions will worsen Announcement from the Japan Meteorological Agency Early Advisory Information

At warning level 5, it is already too late to evacuate safely and your life is in danger. Evacuate before the level 5 "Ensure safety at once" warning is issued!

Everyone must evacuate from dangerous locations when warning level 4 Evacuation Orders are issued.

Evacuate people who require more time to evacuate, such as the elderly and people with disabilities, from dangerous locations at Level 3 Evacuation of Elderly, etc.

*If you feel that you are in danger, evacuate regardless of the warning level. Warnings may not always start at Level 1 and be issued in order.

When instructions are issued **Warning level 5**
Ensure safety at once Imminent, abnormal, and unprecedented danger
Take measures to **protect life** immediately!

Key points for early evacuation during heavy rain

Plan your route and evacuate early

Please walk the evacuation route in person to confirm that the route is safe and convenient route and check how long it takes. When actually evacuating, try to leave enough time to evacuate before the onset of flooding.



Evacuate before the onset of flooding

If there is heavy or prolonged rainfall upstream of the river near where you live, you need to be extra cautious. Particularly for the elderly or disabled who may take longer to evacuate, it is crucial to evacuate early.



Evacuate before it gets dark

When heavy rain is forecast, evacuate during daylight hours. If you evacuate after dark, visibility is poor, and you may not notice collapsed roads and side ditches.



My Timeline

Please formulate "My Family's Disaster Preparedness Plan" based on the table below to prepare for disasters!

Based on the disaster prevention map, what is the risk to your home?

Flood	<input type="checkbox"/> Yes (Flood-prone area) [] River	Landslides	<input type="checkbox"/> Yes (Within a landslide (special) warning zone)
	What is the estimated depth of flooding in your home?		<input type="checkbox"/> None
	<input type="checkbox"/> None		
	<input type="checkbox"/> Less than 0.5m		<input type="checkbox"/> 0.5~3m
	<input type="checkbox"/> 3~5m		<input type="checkbox"/> 5m or more

Confirmation of the evacuation shelter

Potential evacuation destinations	Movement time
①	Minutes
Potential evacuation destinations	Movement time
②	Minutes

Check the family's situation

People who need support during evacuation (elderly, disabled, infants, pregnant women, etc.)

Present **Evacuation of the elderly, etc.** Evacuate as soon as the order is issued!

Not present **Evacuation Order** Evacuate as soon as the order is issued!

What about pets? Present Not present

Other evacuation timings (fill in if applicable)

Warning level	Information from the government, etc.	My family's action plan
Level 1 1-3 days before heavy rain/hurricane	Early advisory information for heavy rain and hurricanes	<input type="checkbox"/> Check the latest weather forecast <input type="checkbox"/> Secure items around your house that may be blown away by wind and rain <input type="checkbox"/> Notify relatives and acquaintances that you will be evacuated <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Level 2 Warning	Broadcasts of heavy rain advisories, flood advisories	<input type="checkbox"/> Check the weather information <input type="checkbox"/> Charge your phone and power bank <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Level 3 Alarm/Elderly evacuation	Evacuation of the elderly, etc. Broadcasts of heavy rain warnings, flood warnings, inundation alert information, and storm surge advisories	<input type="checkbox"/> Evacuation of the elderly, etc. Start heading toward the evacuation shelter after the order is issued <input type="checkbox"/> Evacuate at the time you decide () <input type="checkbox"/> Check what evacuation shelters are open as well as rainfall, water levels, and so on using a television, the internet, or your mobile phone. <input type="checkbox"/> Close the doors and windows of the house <input type="checkbox"/> Place emergency items in the entrance hall <input type="checkbox"/> <input type="checkbox"/>
Level 4 Evacuate everyone	Evacuation Order Landslide Disaster Alert Information/Flood Risk Information/Storm Surge Warning, Special Storm Surge Warning	<input type="checkbox"/> Evacuation Order Start heading toward the evacuation shelter after the order is issued <input type="checkbox"/> Use mobile phones and so on to check the latest news <input type="checkbox"/> <input type="checkbox"/>
Level 5 When a disaster occurs	Ensure safety at once Special heavy rain warning	<p>Life-threatening Ensure safety immediately!</p> <p>In the event of an imminent disaster, move to a location in your home or a nearby building where the risk is lower than your current location!</p>

*The timing of weather information and alert level notifications may vary depending on the situation. It's important to evacuate early according to your plan.

When your family composition or living environment changes, please modify My Timeline!

Preparing for Landslides

When evacuating, stay alert for secondary disasters such as landslides and debris flows, and watch your step!

In general, landslides are caused by an increase in the ground's moisture content due to rain or melting snow that softens the ground, which is then exacerbated by prolonged or heavy rain. If you notice the following warning signs, there may be an imminent risk of a landslide. Evacuate everyone to a safe place immediately and inform the relevant organizations.

Beware of these signs!

Debris flows

- The river is abnormally opaque
- Floating trees appear
- The sound of stones in the river
- Drastic decrease in water level during rain
- Ground rumbling/growing sound
- Smell of earth

Collapse of steep slopes (landslide)

- Increase in spring water volume
- Surface flow generation
- Pebbles are falling
- Cloudy spring water
- Generation of new spring water
- Small stones roll downward
- Cracks occur, slope protrudes
- Stopping/spouting of spring water

Landslide*

- Increase in spring water volume
- Depletion of spring water
- Cloudy well water
- Occurrence and expansion of cracks and steps
- Protruding slopes/structures
- The leaning of trees, the sound of roots cutting
- Mountain rumbling/earth rumbling
- Ground vibration

*Note: Landslides are technically difficult to predict and are not included in the Landslide Alert Information.

Remember the escape method

Debris flows

Evacuate perpendicular to the direction of the mudslide!

Landslides

Evacuate as soon as possible!

Evacuate a distance of more than twice the height of the cliff!

Debris flows move quickly, so if you run with your back to the mudslide, it will catch up with you. Evacuate perpendicular to the direction of the mudslide!

Landslides occur in an instant, so it's crucial to make an early decision to evacuate. In emergencies, flee to a location more than twice the height of the cliff or take shelter in a safe place indoors (buildings distant from the cliffs or on the second floor, etc.).

Preparing for Earthquakes and Tsunamis

Understand earthquakes and tsunamis and be fully prepared for unexpected events.

Earthquake Preparedness

Earthquakes strike suddenly. It is essential to make preparations such as safety measures on an everyday basis in order to keep your family safe and keep damage to a minimum. Talk to your family about disaster prevention and protect yourselves in the event of a disaster.

Earthquake-resistance evaluation for one's home



Check the location of the water, gas, circuit breaker, and furniture in your house floor plan. Talk to a specialist about a seismic resistance evaluation for your house and make any necessary adjustments such as reinforcements.

Do not put heavy objects in high places



Do not place heavy objects such as TVs on top of furniture, as they can fall during earthquakes and cause injury.

Do not place flammable objects



In order to prevent secondary disasters, do not place flammable objects close to sources of fire, such as kitchen gas burners or kerosene heaters.

Talk to your family

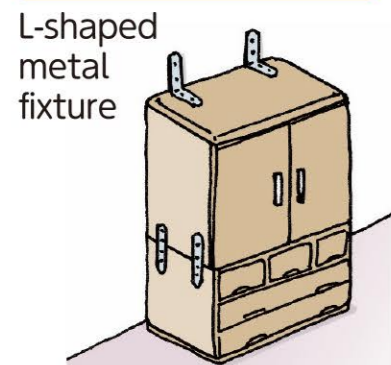


Work out a role for each family member and a meeting point in case you get separated.

Indoor safety measures

Furniture in your home can become weapons during an earthquake. Please secure the furniture and make efforts to implement safety measures.

