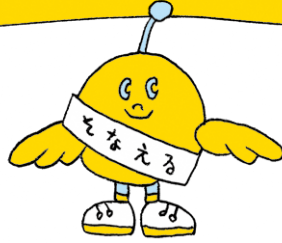


Disaster Preparedness Guidebook



Preparedness Fukushima Handbook

そなえる

ふくしま

ート

Please Call Me
"Sonaeru Handbook"

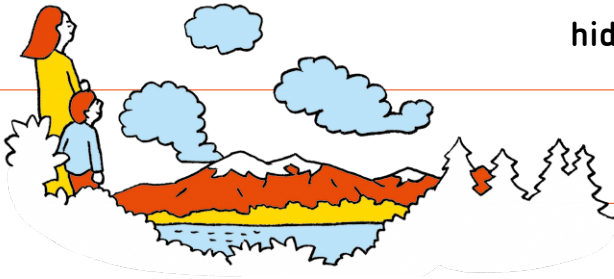


Fukushima Prefecture



Introduction

There are a variety of disaster risks

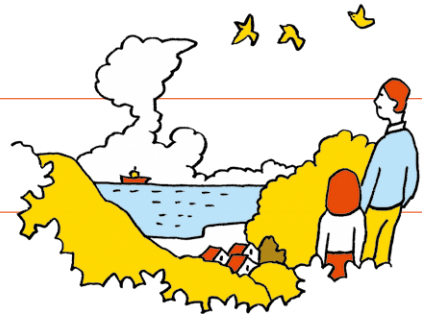


hidden in nature-rich

Fukushima prefecture.

The Preparedness Fukushima Handbook,

or Sonafuku Handbook in short,



puts together what we need to prepare daily for disasters

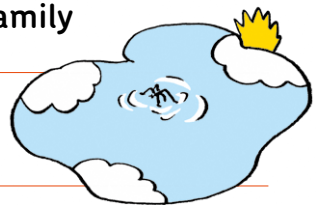
and what we need to do in case of a disaster.



Let's check what to do and how to do it

to protect ourselves together with family

while reading the Sonafuku Handbook.



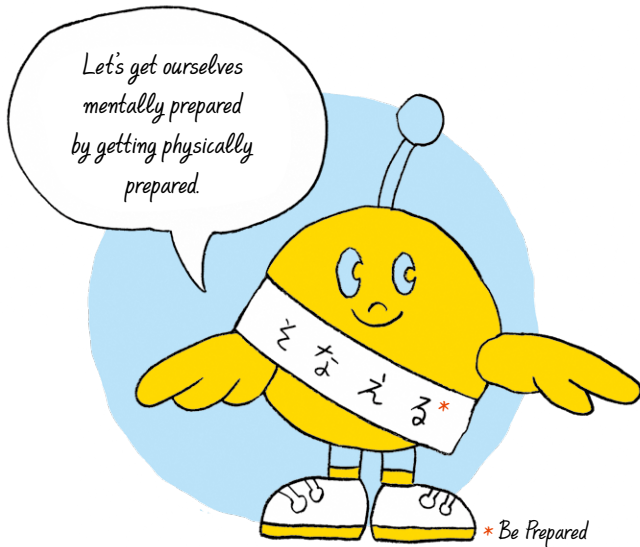
Here are our Mascots.

“Future from Fukushima! Kibitan”

is our mascot that symbolizes reconstruction of Fukushima.

“Bekotaro” is the Fukushima Map Navigator.

These two mascots guide you through the Sonafuku Handbook.



Kibitan

Kibitan is named after Kibitaki (*Ficedula narcissina*), or narcissus flycatcher in English, which is the bird of Fukushima prefecture. He is actively working in and out of the prefecture as a bridge linking citizens and Fukushima. He provides information on “what is great about Fukushima and what is happening now in Fukushima” through his antenna on his head. Serious Kibitan explains the major points of the Handbook in an easy-to-understand manner.



