

Disaster Prevention Handbook for Foreign Residents in Kagoshima (English Edition)



Prefatory Note

To protect yourself from disasters, it is important to have the mindset of “Protecting oneself by myself”.

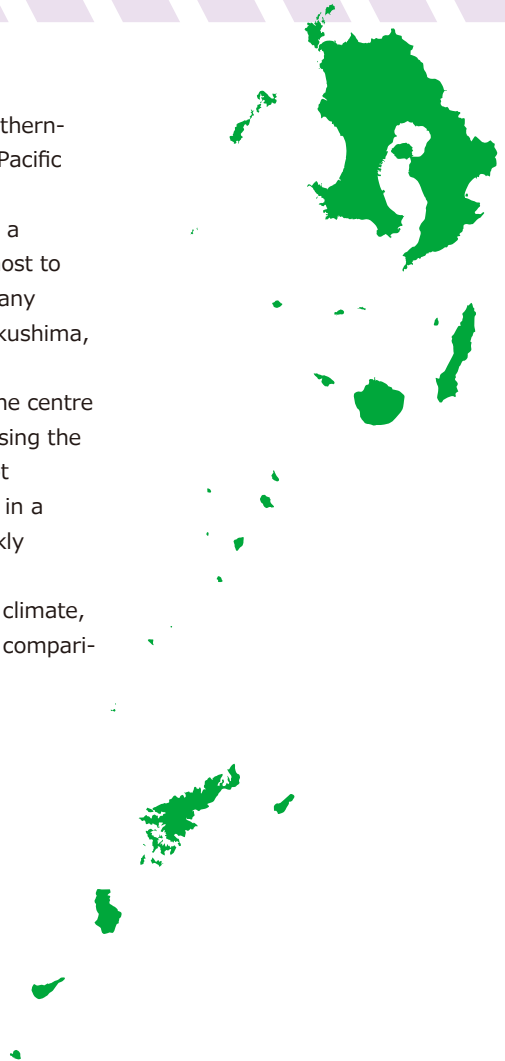
It is also crucial for those living in different situations with regards to language and culture to keep good relationship with your neighbours.

For this purpose, this Handbook focuses on the essential information about disasters in Japan, and how to form cooperative relationships with the local people.

Please make thorough preparations to protect yourself from disasters using this Handbook.

About Kagoshima Prefecture

- Kagoshima Prefecture is located at the southernmost point on Kyushu, surrounded by the Pacific Ocean and the East China Sea.
- Kagoshima is a wide, long prefecture, with a distance about 600km from the northernmost to the southernmost point. It also includes many outlying islands, such as Tanegashima, Yakushima, and the Amami Islands.
- The Kirishima Volcanic Belt runs through the centre of the prefecture from north to south, blessing the prefecture with 11 volcanoes and many hot springs. This volcanic activity also resulted in a multi-layered soil called *shirasu* which thickly covers a large part of the ground.
- Kagoshima has a temperate to subtropical climate, resulting in a high average temperature in comparison to the rest of the country.



Main Disasters in Kagoshima Prefecture

○ Typhoons

There are many typhoons in Kagoshima Prefecture. They often occur from July to September, resulting in strong winds and heavy rainfall. This heavy rain can cause houses and roads to flood and mountain cliffs to collapse. Rivers can also overflow, and bridges may break.

○ Volcanic Eruptions

Sakurajima and other volcanoes can erupt, releasing ash and small rocks into the air. The resulting volcanic ashfall can cause painful and itchy eyes.

○ Earthquakes

When earthquakes occur, the ground will shake strongly. Things can fall over, and houses and walls can be damaged.

Things to prepare for an emergency










The following should be prepared in advance:

As food and drinks have expiration dates, be sure to check on them regularly.