Dresser/bookshelf



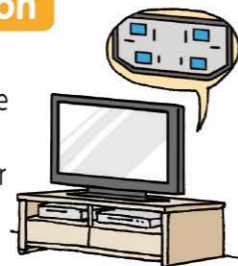
Supporting rod



Use an L-shaped metal fixture to secure it in place. When it's not possible to install metal fixtures due to housing conditions, support rods are convenient.

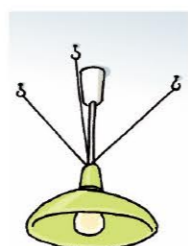
Television

Secure in the lowest possible position using anti-tip pads or similar materials.



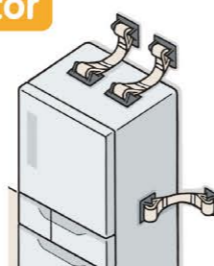
Lighting equipment

Secure with chains and metal fixtures. Secure fluorescent lights with heat-resistant tape.



Refrigerator

Use refrigerator stoppers and secure the top or sides to the wall with belts.



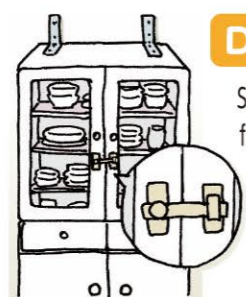
Window glass

Use anti-shatter glass protection film.



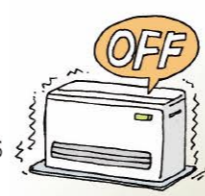
Dish rack

Secure with metal fixtures and apply non-slip pads, metal stoppers, and anti-shatter film.



Heating equipment

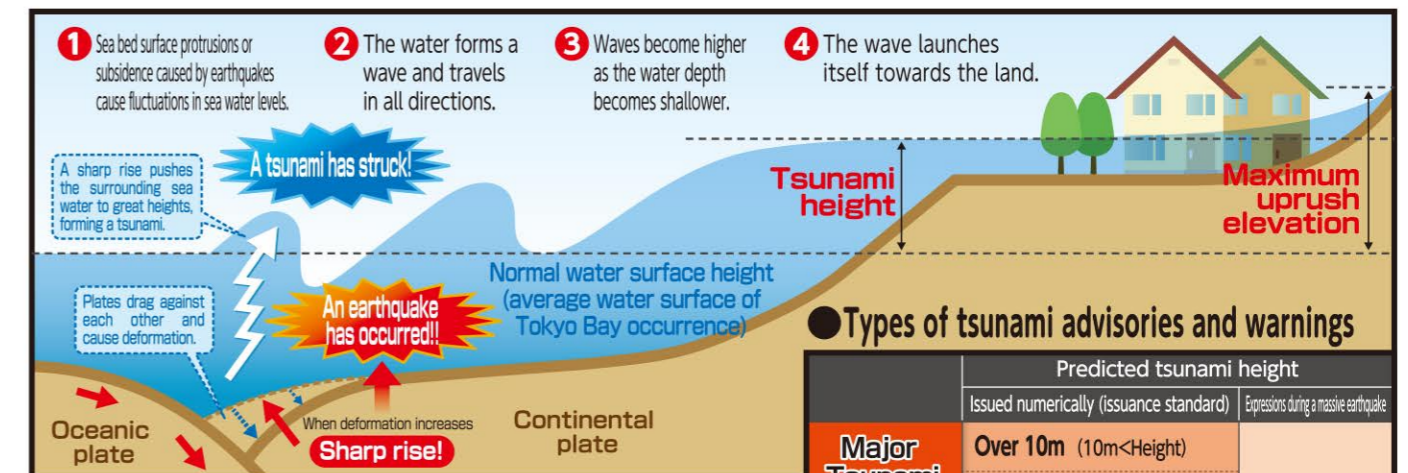
Choose products with earthquake-proof automatic fire extinguishing devices. Do not place flammable items in the surrounding area.



Background information about tsunamis

The phenomenon where the seabed rises, sinks, or experiences landslides due to an earthquake occurring underwater, causing seawater to surge towards the land, is called a tsunami. Not only earthquakes, but also seabed collapses, underwater volcanic eruptions, and other factors can trigger tsunamis.

About Tsunamis



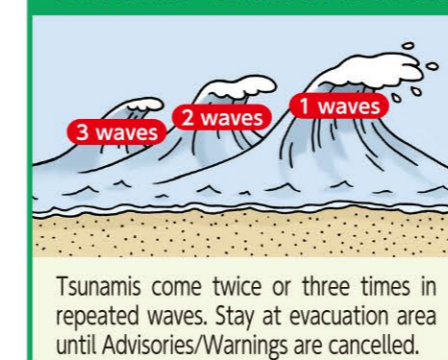
Types of tsunami advisories and warnings

	Predicted tsunami height		
	Issued numerically (issuance standard)	Expressions during a massive earthquake	
Major Tsunami Warning (special warning)	Over 10m (10m < Height)	Massive	
	10m (5m < Height ≤ 10m)		
	5m (3m < Height ≤ 5m)		
Tsunami Warning	3m (1m < Height ≤ 3m)	Tall	
Tsunami Advisory	1m (20cm ≤ Height ≤ 1m)	(Unmarked)	

- The **height of a tsunami** announced by the Japan Meteorological Agency signifies the difference in height between the sea level when there is no tsunami and the increased height of the water surface due to a tsunami.
- Tsunamis can reach heights **two or three times higher** than expected due to the topography of the coast or bay.
- When a tsunami is rushing towards land, this is called an **uprush**. This height is called **uprush elevation**, and the height of the highest point that a tsunami reaches is called the **maximum uprush elevation**.

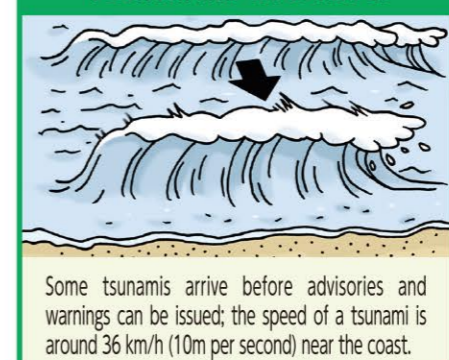
Points to note about tsunamis

Tsunamis come in waves!



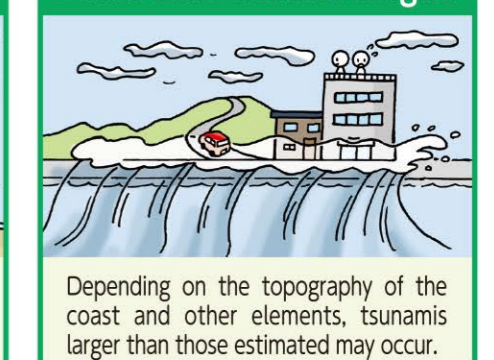
Tsunamis come twice or three times in repeated waves. Stay at evacuation area until Advisories/Warnings are cancelled.

Tsunamis are fast!



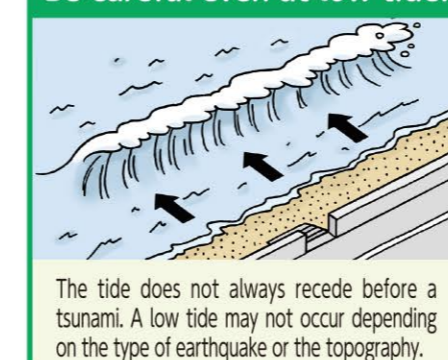
Some tsunamis arrive before advisories and warnings can be issued; the speed of a tsunami is around 36 km/h (10m per second) near the coast.

Beware the tsunami height!



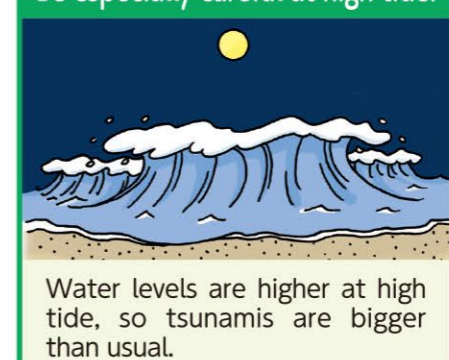
Depending on the topography of the coast and other elements, tsunamis larger than those estimated may occur.