Bekotaro

Bekotaro is created based on “Akabeko,” a traditional papier-mâché toy shaped like a red cow, unique to the Aizu area in Fukushima. Bekotaro is the mascot for the prefecture’s general information magazine “Fukushima Map.” Enjoying growing popularity among citizens, Bekotaro is a merry character who tends to be easily flattered. Bekotaro plays the main character in the Handbook and teaches important things in the event of a disaster.

Be Prepared

The first thing to remember about disasters is to be prepared. Let's think about how to protect ourselves in the event of a disaster on a daily basis and talk about it with your family and community members.

1



6
page

2



7
page

3



8
page

4



9
page

5



10
page

6



12
page



If a disaster happens,
we will make the utmost
efforts to help you.

Masao Uchibori
Governor, Fukushima Prefecture



Protect Yourself.

Here is a guideline about what you should do in the event of a disaster. Check what to do if a disaster occurs.



14
page



18
page



20
page



22
page



26
page



28
page



30
page



32
page

This information is also available on the prefecture's website.

For your reference, the information is available in digital format on the Risk Management Section's webpage.

<https://www.pref.fukushima.lg.jp/sec/01010a/sonafukunote.html>

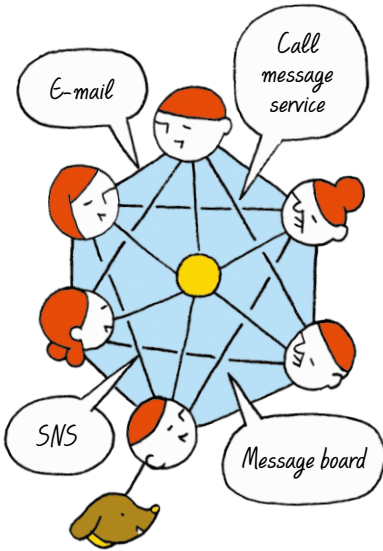
Sonafuku Handbook

Search





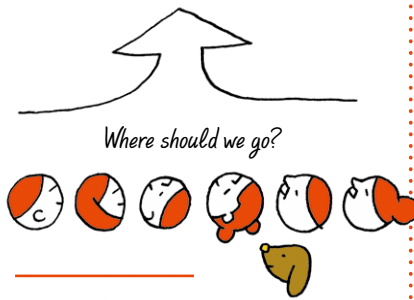
Check with Your Family Members.



CHECK 1

How to communicate

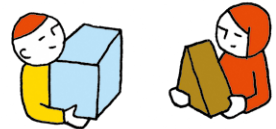
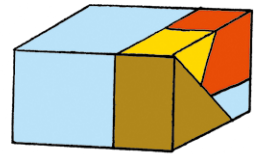
Confirm ways to communicate with your family members, such as the emergency call message service (p.34), SNS and message boards in shelters, other than telephone and e-mail.



CHECK 2

Place of gathering and shelter

Assume a variety of disasters and imagine what could happen. Prioritize places of gathering or shelter, choose about three, and visit them for confirmation.



CHECK 3

Role sharing

Determine what each family member should do in advance, such as check for the source of a fire, prepare a disaster kit, prevent furniture from falling, and check the safety and whereabouts of your relatives and neighbors.



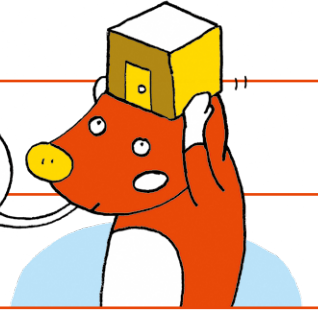


Preparations

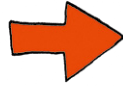
for

Your Home

This is the basics!



Before



After



Always keep your room neat.

Protect yourself by avoiding things that fall from a high place or fall down on you. To do this, always keep things in order and secure a safe place.

POINT

1



Don't place big furniture near doors.

POINT

2



Don't place big furniture along the evacuation route.

POINT

3



Ensure that nothing will fall on your bed.

