



In case of an earthquake

Japan is a country where many earthquakes occur. Using the Hanshin-Awaji Earthquake as an invaluable lesson in which countless precious lives and property were lost in an instant, it is important to be prepared for an earthquake by stocking food and living necessities on a routine basis so no matter where or when it happens, the losses can be kept to a minimum. In addition to storing food and living necessities, try to communicate with your neighbors and attend the emergency drill conducted by your area's residents' association.

Everyday measures

- (1) Check where the safest place is in your house/apartment.
- (2) Store enough drinking water – 3 liters per person per day.
- (3) Prepare a rucksack or emergency bag and store it in a place familiar to everyone in the family.

Example of items to put in the rucksack / emergency bag:

(a) torch light and batteries, (b) drinking water and food, (c) portable radio, (d) money (including some ¥10 coins for using a public telephone), (e) copies of identification materials such as passports, bankbooks, etc., and other valuables, (f) portable cooking stove, lighter and candles, (g) a first-aid kit (those requiring regular medication should not forget it), (h) a helmet or other protective headwear, (i) cotton work gloves, clothes and towels, (j) clothing to protect against the cold weather (k) aluminum thermal insulation sheet, (l) water container, battery charger, etc.



- (4) Use overturning prevention tools to fix furniture.
- (5) Paste shatter-prevention film on windows, cupboards, bookshelves, etc. where glass is used.
- (6) Make a note of emergency contact telephone numbers and the phone number, address and other contact details of someone who can communicate in your language.
- (7) Confirm where your nearest emergency shelter is and how to get there.

Inquiries:

* Nishinomiya City Hall Community Disaster Preparedness Support Division 0798-35-3092

* To search for designated emergency shelters in Nishinomiya City

<https://www.nishi.or.jp/shisei/seisaku/tabunkakyosei/english/DPEP.files/ListofEvacuationShelters.pdf>

For information:

*https://webgis.nishi.or.jp/index.php?controller=index&action=sendnext&next_page=searchhinanjoi#map_gname_9 (disaster prevention information by geography information system: Japanese)

*<https://www.nishi.or.jp/kurashi/anshin/bosaijoho/index.html> (Nishinomiya City Website disaster prevention information: Japanese)

*<https://www.nishinomiya-bousai.jp/> (Nishinomiya Disaster Information Portal: available in English)

When an earthquake happens

- (1) Ensure your personal safety.
- (2) Open the entrance door and other doors to secure an escape route.

- (3) Do not rush out of a building. Wait until the earthquake has temporarily stopped, then get your emergency bag, put on a helmet or other protective head covering.
- (4) Switch off the gas, gas cookers, etc. in use. Switch off all appliances, such as cooking and heating appliances which may cause a fire. If a fire breaks out, extinguish it immediately with the nearest fire extinguisher.
- (5) Escape to the nearest safe place.
- (6) Try to listen regularly to the TV and radio, disaster speaker or telephone for earthquake information.
- (7) Try not to become separated from family members or neighbors. Check you are all together and make your way as quickly as possible to a shelter.
- (8) If you are driving, avoid braking suddenly. Reduce your speed slowly and move over to the left shoulder of the road. Do not park the car next to a gasoline station or high-pressure gas facility, nor under a pedestrian bridge.
- (9) If you are walking along a wide road, move out to the center. If downtown, be careful of falling objects such as signs, telegraph poles and glass from windows, etc.

After an earthquake

After an earthquake, there is the danger of yoshin (after-shocks) and tsunami (tidal-waves). If possible, collect accurate information from the radio, television, etc. If you find you cannot return to your residence after a big earthquake, inform your country's embassy or consulate, your place of employment or school of the safety of both you and your family.

In times of disasters, Nishinomiya City will set up a special telephone service to receive reports and enquiries from citizens. Tel: 0798-35-3456 (Saigai Taisaku Honbu) (Disaster Emergency Headquarters)

For notification or contact in the case of a disaster:

- Nishinomiya City Disaster Control Headquarters 0798-35-3456 (only in the case of a disaster)

To prepare for tsunamis (tidal waves)

A tsunami, a huge destructive wave, is generated at the same time as an earthquake occurs beneath the sea floor and strikes the land suddenly. It is important to know how to respond to tsunamis to protect yourself and your family from it when you are near the ocean.

- (1) Evacuate immediately, if you are near the ocean or rivers and you feel a large earthquake or a one lasting more than a minute.
- (2) Evacuate immediately on the basis of information provided through TV and radio.
- (3) Listen for the official evacuation information from the city, the fire department or the police by siren or from loudspeaker vans, and evacuate immediately.
- (4) When evacuating from a tsunami, take one of the actions listed below.
 - Evacuate to north of Naruo Mikage-sen St.(municipal road)
 - Stay away from seaside and rivers. Evacuate to the "3rd floor or higher" of a tall building.
 - If you are already on the "3rd floor or higher" of a reinforced concrete building, stay where you are.
- (5) Leave your car and evacuate on foot.
- (6) A tsunami flows onto the land more than once. Stay away from the sea and rivers and wait for the tsunami warnings and advisories to be cleared.
- (7) Do not panic. Act on the basis of accurate information provided through TV, radio and municipal loudspeaker vans.

See 'Tsunami Hazard Map' to check the possible flood areas in the case of a tsunami caused by Nankai Earthquake.

https://www.nishi.or.jp/shisei/seisaku/tabunkakyosei/english/DPEP.files/tunami_150328.pdf

Check the Tsunami evacuation buildings at “Nishinomiya webGIS”.

https://webgis.nishi.or.jp/index.php?controller=index&action=sendnext&next_page=searchhinanjoinde&map_gid=9&map_id=15

For more information:

https://webgis.nishi.or.jp/index.php?controller=index&action=sendnext&next_page=searchhinanjoinde#map_gname_9 (geography information system: Japanese)

***Saigai-yo dengon dial* (Telephone message service in times of disaster) (Call 171)**

When a disaster occurs, it is often difficult to make telephone calls to the affected area. In such circumstances use the Saigai-yo Dengon Dial service (telephone message service in times of disaster). People outside the area can listen to recorded messages made by those in the affected area regarding their safety, etc. It is like a voice recorded message board. Similarly, people outside the area can send messages to people in the affected area.

Notification of the introduction of the NTT Saigai-yo Dengon Dial service will be made on the radio, television and internet, etc. You can use the service by dialing 171 and following the guidance in Japanese to record or listen to messages.

Useful information in foreign languages in times of disaster

The website below provides foreign translations of signs and information posted at emergency shelters, etc. in times of disasters such as major earthquakes. The Website information is in PDF format. There are 52 words and phrases in 7 languages: English, Chinese (a simplified Chinese character and an original Chinese), Korean, Spanish, Portuguese, Tagalog.

Council of Local Authorities for International Relations (Jichitai Kokusaika Kyokai) “saigaiji tagengo jyoho sakusei tsu-ru tagengo hyoji sheet_sample”

<https://www.clair.or.jp/j/multiculture/tagengo/sheet.html>

***Risai shomei-sho* (Disaster Victim Certificate)**

For victims of earthquakes, it is necessary to have a Risai Shomei-sho (Disaster Victim Certificate) when applying for various support systems such as insurance payment or tax deductions. Please take photos which show the damage situation.

For enquiries

Desk for Nishinomiya City Disaster Victim Certificate 0798-35-3282
(Nishinomiya-shi Risai shomei uketsuke tanto)

Note For details, ask a person who understands Japanese to enquire for you.