Be careful even at low tide!



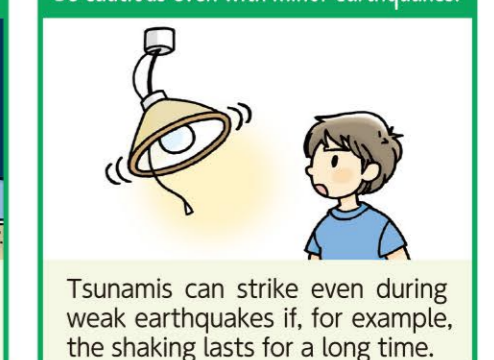
The tide does not always recede before a tsunami. A low tide may not occur depending on the type of earthquake or the topography.

Be especially careful at high tide!



Water levels are higher at high tide, so tsunamis are bigger than usual.

Be cautious even with minor earthquakes!



Tsunamis can strike even during weak earthquakes if, for example, the shaking lasts for a long time.

In the event of an earthquake or tsunami

To protect your life during earthquakes and tsunamis, please confirm the advised actions.

Countermeasures for earthquakes and tsunamis

Early earthquake warning → **An earthquake has occurred** → **1-2 minutes** → **3 minutes** → **Tsunami Quick Report** → **Several minutes to several dozen minutes** → **Several dozen minutes to several hours** → **Several days**

An earthquake has occurred!!

First, protect yourself!

● **When at home...**
Crawl under a desk or table to protect your life.

● **When outside...**
When outside, use items on yourself or your hands to protect your head and seek shelter in parks or open spaces.

After the shaking stops...

Ensure personal safety

Turn off stoves and other flame sources. Stay calm and extinguish the fire early on.

Quickly open doors and windows to prevent the house from tilting and making the doors unopenable.

The Meteorological Agency issues tsunami information

Make a decision about evacuating

Please check for signs of secondary disasters such as fires, house collapses, and gas explosions.

Use a television, radio, or the emergency broadcast system to obtain accurate information.

In the event of a tsunami...

Evacuate to higher ground!

Escape to locations as elevated and far inland as possible, and don't be complacent even if you're outside the flood prediction area!

Please evacuate to a **higher place** rather than one further away from the coast.

Do not approach the sea or rivers until advisories or warnings are lifted.

After the danger of the tsunami has passed...

Rescue and firefighting activities

Let's cooperate across the entire area and carry out emergency rescue and firefighting activities.

Evacuation shelter/Waiting at home

Stay alert for the time being

Prepare in advance and stock up on supplies to sustain yourself for 3 days.

Please be alert to aftershocks and tsunamis and listen for accurate information on TV, radio, disaster prevention administrative radio, etc.

Hokkaido and Sanrikuoki post-earthquake attention information

Be prepared to continue evacuating!

Magnitude
When an M7-magnitude earthquake occurs along the Japan Trench and Chishima Trench, there is a possibility of massive earthquakes occurring on the days that follow. **Post-quake alert information will be issued for major Hokkaido-Sanrikuoki earthquakes.**



*Check here for details.

Please get to the nearest evacuation shelter as soon as possible!

Check the disaster prevention map!

If it's dangerous...

When evacuating, walk as much as possible and carry as few personal belongings as possible!

- ▶ Wear clothes that are easy to move in, a helmet, and thick-soled shoes.
- ▶ Leave your contact information for family and friends.
- ▶ Turn off the main gas valve and cut off the circuit breaker.

The disaster preparedness notes in my house Let's check!

*Published on the last page of this publication.

Earthquake seismic intensity (Japan Meteorological Agency seismic intensity scale)

<p>Seismic intensity of 0</p> <p>No shaking is felt by humans.</p>	<p>Seismic intensity of 1</p> <p>When indoors, some people will feel a slight shake.</p>	<p>Seismic intensity of 2</p> <p>The lights sway slightly.</p>	<p>Seismic intensity of 3</p> <p>Dishes on shelves may also make noise.</p>	<p>Seismic intensity of 4</p> <p>Almost everyone will be surprised. Lights and such will sway back and forth, and almost everyone who's asleep will wake up.</p>
<p>Seismic intensity of lower 5</p> <p>The majority of people will feel frightened and want to hold onto something. Dishes on shelves and books on bookshelves may fall.</p>	<p>Seismic intensity of upper 5</p> <p>It's hard to walk without holding onto something. Unreinforced brick walls may collapse.</p>	<p>Seismic intensity of lower 6</p> <p>It will be difficult to stay standing. Unfastened fixtures may move or tip over.</p>	<p>Seismic intensity of upper 6</p> <p>You will not be able to move unless you crawl. In many cases, wooden buildings with low seismic resistance will tilt or collapse.</p>	<p>Seismic intensity of 7</p> <p>Reinforced concrete structures with low seismic resistance often collapse.</p>

Blizzard, tornado

The key during a blizzard is to avoid going out. Also, please check the evacuation methods for tornadoes and lightning strikes.

Dealing with blizzards

When snow warnings and advisories are issued, pay close attention to the weather and avoid going out recklessly.

When the car breaks down

When the car breaks down, be careful to avoid being rear-ended by vehicles behind you.

- Snow drifts of around even 20cm can make it difficult to start moving.
- Activate the hazard light and place a stop sign.
- Seek assistance from road services like JAF, the police, fire department, or nearby residents.
- The number of people being poisoned by carbon monoxide during blizzards is increasing. When staying in a car, it's crucial to turn off the engine. Use warm clothing, blankets, newspapers, and so on to prevent your body temperature from dropping. If you need to turn on the engine for an important reason, such as heating, remove the snow around the exhaust pipe to prevent exhaust gas from flowing back into the car.



When you have to drive

To prepare for your car breaking down due to sudden weather changes, store warm clothing, rubber boots, gloves, a shovel, towing rope, and so on in your car and ensure you have enough fuel.



When you are at home

- To prevent carbon monoxide poisoning, please check if the FF-type heater exhaust vent is blocked by snow.
- To ensure clear access, keep an eye on the snow accumulation and shovel as necessary.



Emergency contact method

※Speed dial

In case of road anomalies

Road Emergency Hotline #9910

Vehicle breakdown and towing

JAF Road Service #8139

Beware of tornadoes/lightning strikes!

Tornado

The damage caused by tornadoes includes the collapse and destruction of buildings due to strong winds, overturned vehicles, and tree damage. One characteristic of tornadoes is that they are short-lived and very localized, making them difficult to predict. Please go to a nearby reinforced concrete structure building or other sturdy building for shelter. If there is no time to escape to such a building, squat in the shadow of a building.



Thunder

When outside, please take shelter inside a building (reinforced concrete and steel-framed buildings are safer). If you are out and about, take shelter in your car. There is a danger of being struck by lightning, so stay 2-4m or more away from simple structures and trees. When lightning strikes, there is a danger of it jumping to other places, which is called a side flash. When in an open area, lower your center of gravity and squat down. In places like playgrounds and golf courses, do not hold elongated objects (fishing rods, umbrellas, bats, etc.) above your head.

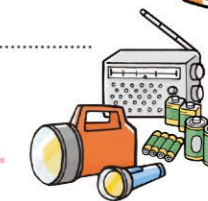
Items to Carry and Stockpile for Emergencies

For emergencies, refer to the following list to make preparations. Pay attention to the expiration dates of drinks and food.

Items to Carry for Emergencies

Pack everything in a backpack in advance so that you can take it with you immediately.