POINT

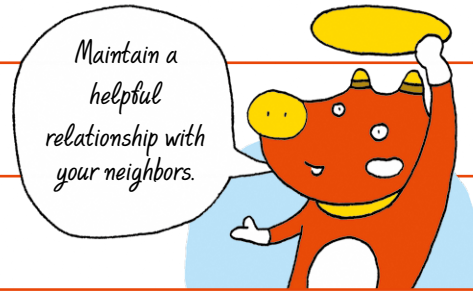
4



Don't place sofas against glass windows.



Help Each Other



Mutual Help is Important.

In the event of a major disaster, both “self-help,” which is keeping you and your family members safe, and “mutual help,” which is cooperation of you and your neighbors to help as many people as possible, are important.



Disaster Management Network with Neighbors

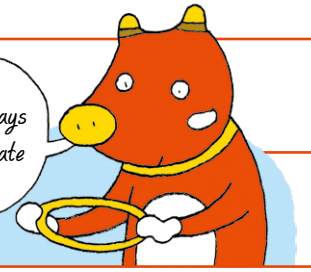
Cooperation of neighboring residents is necessary in the event of a disaster. You need to say hello to each other and get to know as many neighbors as possible on a daily basis. You also need to be conscious that “We protect our town by ourselves” and work together with your neighbors through the residents’ association or community association. These activities will enhance your community’s disaster resilience.





Consider Those Who Need Assistance.

*There are
a variety of ways
to be considerate
of others.*



People who need assistance include elderly people, children, and people with disabilities.

Let's be considerate of these people who feel more concern than others
and think about helping them.

Elderly people



Some elderly people cannot express what they want even though they have problems. Let's talk to them merrily and often.

Children



Children tend to feel more stress than adults imagine in the event of a disaster. Let them play to release their pent-up stress.

People with disabilities



People with disabilities cannot easily cope with disaster situations by themselves. Let's talk to them kindly and help them.

Pregnant women and breast-feeding women



It is necessary to particularly consider the health and privacy of pregnant women and mothers soon after delivery.

People requiring nursing care



It is often the case that somebody needs to take care of people requiring nursing care and that medical service arrangements may also be necessary for them.

Foreigners

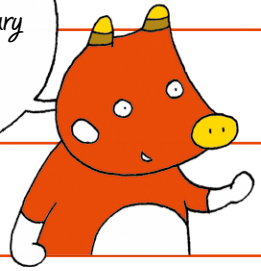


Let's talk with them using simple language such as "stop" or "go," pointing, or gestures to guide them to a safe place and ensure their safety.



Make a Disaster Kit Available.

Think up what kind of disaster kit is necessary for each home and yourself.



Things that should be stored at home (for protection of your family members)

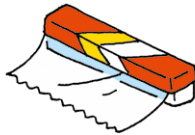
Put them in a backpack so that you can pick them up as soon as you evacuate.



Plastic bag
(a few bags of different sizes, - large, medium, and small)



Emergency food and water



Wrapping film



Wet towel for body cleaning



Wet tissues and liquid toothpaste for oral care



Portable toilet



Blankets



Battery-operated charger



Large handkerchief (towel)



Newspapers



First aid kit
(including drug history notebook)



Cool box
(including refrigerant)



Portable radio



Bankbook, personal stamp, (inkan) credit cards



Portable gas table and gas canister



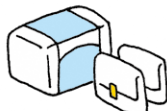
Dry batteries



Headlight



Lantern and flashlight



Sanitary goods



Raincoat

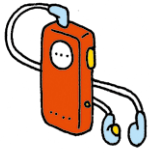


Leather gloves



Things to Carry (for Your Own Protection)

You never know when a disaster will happen. Carry them in your pouch when you go out.



Portable radio



Headlight



Mask



Wet tissues



Plastic bag or plastic shopping bag



Map to help you get back home



Whistle



Portable toilet



Large handkerchief



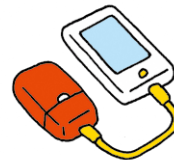
Drinking water



Emergency food, chocolate or candy



Blanket



Rechargeable charger



Household medicine



Things to Keep at Work (in case you cannot go home)



Battery-operated charger



Dry battery



Underwear



Household medicine



Tooth brush and liquid tooth paste



Emergency food and water



Raincoat



Blanket



Headlights



Hard hat



Easy-to-wear shoes



Portable toilet

72
hours

When a disaster happens, you may not be able to go home so easily. You will feel safe if you keep emergency reserves for three days at work.