① 'Emergency Items' (things to take with you during evacuation)

- | | | | | | |
|---|--|--|--|---|--|
| 
<input type="checkbox"/> Drinks | 
<input type="checkbox"/> Food | 
<input type="checkbox"/> Medicines | 
<input type="checkbox"/> Money | 
<input type="checkbox"/> Cash Card | 
<input type="checkbox"/> Passport |
| 
<input type="checkbox"/> Residence Card (zairyuu kaado) | 
<input type="checkbox"/> Bank Book | 
<input type="checkbox"/> Personal Stamp (inkan) | 
<input type="checkbox"/> A copy of your Health Insurance Card | 
<input type="checkbox"/> Clothes | 
<input type="checkbox"/> Underwear |
| 
<input type="checkbox"/> Towel | 
<input type="checkbox"/> Tissue Paper | 
<input type="checkbox"/> Wet Tissue Paper | 
<input type="checkbox"/> Toothbrush Set | 
<input type="checkbox"/> Menstruation products | 
<input type="checkbox"/> Gloves |
| 
<input type="checkbox"/> Plastic Bags | 
<input type="checkbox"/> Masks | 
<input type="checkbox"/> Flashlight | 
<input type="checkbox"/> Batteries / Battery Charger | 
<input type="checkbox"/> Portable Radio | 
<input type="checkbox"/> Helmet |
| 
<input type="checkbox"/> Swiss Army Knife | | | | | |

② 'Emergency Items to Keep' (things to prepare in the case of disaster)

- | | | | | |
|---|--|--|---|--|
| 
<input type="checkbox"/> Water | 
<input type="checkbox"/> Food | 
<input type="checkbox"/> Paper Cutlery, Plates and Cups | 
<input type="checkbox"/> Cling Film / Aluminium Foil |  |
| 
<input type="checkbox"/> Portable Gas Stove | 
<input type="checkbox"/> Toilet Paper | 
<input type="checkbox"/> Blankets | 
<input type="checkbox"/> Newspapers | |

Note: Items which are considered important will differ from person to person.

Please prepare what is essential to you and your family.

- For example: a family with a baby will need diapers, powdered milk, feeding bottle, baby food, etc.

Locate an evacuation shelter

An evacuation shelter is a place where people can take refuge temporarily.

People can stay here when a disaster seems likely to occur, when a disaster occurred and it is dangerous to stay at home, or if your home has been destroyed.

Schools, gyms, public halls and other such buildings are used as evacuation shelters. You can find the evacuation shelters near you using the 'Hazard Map' created by your municipality (see Page 5).

When your municipality releases evacuation information, go to your nearest evacuation shelter.



Evacuation Symbols:



Evacuation Shelter



Emergency Evacuation Shelter



Tsunami Evacuation Shelter

What are evacuation shelters?

- They are places that anyone can use (Japanese, foreigners, tourists, etc.)
- They are free to use
- You can receive food, drink and blankets
- You can find out relevant disaster and livelihood information



Things to be aware of at evacuation shelters

- There will be a registration desk where you will write your name and other required information.
- Many people reside in the shelter at the same time so please cooperate with those around you.
- Please keep the toilet in a tidy state.
- Please separate garbage correctly.
- Although you can receive food, water and blankets, what you receive, how many, and when will be announced by the shelter. Please confirm this with the shelter.
- Please bring items which are essential to you (e.g. medicine).
- There are shelters where you must take off your shoes.
- Do not speak in a loud voice.
- You cannot use fire within a shelter.
- If there is something you do not understand or are worried about, please ask those around you.
- Please be careful about your health and the possibility of infectious diseases.

Connect with local residents in your neighbourhood.

When an emergency occurs, it is important to cooperate and help one another. Having a good relationship with those in your community allows you to help one another in times of trouble.



Here are some ways to get to know your community better:

- Regularly greet and have exchanges with people living in your area.
- Participate in events occurring in your area.

- Participate in clean-up activities, festivals, and other kinds of events to learn about the residents in your area.
- Participate in disaster evacuation drills in your area. These drills are practices for what to do to protect yourself in the case of a disaster.



Consultation Desk for Foreign Residents

The Consultation Desk for Foreign Residents distributes information and provides a consultation service in various languages for foreign residents living in Kagoshima Prefecture.

Support is available for a wide variety of issues, such as status of residence, employment, medical care, welfare, education, child-rearing and disasters.

Address: Kagoshima Prefecture International Exchange Association, Kagoshima Prefectural Citizens Exchange Center 1F

14-50 Yamashita-cho, Kagoshima City, Japan 892-0816

Designated Hotline: **070-7662-4541**

e-mail : kiasoudan@gmail.com



facebook :

- Availability of Consultation Desk: Tuesdays to Sundays

Note: When Monday is a holiday, the Consultation Desk will be open.

In those cases, the Consultation Desk will be closed on the next working day.