- **Valuables**
 - Cash Cash card Bank books Official seal
 - Driving license Health insurance card
- **Emergency food**
 - Bottled drinking water Nutritional supplements Confectionery
- **Emergency medicine**
 - Medication diary Prescribed medicine Bandages
 - Over-the-counter medicine (cold remedies/ointments, etc.)
 - Antiseptic Masks Disinfecting wipes Thermometer *Must be used for infectious disease prevention measures!
- **Daily necessities**
 - Clothes Warm clothes Rainwear Towels
 - Tissues (wet wipes) Sport shoes Work gloves Cap
 - Lighter Plastic bags Sanitary products Plastic wrap
- **Other**
 - Portable radio Mobile phone Charger Flashlight
 - Whistle Batteries Pen and notebook Glasses
 - Items of sentimental value



Stockpiles

Please secure a 3-day supply or more.

- **Food and drinking water**
 - Drinking water (aim for 3L per person per day) Instant foods
 - Canned food and ready-to-eat food Nutritional supplements
- **Fuel, etc.**
 - Tabletop stove Gas cylinder Solid fuel
- **Daily necessities**
 - Blanket Sleeping bag Toiletries Pot Kettle Bucket
 - Toilet paper Portable toilet Disposable heat packs
- **Other**
 - Plastic sheet Newspaper Candle Duct tape Rope
 - Plastic container



When having a baby and for elderly people who need care, the following items are also needed.

When having a baby

- Milk, baby bottles
- Baby food, tableware
- Wipes
- Hat, warm clothing
- Bath towels
- Gauze handkerchief
- Medication for infants and toddlers
- Maternity book
- Antiseptic
- Disposable diapers
- Baby sling
- Clothes (spare clothes)

When there are elderly people who need care

- Porridge and other foods (nursing foods)
- Disability certificate, nursing care insurance card, etc.
- Disposable diapers
- Hat, warm clothing
- Clothes (spare clothes)
- Nursing care equipment
- Wipes
- Over-the-counter medicine

*Prepare according to nursing conditions.

Using the rolling stock method

The rolling stock method refers to the practice of always stocking a certain amount of food at home without separating daily food supplies from disaster food supplies. The key to the rolling stock method is to consume and stock up in daily life. The purpose is to constantly consume and purchase food to keep stockpiles fresh while keeping the food and other items at a certain quantity, so that you can maintain a diet similar to that of your daily life in case of an emergency.

Immediately purchase and replenish the consumed portion



Prepare a little more than necessary



What is the rolling stock method?

Consume in order from oldest to newest

1 Use in order from oldest to newest

Please be sure to start using items with the earliest dates to ensure that the stored food does not expire. The key is to establish rules for storage methods and get them to circulate smoothly, such as placing new items at the back and starting with the old items in the front.

2 Be sure to replenish the quantity used

You can eat the stored food at any time, but be sure to buy and replenish the amount consumed. A disaster may strike when you haven't replenished your stock. Please be sure to replenish the amount you consume immediately.

Emergency Response, Infectious Disease Prevention

First aid methods

Cardiopulmonary resuscitation procedure

1 Check for a response (consciousness)

Speak loudly into the ear of the injured person, asking them if they are OK or saying hello while gently patting them on the shoulder to see if there is a response or not.

2 Call for help

If there is no response, shout ""**Help! Someone's collapsed!**"" Once help has arrived, give specific instructions such as ""**You call 119**"" and ""**You get the AED**"".

3 Check breathing

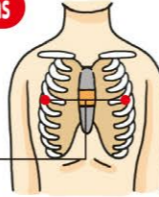
Check whether the injured person is breathing normally.

4 Do chest compressions

If the person is not breathing, start chest compressions, but make sure to place a towel or handkerchief over their nose and mouth if you have one to prevent aerosols from dispersing. You could also use a mask or a piece of clothing. Place one palms on top of the other in the center of the chest, straighten your elbows, and use your weight to press down straight 100 - 120 times a minute. If there is an AED, follow the audio guidance. Continue chest compressions after starting the AED until letting the rescue team take over or until the subject shows some response. It is crucial to keep resuscitating continuously during this time.

Chest compressions

Compression area
Center of the line between the nipples

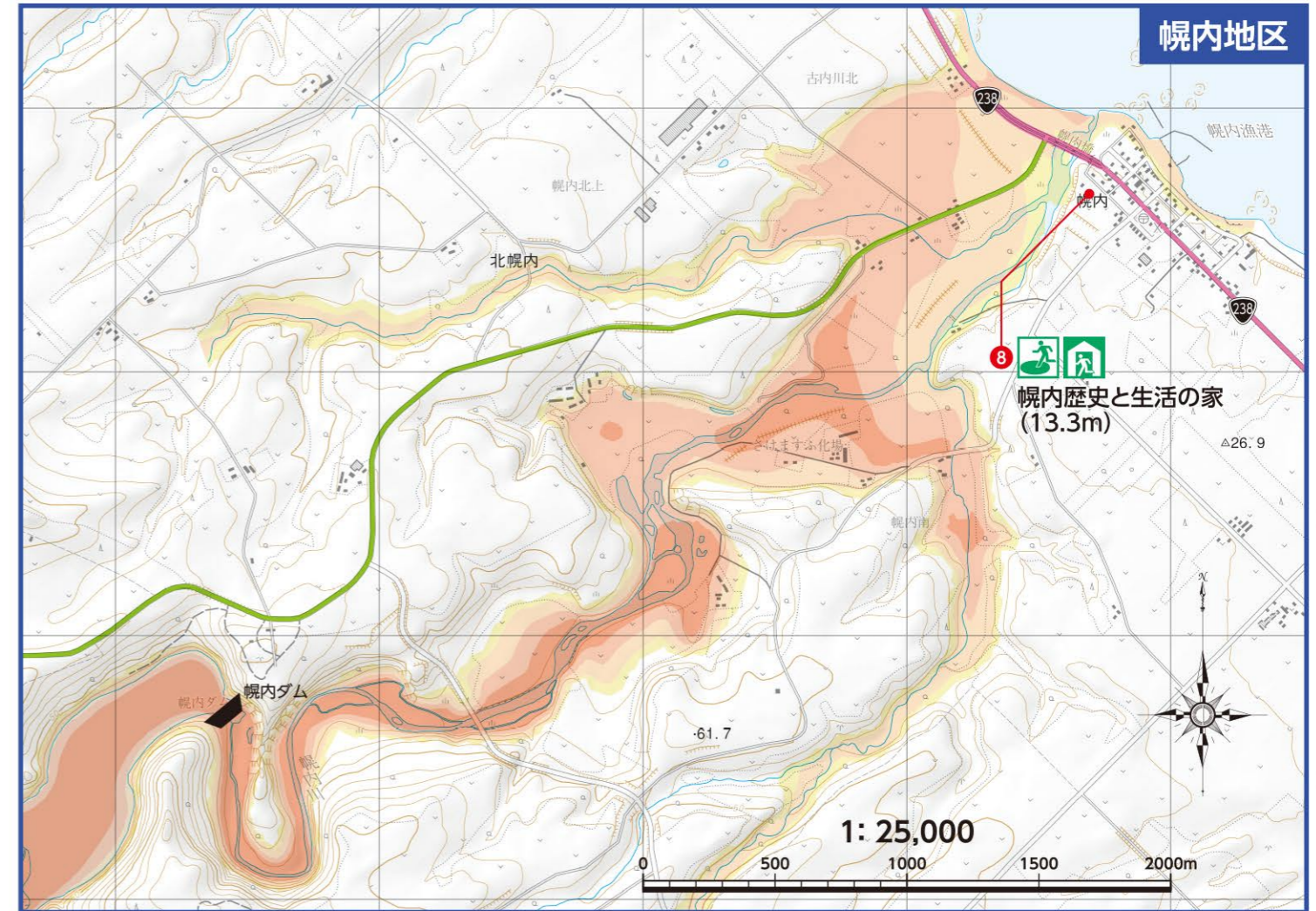


*Repeat continuously!
*Firmly compact it until it sinks 5cm.