Participate in Disaster Drills

Let's participate in local disaster drills.

It is important to participate in local disaster drills frequently so you can feel calm in the event of a disaster and act to minimize damage. Drills may be held by the area or large drills may be held by the municipality or prefecture.

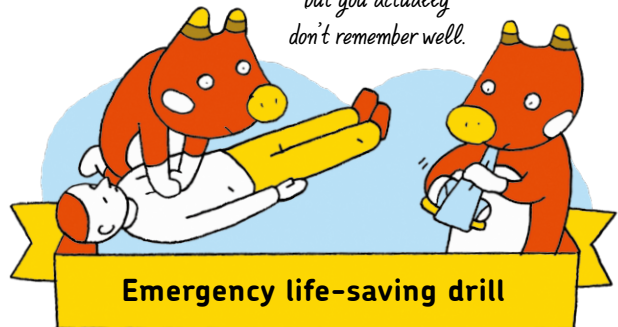
Get ready
mentally
as well
physically.



Once you actually do it,
then you will make a difference
in a real situation.



You think you know it,
but you actually
don't remember well.



You have
rarely done that.
So, you should
do it now.

Yes.

I like it.

Serving food is
important.



Many lives were saved
by local volunteers
including
volunteer fire corps
after the Hanshin Awaji
Earthquake.



Let's Join ShakeOut Drill.

ShakeOut drill is a type of earthquake drill in which you act to protect yourself in the event of an earthquake. It is composed of three actions: Drop, Protect your head, and Hold on.

While you practice these actions, let's review emergency actions and disaster kits and check safety actions to prevent you from getting injured when alone or at your community, school, or workplace.



What is ShakeOut?

This is a phrase that symbolizes the shout for safe action or "Get ready for the earthquake!"

STEP 1

DROP!



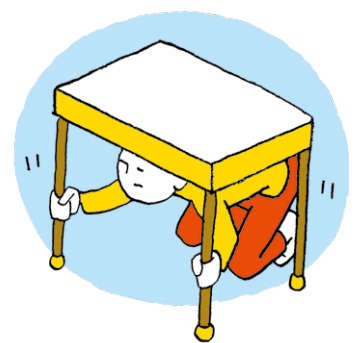
STEP 2

COVER!



STEP 3

HOLD ON!



These three are the verbal cues for those actions.



Start with a simple action.

Please check the prefecture's website for the ShakeOut drill schedule.



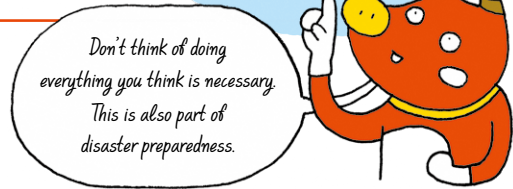


When an Earthquake Disaster Occurs

It is extremely difficult to do many things simultaneously or make appropriate judgment in the moment a big earthquake occurs. Just start making preparations by thinking "There is nothing you can do."

What you can do from your hearing an Earthquake Early Warning (EEW) to its actual occurrence

It is from about a few seconds to a dozen or so seconds from when you receive an EEW to when the earthquake actually occurs. While it is important to always imagine what you can do in the moment of such an emergency, the first think you should do is to stay calm and move to a safer place.



Things you can do when you have time



1. Turn off everything that may cause a fire.



2. Open the door to secure a way out from your room.



3. Close the curtains to protect yourself from scattered pieces of broken window glass.

What you must do



Quickly move to a safer place.