The Consultation Desk will also be closed on 12/29-1/3.

- Languages available at the Consultation Desk: Japanese, English, Vietnamese.

We can also use a multilingual interpreting call centre to provide services in the following languages: Chinese, Tagalog, Korean, Indonesian, Nepalese, Khmer, Thai, Burmese, Portuguese, Spanish, Malaysian, French, Russian, German, Italian, Mongolian, Sinhala, Hindi, Bengali.

Gathering Information

Hazard Map

A Hazard Map is a map that shows higher risk areas where disasters are likely to occur, and the location of places such as evacuation shelters and hospitals. Hazard Maps are created by municipalities, and you can receive it from the municipality you reside in. You can also view the Hazard Map on your local municipality's web page.

In the case of an emergency, you should prepare an escape route to an evacuation location in advance.



Helpful Websites and Applications

- Websites where you can receive weather forecasts and other information
 - Japan Meteorological Agency (14 different languages)
<https://www.jma.go.jp/jma/kokusai/multi.html>
 - Kagoshima Prefecture Disaster Information webpage (Japanese only)
http://bousai.pref.kagoshima.jp/pub_web/portal-top/

- Applications where you can receive disaster information:



Safety Tips



NHK World-Japan



Voice Tra (ボイストラ)

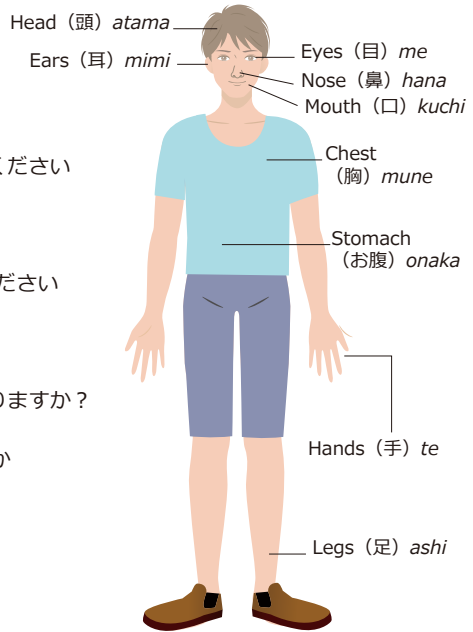


- The latest information can be obtained from sources such as TV, radio and the internet. Please also be sure to check the information provided on the website of your municipality.

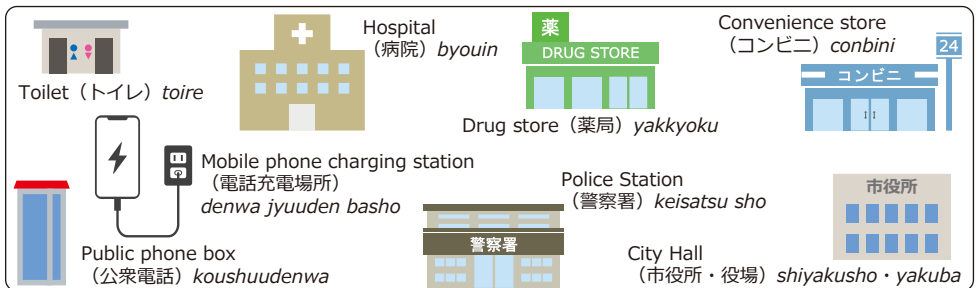
Key Japanese words to remember

Below are some useful Japanese phrases in the event of a disaster.

- *tasukete kudasai* 助けてください
Please help me.
- *kega wo shimashita* けがをしました
I am injured.
- *(Body part) ga itai desu.* (体の名前) が痛いです
My [body part] hurts.
- *kyuukyusha wo yonde kudasai.* 救急車を呼んでください
Please call an ambulance.
- *kaji desu.* 火事です
There is a fire.
- *shoubousha wo yonde kudasai.* 消防車を呼んでください
Please call the fire brigade.
- *koko ha (location) desu.* ここは (場所) です
This is [location].
- *(~language) ga wakarimasu ka?* (~語) がわかりますか?
Can you understand [~ language]?
- *(Location) wa doko desu ka?* (場所) はどこですか
Where is [location]?
- *hinanryo wa doko desu ka?* 避難所はどこですか
Where is the evacuation shelter?
- *hinanryo e ikitai desu.* 避難所へ行きたいです
I want to go to the evacuation shelter.