When breathing normally but unconscious, adopt the recovery position

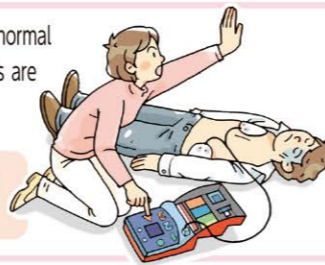


To ensure airflow, lay the person on their side and bend the knee of the upper leg 90 degrees.



Life-saving measures using an AED (Automated External Defibrillator)

An AED (Automated External Defibrillator) is a machine that gives an electric shock to a spasming heart to restore it a normal rhythm after a sudden cardiac arrest. It automatically analyzes the electrocardiogram when the included electrode pads are placed on the person's chest and only deliver a shock if defibrillation is necessary, so anyone can use it safely and reliably.



Setting up an AED (Automated External Defibrillator) and following the audio guidance to perform defibrillation can contribute greatly to saving a life!

Reflections on shelter life

Shelters where an unspecified number of people gather during a disaster. Consideration and understanding, including measures against COVID-19, are necessary. Please pay attention to these matters to ensure that everyone is happy and healthy.

Follow the rules



Please be sure to comply with various regulations such as lights-out time, food distribution time, room space regulations, etc.

Please bring your own items for personal use



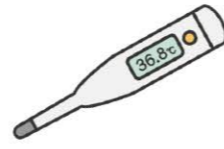
Please bring your own items and food. Sharing items may increase the risk of infectious diseases.

Wearing a mask/Cough etiquette

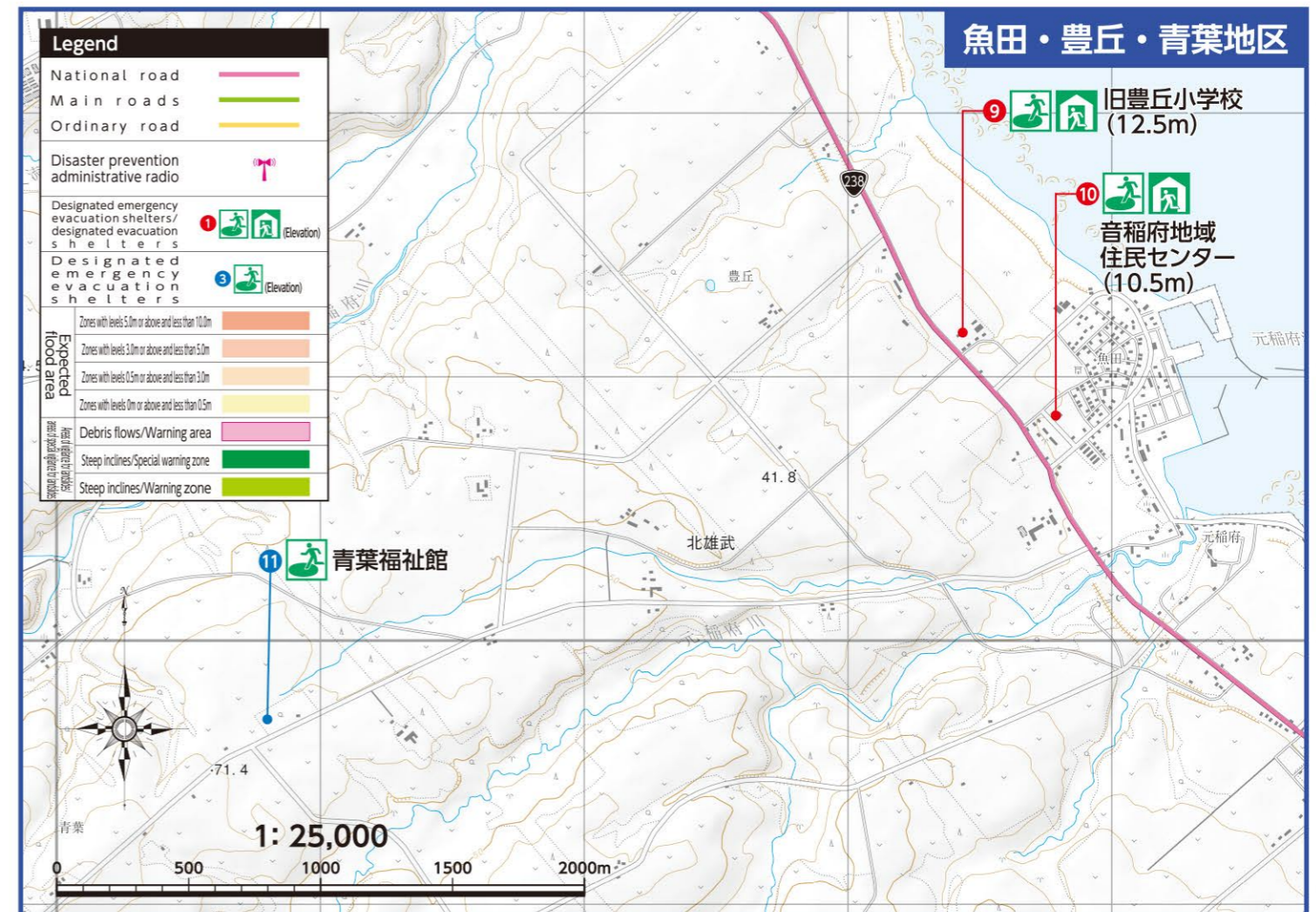


To prevent infectious diseases, wear a mask and observe cough etiquette. In summer, take off your mask regularly to rest and be mindful of heatstroke.

Thorough physical examination



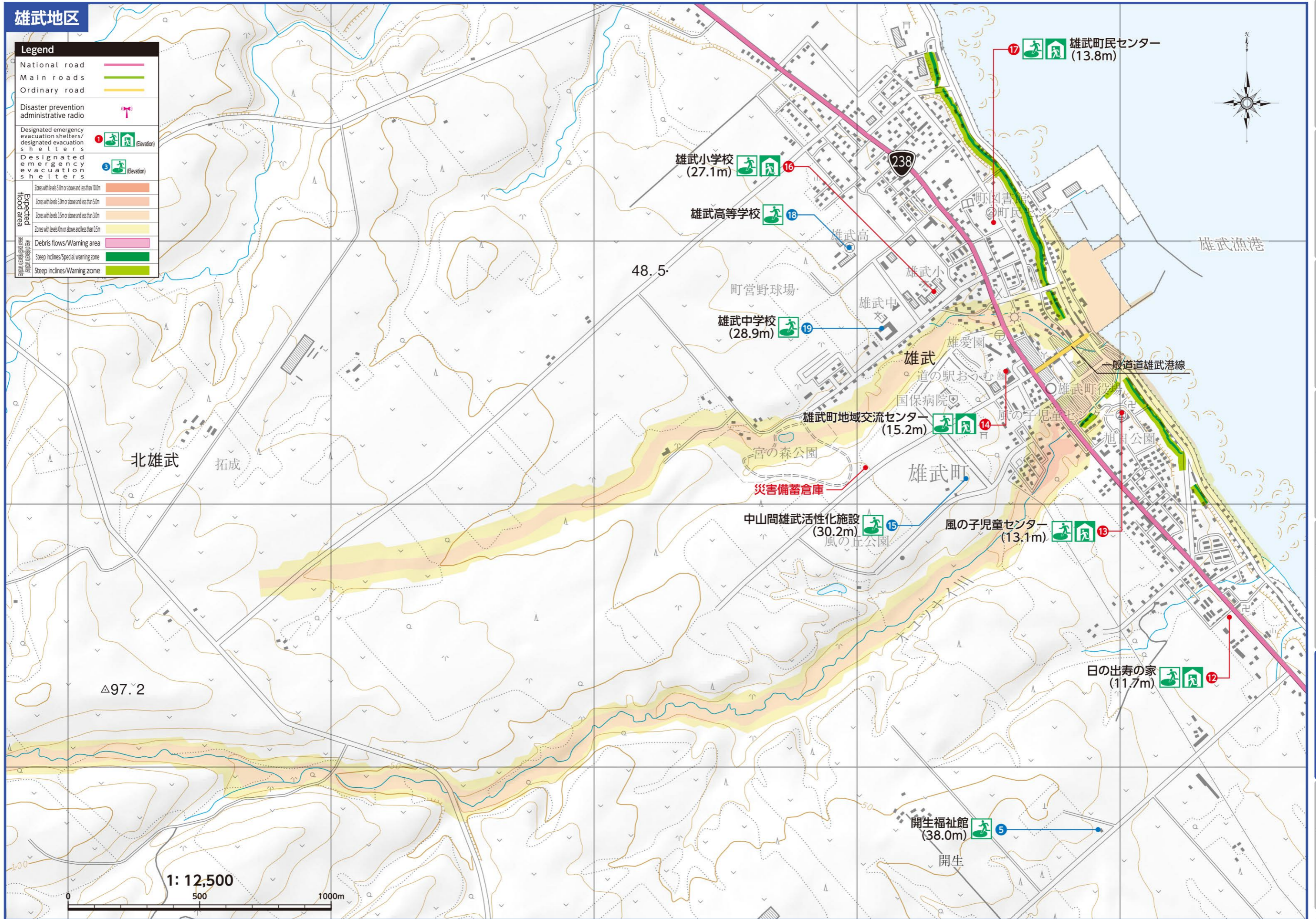
Please continue to monitor changes in your physical condition. If there are changes, please notify the operators of the evacuation shelter.