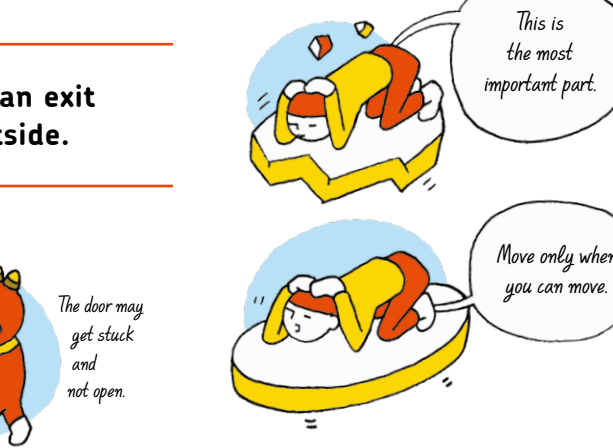
Quakes of a seismic intensity of 4 or higher continued for 190 seconds in Onahama, Iwaki city, when the Great East Japan Earthquake occurred (at 14:46, March 11, 2011)

(source: Meteorological Agency).



Cautions Just After the Earthquake

The Top Priority is to Protect Yourself and Your Family.



Move into action after the quake settles down.

Secure an exit to outside.



If you go out in a hurry, you may tumble or get hurt by fallen objects or glass shards. Be careful!

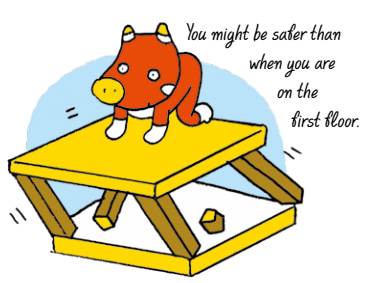
Open the windows, doors, and entrance door and secure exits so that you can evacuate at any time.



What if an earthquake occurs when you are upstairs?

What if you are locked in?

What if you are driving?



The first floor of an old house may collapse and that can crush you if you are on the first floor. Do not hastily go downstairs.

If you keep shouting in a loud voice, you will exhaust yourself. So hit the door or wall or make a big sound with your mobile phone or other means to let others know where you are.

Pull over to the left side of the road, stop the engine and wait. When you evacuate, leave the key in the ignition, leave the car unlocked and leave the car so that your car can be moved in an emergency situation.



Evacuation during Earthquake Disaster

Stay Calm When You Make a Judgment About Evacuation.

Your life could be on the line when you make a judgment about evacuation. Check reliable information and make a judgment calmly.

Evacuate to a higher place if you are in the area facing the sea!

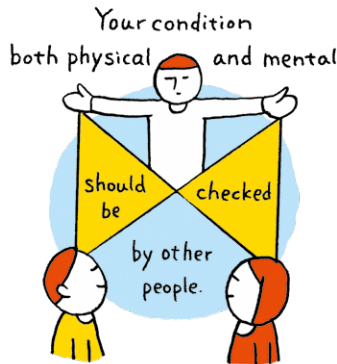


This is a hard-and-fast rule.



Beware of false information.

When a big earthquake occurs, false information without any reliable grounds may spread and confuse people. Check disaster information from reliable and multiple sources such as TV, radio and the administration and do not be confused by false information.



Check the condition of your family members.

In the event of a disaster, you may not realize you are bleeding from your hand or leg or somebody else is injured. When a major earthquake occurs while you are at home, you and your family members should examine each other to check if you are okay or if your house is in danger or not and judge what action to take next.



Control your impatience and stay calm.

Stay in a safe place.

Immediately after the occurrence of a major earthquake, confusion and congestion will be everywhere including roads and areas around railroad stations, and you may be involved in a secondary disaster such as the collapse of a building. If you are sure the place you are in is safe, such as at an office or school, do not hurriedly decide to return home but stay there for a while to check how things are going.

Take a deep breath and look around you rather than thinking of calming yourself.



When a major earthquake occurred in Kumamoto (21:26, April 14, 2016, with a seismic intensity of 7 recorded at Mashiki town), another major earthquake of similar intensity occurred 28 hours later (seismic intensity of 7 at Mashiki town).