Location names



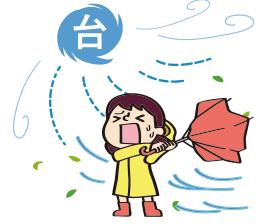
Noting down important matters and contact details

- It is important to make notes during times such as when a disaster occurs or while escaping to an evacuation shelter.
- Write down important information such as your name, nationality, passport number, phone number in advance. You can write this information on the blank space on Page 14.

Things to watch out for during a typhoon

Characteristics of a typhoon

- From July to October, the number of typhoons approaching and landing in Japan increases. This results in heavy rains, floods, gales, and storm surges.
- In particular, Japan has many steep mountains and rivers where heavy rains from typhoons and weather fronts are likely to result in landslides, debris flows and river flooding. Such life-threatening natural disasters happen almost every year.
- The impact of such typhoons is so great that not only it results in deaths and injuries, but it also leads to widespread damages related to power and water outages.



What to do during a typhoon



- Keep away from dangerous places such as coasts, flooded rivers, cliffs and swamps during heavy rains and typhoons.
- Make sure to check the danger spots by using the hazard map created by the municipality, so that you can have a safe route when evacuating.
- Before it rains or before the wind gets too strong, prepare the outside of your house by tightly closing windows and shutters, securing items that might be blown off by winds or keeping them in your house and so on. Once the rain and winds have become strong, doing such tasks outside will be dangerous.
- To prepare for a possible evacuation, confirm your emergency evacuation kit and check the evacuation site.
- Help each other during an evacuation.



Understanding the weather map

- In the weather forecast, the forecast up to 1 day (24 hours) ahead of the typhoon is updated every 3 hours, and the forecast up to 5 days (120 hours) ahead is updated every 6 hours.
- This forecast will include the current position of the center of the typhoon (and its forecasted center position and radius), along with the direction and speed of movement, air pressure at the center, maximum wind speed, maximum instantaneous wind speed and areas with storm warning.
- In Japan, typhoons are numbered. The Japan Meteorological Agency regards the earliest typhoon that occurred after 1 January as the first typhoon and assigns numbers to each subsequent typhoon accordingly.
- Typhoons that occur in the vicinity of Asia are also given unique names (as proposed by member countries on a rotating basis) based on agreements with each related country.



Things to watch out for during heavy rains, floods, and landslide disasters



Characteristics of heavy rains, floods, and landslide disasters

- In Japan, heavy rains often occur due to the rainy season from May to June, typhoons from July to October, and autumn rains in October.
- If a large amount of rain falls over a wide area within a short period of time (within hours to several days), rivers may rise or embankments may break, resulting in water damage (inundation or flooding).
- Floods may cause the floor of houses to be submerged when located near rivers and in low-lying areas.
- In addition, the rains might cause landslide disasters such as the collapse of mountains, cliffs, and debris flows.
- Roads and bridges may become impassable, and the usage of the Shinkansen and railroads may be restricted due to heavy rain.

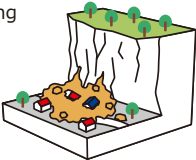


What to do during heavy rains



- During heavy rains and typhoons, keep away from dangerous places such as coasts, flooded rivers, cliffs, and swamps.
- Make sure to check the danger spots by using the hazard map created by the municipality so that you can have a safe route when evacuating.
- To prepare for a possible evacuation, confirm your emergency evacuation kit and check the evacuation site.
- Help each other during an evacuation.



Types and precursors of landslide disasters

Rockfall	Landslide	Debris flow
<ul style="list-style-type: none"> • Water gushes out from the cliff • Cracks appear in the cliff • Pebbles fall from the cliff • Unusual sounds coming from the cliff, such as those of a tree roots being severed 	<ul style="list-style-type: none"> • Water in wells and swamps becomes muddy • Cracks appear in the ground • Water spurts out from sloped surfaces • Cracks appear in houses and walls • Houses, walls, trees and utility poles start to tilt 	<ul style="list-style-type: none"> • Mountain rumblings can be heard • The water level of the river drops even though it continues to rain • The river water suddenly becomes muddy and driftwood starts appearing in the water • There is a smell of rotten soil 

Things to watch out for during an earthquake









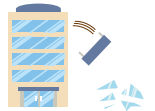



Characteristics of an earthquake

- The surface of the ground will shake. With large earthquakes, even standing will be difficult.
- When an earthquake occurs, it is important to not panic and protect yourself wherever you are.
- After a large earthquake, many aftershocks (earthquakes that follow after the largest shock) can occur.
- After a large earthquake, tsunamis (large waves) can occur.