▲ Even rivers and areas without expected flood areas may experience flooding. Please do not let your guard down due to map information and always confirm the situation.

雄武地区

Legend	
National road	
Main roads	
Ordinary road	
Disaster prevention administrative radio	
Designated emergency evacuation shelters/ designated evacuation shelters	
Designated emergency evacuation shelters	
Expected flood area	
Debris flows/Warning area	
Steep inclines/Special warning zone	
Steep inclines/Warning zone	



1: 12,500
0 500 1000m

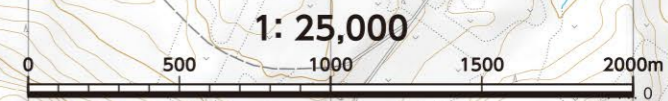
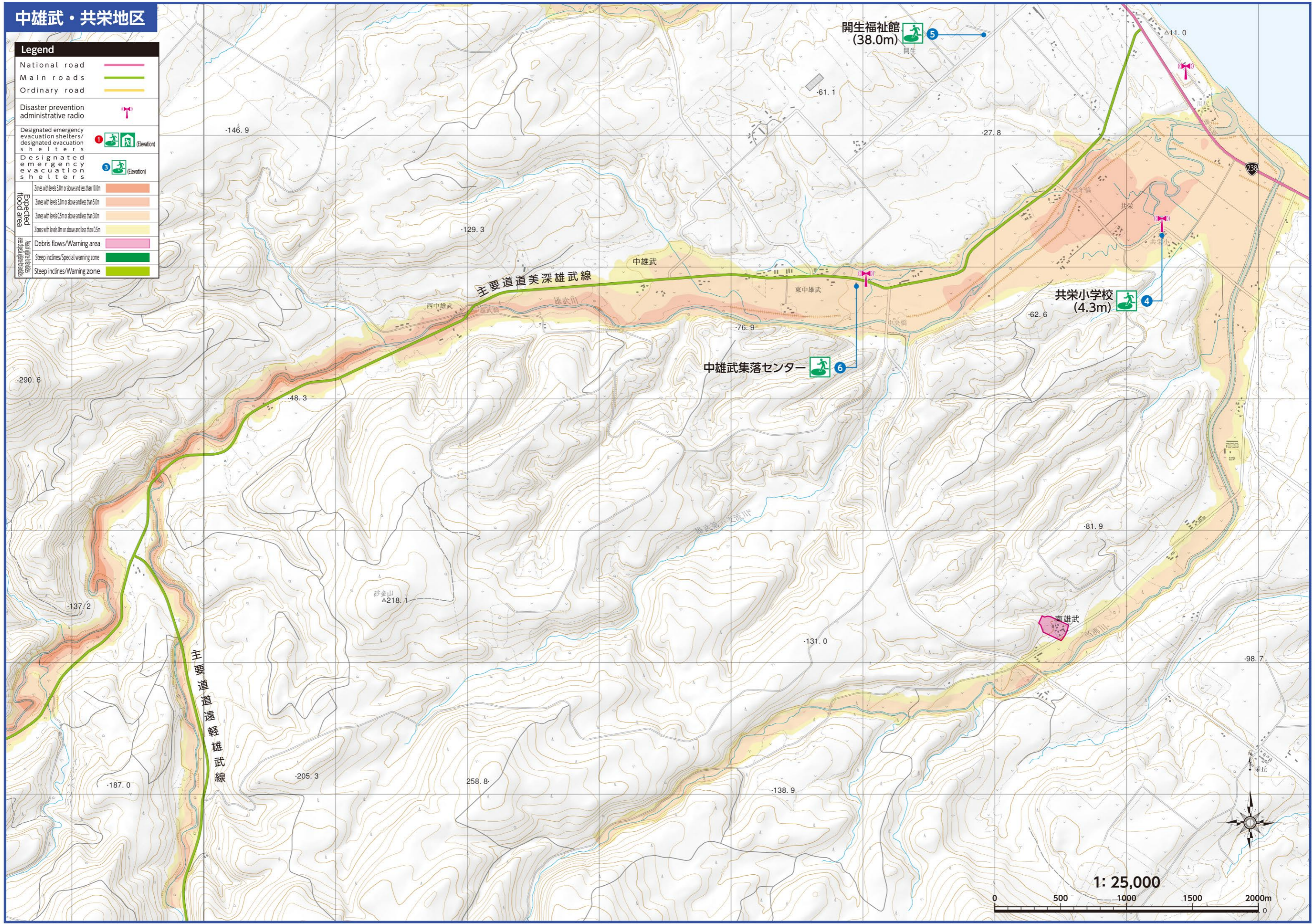
▲ Even rivers and areas without expected flood areas may experience flooding. Please do not let your guard down due to map information and always confirm the situation.

Storm/flood
Landslides
Earthquake, tsunami
Blizzard, tornado
Preparing for Disasters
Disaster Preparedness Map
Refuge facility

Storm/flood
Landslides
Earthquake, tsunami
Blizzard, tornado
Preparing for Disasters
Disaster Preparedness Map
Refuge facility

中雄武・共栄地区

Legend	
National road	
Main roads	
Ordinary road	
Disaster prevention administrative radio	
Designated emergency evacuation shelters/ designated evacuation shelters	(Elevation)
Designated emergency evacuation shelters	(Elevation)
Expected flood area	Zones with levels 5.0m or above and less than 10.0m
	Zones with levels 3.0m or above and less than 5.0m
	Zones with levels 0.5m or above and less than 3.0m
	Zones with levels 0m or above and less than 0.5m
Area of debris flows and steep inclines	
Steep inclines/Special warning zone	
Steep inclines/Warning zone	



1: 25,000

▲ Even rivers and areas without expected flood areas may experience flooding. Please do not let your guard down due to map information and always confirm the situation.

