

- Hitachinaka City - Disaster Prevention Handbook

1 Know the Disasters that Could Happen in Hitachinaka.



A Typhoons, Strong Winds, Floods

Earthquakes, "Tsunamis"
(could happen all year round)



Nuclear Disasters
(could happen all year round)



A When Evacuating Before a Typhoon or a Flood

- When an evacuation order is issued, please move to a shelter or to a friend or family member's house in a safe area. Even if no evacuation order is issued, you can move to a safe place when you feel in danger.
- Make sure to turn off the circuit breaker and close the main gas valve.

B When a Typhoon Comes

- Please avoid going out unless it's necessary.
- Stay away from the sea or rivers.



C When a Flood Happens

- When you can go outside to evacuate, use a long stick like umbrella to make sure the ground is safe to walk.
- If you cannot go outside, move to a room higher than a second floor or the highest floor of a sturdy building nearby your house.



B When an Earthquake Happens

① When it is shaking from an earthquake

- Protect your body and head.
- Do not go outside.

② After stop shaking from an earthquake

- Check whether you having injury or not.
- Make sure to turn off it if you were using fire.
- Wear shoes to avoid getting hurt.
- Do not use the elevator when you evacuate.

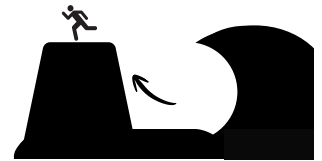
* Remember, after a big earthquake, aftershocks will continue for a while.



B When a "Tsunami" Comes

- Escape from the sea and rivers to a highest place as possible.

* Evacuate until the disaster warning is canceled.



C When an Accident Happens at a Nuclear Power Plant

Firstly, collect information about the accident from TV or announcement from the city.

◆ When evacuating inside a house or a building

The City will announce.

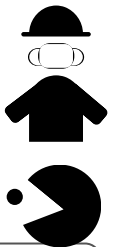
- Close all windows and doors.
- Take off all clothes and, put into a plastic bag and tie it.



◆ When evacuating outside your house or a building

The City will announce.

- Put on a mask.
- Wear a hat and a raincoat if possible.
- Do NOT show your skin, as possible.



◇ Regarding "Stable iodine tablet(s) and jelly"(*)

- Take it (them) only when instructed.
- Do NOT take without instruction !

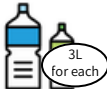
* "Stable Iodine Tablet(s) and Jelly"

It is a medicine that protects your thyroid, the part of your throat from cancer. After moving to Hitachinaka City, people who are eligible will receive a letter from the Healthcare Center. (Foreigner residents are also eligible.)

2 Prepare for Disasters.

Check hazard maps to know what disasters might happen at home or places you often go. Let's also check the route to the evacuation shelter and prepare things to bring when evacuating.

Prepare things to use at home (decide a storage area.)

- | | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
| □ Food of the Family for 3 Days | □ Drink of the Family for 3 Days | □ Masks, Hand Sanitizer | □ First Aid Kit (Medicines), Thermometer | □ Torch, Dry Cell Batteries |
|  |  |  |  |  |
| □ Pen, Note | □ Batteries | □ Slippers | □ Portable Toilet | □ Water Container |

Prepare things in a backpack for evacuation

- | | | | | |
|--|--|--|--|--|
|  |  |  |  |  |
| □ Food of the Family for 3 Days | □ Drink of the Family for 3 Days | □ Masks, Hand Sanitizer | □ Emergency Supplies (Plasters, Bandages) | □ Medicines |
|  |  |  |  |  |
| □ Cloths, Underwear (for One Day) | □ Batteries | □ Cash, Bankbook, Seal | □ My Number Card | □ Backpack |

Prepare things according to your family setup and situation.

■ For Infant

- | | |
|-----------------------|---------------------------|
| □ Diapers | □ Baby Wipes |
| □ Baby Food | □ Disposable baby bottle |
| □ Baby Formula (Milk) | □ A Mother-Child Handbook |

■ For Woman

- | | |
|---------------------|--|
| □ Sanitary products | □ Panty Liner |
| □ Sanitary panties | □ Colored trash bags (to put it sanitary products) |
| □ Personal Alarm | |

■ For Elderly Person

- | | |
|---|---------------------------------|
| □ Diapers | □ Eatable Food |
| □ Medicine for the Condition | □ Copy of Medication Notebook |
| □ Dentures (False Tooth), Denture cleaner | □ Hearing Aids, Reading Glasses |

■ For Foreign Residents

- | | |
|------------------|------------|
| □ Residence Card | □ Passport |
|------------------|------------|

- | |
|------------------------------------|
| □ Eatable Food(※) |
| □ Memo about the uneatable food(※) |

※ If there are dietary restrictions due to religion, etc.

3 Check the disaster information

▶ Helpful Apps in the Event of Disasters.



Safety tips

You can collect information of disasters in Japan and know the action to be taken.



Voice Tra

Translation App. You can translate languages to Japanese, etc.



Nuclear Power

“Handbook on Nuclear Power”

You can learn the basic knowledge of radiation and nuclear power, and how to prepare for nuclear accidents.



vacan

vacan

You can check the crowd level of shelters in Hitachinaka City on your mobile phone, etc.



▶ Others

Hazard Maps

Hazard Map of Hitachinaka City

You can check hazard maps for the different disasters that could happen in Hitachinaka City.



Mail

Safety and Security Email

You can receive an email regarding the disaster prevention information and announcement from Hitachinaka city.



Consultation Desk

Consultation Desk for Foreigners (Multicultural Coexisting Division)

If you need, you can ask us for advice.



When a disaster happens, having connections with your neighbors can be a big help. Those connections can help save the lives of you and your family during a disaster. When you see your neighbors, greet them, and try attending local events in your area.