What to do during an earthquake



<p>When inside a building</p>	 <p>Hide underneath a desk and protect your head</p>	 <p>Secure an exit route (eg. by keeping doors open)</p>	 <p>Do not panic and rush to turn off your stove or other appliances which uses open flames, but protect yourself first.</p>	 <p>Do not panic and rush to go outside. When escaping, make sure to put on your shoes.</p>
<p>When inside a car</p>	 <p>Do not panic and stop suddenly</p>	 <p>Head to the side of the road and turn off your car engine</p>	 <p>Keep your keys in your car</p>	 <p>Get out of your car and escape on foot</p>
<p>When in a city</p>	 <p>Protect your head and be careful of falling objects such as window glass or billboards</p>	 <p>If you are in an elevator, get off at the nearest floor</p>	 <p>Escape to an open space, and be careful of nearby walls and vending machines, which can be dangerous</p>	 <p>Do not go near broken electrical lines</p>



~ Early Earthquake Warning ~

An Early Earthquake Warning is an advance notification that provides information about an incoming large earthquake.

A warning sound is broadcasted at the same time on TV, radio, mobile phones (that can receive breaking news reports), municipality disaster prevention radio stations, and other platforms. There is also an Early Earthquake Warning app that you can receive notifications from.

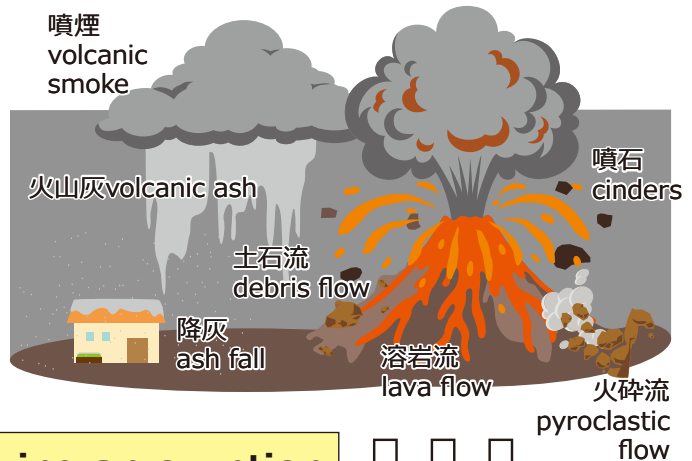
There will be few seconds after the notification appears and before the strong tremors begin. Therefore, it is important to remember what to do in the event of an earthquake, so you can take prompt actions to protect ourselves.

Things to watch out for during a volcano eruption

Current situation of volcanoes in Kagoshima

- There are 11 active volcanoes in Kagoshima prefecture, accounting for 10% of the 110 active volcanoes throughout Japan.
- Out of these, five volcanoes (Mt Kirishima, Sakurajima, Satsuma Iojima, Kuchinoerabu Island, and Suwanose Island) are being observed and monitored by the Japan Meteorological Agency 24 hours a day, under the category of volcanoes under constant observation.
- Sakurajima is still active today, and there is a large amount of ashfall when it erupts. The area where the volcanic ash falls depends on the wind direction; it tends to fall in the direction of Kagoshima City in summer and in the direction of Osumi in winter.
- During an emergency when Sakurajima is likely to have a large-scale eruption, evacuation information and ashfall forecasts will be announced on TV and radio.

When a volcanic eruption occurs




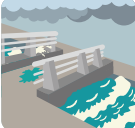



What to do during an eruption

- When there is volcanic activity, it is important to evacuate as soon as possible. In particular, it is too late to evacuate after pyroclastic flows and volcanic bombs have occurred. Obtain accurate information from the meteorological observatories and aim to evacuate from dangerous places promptly.
- If ash gets into your eyes, wash it out with clean water without rubbing. If it is difficult to remove, please see an ophthalmologist. For people wearing contact lenses, it is advised to take preventive measures such as removing contact lenses during ashfalls to prevent scratches on the eyes.
- If you have respiratory symptoms resulting from inhaling ash or have any other concerns, please consult with your nearest medical institution.
- Avoid vehicles such as cars, motorcycles, and bicycles as much as possible as their front visibility and braking performance will be poor due to the ash.