Storm/flood

Landslides

Earthquake, tsunami

Blizzard, tornado

Preparing for Disasters

Disaster Preparedness Map

Refuge facility

Storm/flood

Landslides

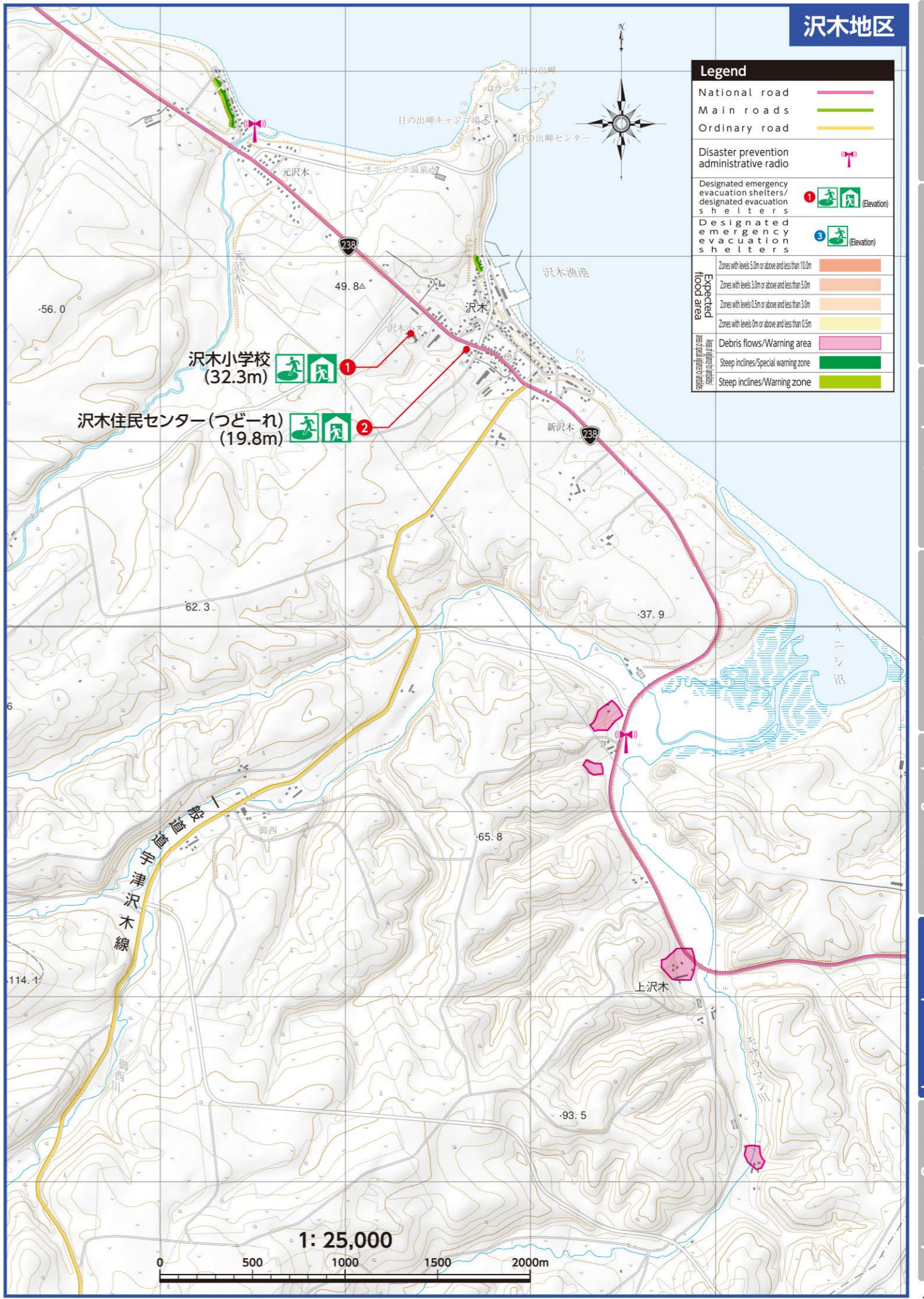
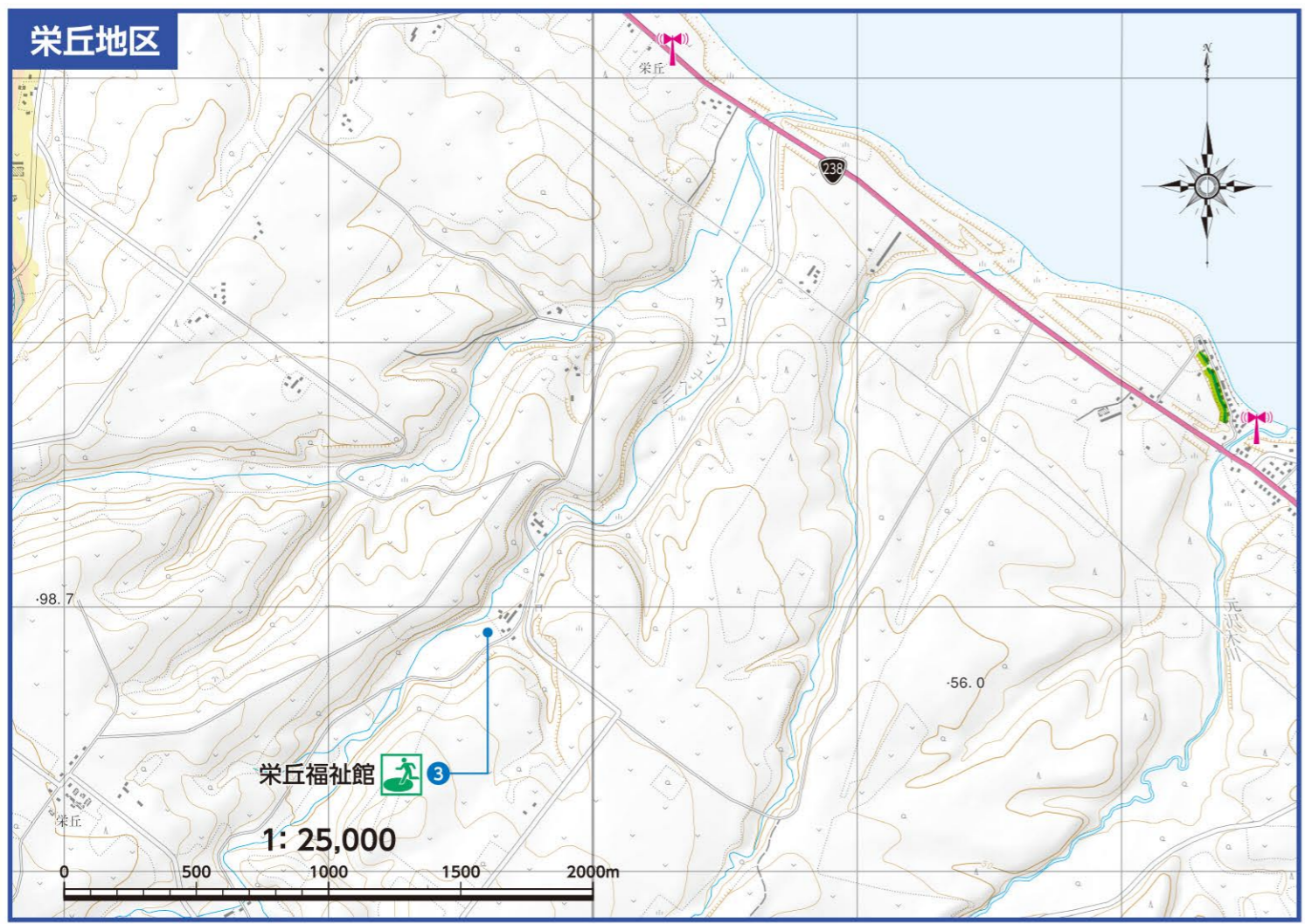
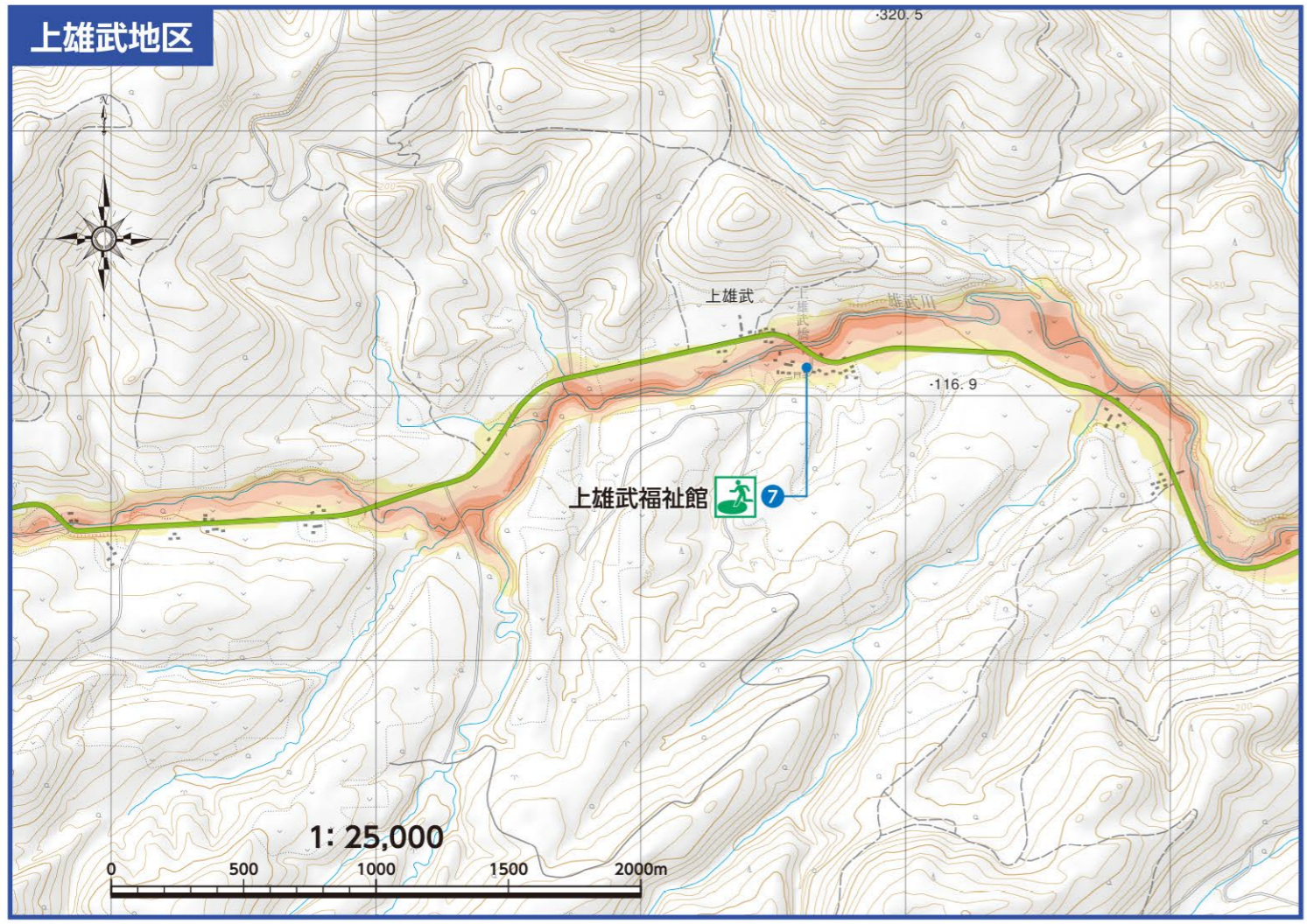
Earthquake, tsunami

Blizzard, tornado

Preparing for Disasters

Disaster Preparedness Map

Refuge facility



▲ Even rivers and areas without expected flood areas may experience flooding. Please do not let your guard down due to map information and always confirm the situation.

List of Shelters

Please have the whole family confirm the designated emergency evacuation shelters and designated evacuation shelters.



Serial Number	Facility name	Location	Contact information	Number of people sheltered (persons)		Target abnormal phenomenon types					Designated emergency evacuation shelters	Designated evacuation shelter
				Indoors	Outdoors	Flood	Debris flows and landslides	Storm surge	Earthquake	Tsunami		
1	Sawaki Elementary School 沢木小学校	533 Sawaki 字沢木533	85-2222	700	7,800	●	●	●	●	●	●	●
2	Sawaki Community Center (Tsudore) 沢木住民センター(つどーれ)	506-1 Sawaki 字沢木506-1	85-2405	153		●	●	●	●	●	●	●
3	Sakaeoka Welfare Hall 栄丘福祉館	943 Sawaki 字沢木943	85-2452	72		●	●	●	●	●	●	
4	Kyouei Elementary School 共栄小学校	1039 Minamioumu 字南雄武1039	84-3907	250	2,300	●	●	●	●	●	●	
5	Kaisei Welfare Hall 開生福祉館	1556 Kitaoumu 字北雄武1556	84-2861	31		●	●	●	●	●	●	
6	Nakaoumu Community Center 中雄武集落センター	20-1Nakaoumu 字中雄武20-1	84-3819	58		●	●	●	●	●	●	
7	Kamioumu Welfare Center 上雄武福祉館	662 Kamioumu 字上雄武662	84-3946	36		●	●	●	●	●	●	
8	Horonai History and Life House 幌内歴史と生活の家	341 Horonai 字幌内341	86-2138	153		●	●	●	●	●	●	●
9	(Former) Toyooka Elementary School 旧豊丘小学校	401 Kitaoumu 字北雄武401	84-2236	700	8,000	●	●	●	●	●	●	●
10	Otoineppu Prefecture Residents Center 音稲府地域住民センター	1853-7 Oumu 字雄武1853-7	84-4444	243		●	●	●	●	●	●	●
11	Aoba Welfare Center 青葉福祉館	779 Kitaoumu 字北雄武779	84-3880	45		●	●	●	●	●	●	
12	Hinode Kotobukinoie 日の出寿の家	1534 Oumu 字雄武1534	84-3548	90		●	●	●	●	●	●	●
13	Kazenoko Children's Center 風の子児童センター	368-7 Oumu 字雄武368-7	84-3253	180		●	●	●	●	●	●	●
14	Oumu Town Regional Exchange Center 雄武町地域交流センター	1885-14 Oumu 字雄武1885-14	84-2403	175		●	●	●	●	●	●	●
15	Chusankanoumu Activation Facility 中山間雄武活性化施設	1510 Oumu 字雄武1510	84-3743	43		●	●	●	●	●	●	
16	Oumu Elementary School 雄武小学校	1381-1 Oumu 字雄武1381-1	84-2904	1,380	10,500	●	●	●	●	●	●	●
17	Oumu Town Hall 雄武町民センター	1031-1 Oumu 字雄武1031-1	84-4240	360		●	●	●	●	●	●	●
18	Oumu High School 雄武高等学校	1495 Oumu 字雄武1495	84-2956	2,057	24,410	●	●	●	●	●	●	
19	Oumu Junior High School 雄武中学校	1490-1 Oumu 字雄武1490-1	84-2529	1,350	14,500	●	●	●	●	●	●	

Definition of designated emergency evacuation shelters and designated evacuation shelters



● Designated emergency evacuation shelters

For different types of disasters, such as floods and tsunamis, facilities or places that meet certain safety standards are designated as evacuation shelters to avoid danger when a disaster occurs or is likely to occur.



● Designated evacuation shelter

Designated for shelter evacuees for the necessary time until the disaster risk is lifted, or to shelter residents who cannot return home due to a disaster.

Voluntary disaster prevention organizations

Voluntary disaster prevention organizations are founded on the principle of "guarding one's own homeland." In the event of a disaster, they undertake activities such as rescuing individuals trapped under debris due to collapsed buildings and participating in firefighting operations during fires. They carry out disaster preparedness activities in the initial stages of a disaster to reduce the extent of the damage. Based on residents' voluntary initiatives, these organizations are primarily formed at the municipal level. Cooperation with various disaster prevention-related agencies is essential. Everyone should communicate with one another and start with what they can do.