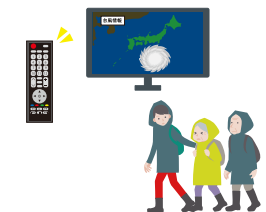


What to do when the weather worsens

Timeline leading up to a disaster

(typhoon, heavy rain, flood, landslide disaster)

Time leading up to a disaster	Rain, river and mountain conditions	Alert Level Weather Forecast (According to the Japan Meteorological Agency) Evacuation Information (According to your municipality)
The weather seems likely to worsen	<ul style="list-style-type: none"> Forecast of heavy rain, typhoons etc will be shown on the news 	1 Probability of Warnings
The weather worsens	<ul style="list-style-type: none"> Severe rainfall Water begins to collect on the ground River water level increases 	2 Heavy Rain Advisory Flood Advisory Begin evacuation preparations
A disaster seems likely to occur	<ul style="list-style-type: none"> Severe rainfall Water begins to collect on the ground River water level increases 	3 Heavy Rain Warning Flood Warning Evacuation of the Elderly, etc
Before a disaster occurs	<ul style="list-style-type: none"> Small debris falls from mountains Water spurts out from mountain slopes River water volume swells and seems likely to overflow Mountain rumblings can be heard 	4 Landslide Alert Information etc Evacuation Instructions to be taken Be sure to evacuate by Alert Level 4
A disaster occurs	<ul style="list-style-type: none"> Rivers overflow Mountains collapse Roads become blocked due to landslides 	5 Heavy Rain Emergency Warning Emergency Safety Measures to be taken

What you should do

<ul style="list-style-type: none"> • Check the contents of your emergency bag • Prepare in advance any medicine that you regularly take • In the event of a typhoon, bring in anything that might be blown away by the wind 	
<ul style="list-style-type: none"> • Check the TV, internet and other sources for information on the weather • Charge your mobile phone in advance • Check the hazard map for the location of and directions to your nearest evacuation shelter 	
<ul style="list-style-type: none"> • Frequently check the TV and internet for weather and evacuation information • For those where travel may take longer, such as families with children or the elderly, begin your evacuation to a safe location early 	
<ul style="list-style-type: none"> • Evacuate to a safe location • For those whose houses are safe, do not evacuate and stay at home • If evacuating, be sure to contact family members etc 	
<ul style="list-style-type: none"> • Quickly evacuate to a safe location • Protect yourself 	

Memo for Disaster Management

※Treat this page with care

In preparation for a disaster, it is important to consider how to contact loved ones back in your home country.

For those who live with family here, it is also necessary to consider how to meet up in the event of a disaster.





Please fill in the blanks below:



名前／Name	
国籍／Nationality	
血液型／Blood type	
アレルギー／Allergies	
いつも飲んでいる薬／Medicine that you take regularly	
在留カード番号／Residence card number	
パスポート番号／Passport number etc	
住所／Address	
電話番号／Phone number	
大使館 / 領事館 連絡先 Embassy / Consulate contact information	
学校 / 職場 連絡先 School / workplace contact information	
家族の連絡先 (海外) Family contact information (overseas)	
知り合い / 友人 連絡先 Acquaintance / friends contact information	
家族の集まる所／Reunion place for family	
鹿児島県外国人総合相談窓口 Kagoshima Prefecture Consultation Desk for Foreign Residents	TEL 070-7662-4541 e-mail kiasoudan@gmail.com

In the event of an injury, fire or accident:

<p>For fires and ambulances: call 119</p> 	<p>For accidents and incidents: call 110</p> 
<p><input type="radio"/> If there is a fire and you want to call the fire brigade.</p> <p><input type="radio"/> If you have a serious injury or illness and want to call an ambulance.</p>	<p><input type="radio"/> If an accident or incident has occurred, and you want to quickly contact and/or notify the police</p>
<p>* Both the numbers 「119」 and 「110」 are free of charge.</p> <p>* When calling, please keep calm without panicking.</p>	

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