Cautions about Evacuation after Earthquake



Mutual help among neighbors is important. Mutually check on each other to see if somebody is locked in, buried, or injured.



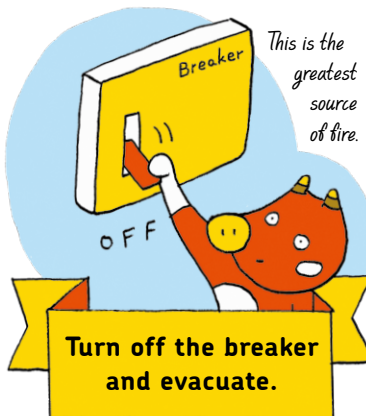
Avoid placing a message to a family member or a notice showing the shelter location on the outside of the door. If a home is declared to be empty, it will beckon sneaky thieves.



At night time, visibility is poor, and there are a lot of risks, such as tumbling on the ground or falling into a side gutter. During a power outage, evacuate while watching your step with a flashlight.



After a major earthquake, debris and many other things are scattered over the ground to create poor footing. To protect your feet or shoes, attach something hard like a wooden board under your sole, and firmly tie it to your shoes with strings to guard your feet.



When the power goes back on after an earthquake, a fire may occur once the power is on if the breaker is kept on. When you evacuate, turn off the breaker.



After a major earthquake, aftershocks will occur. If your house is not safe in terms of seismic resistance, take shelter at a safe place before an aftershock comes.



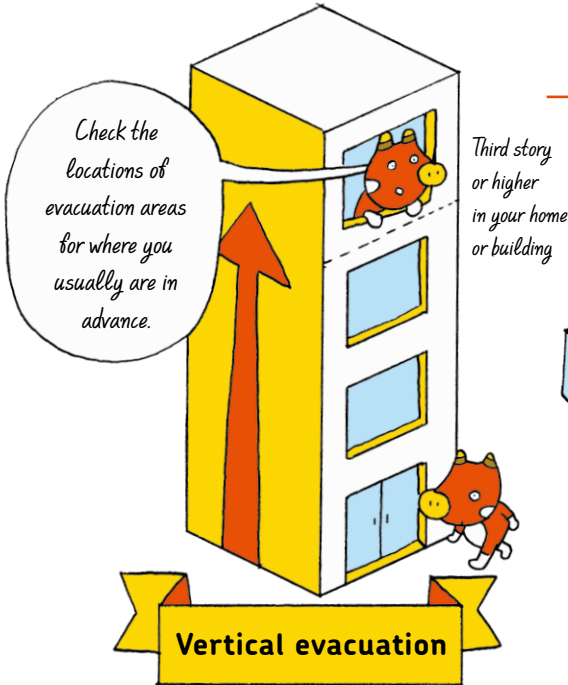
When a Tsunami Comes



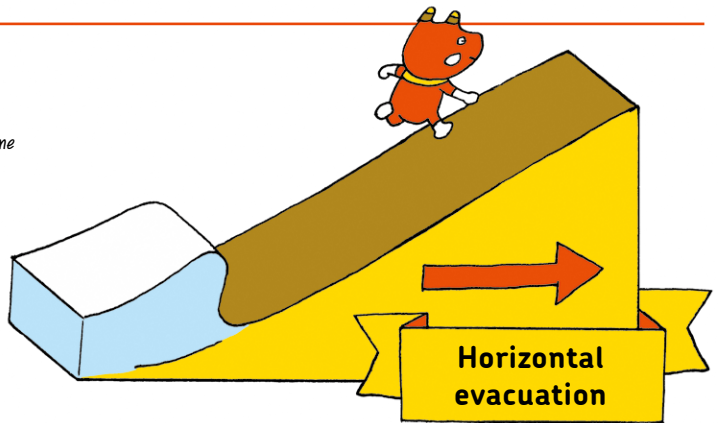
Running Away from a Tsunami

A tsunami can hit your place less than 5 minutes after an earthquake. When you feel a strong quake near the sea, run up to a higher place on the landside. Tsunamis also run up the river, so run away from rivers, too.

Evacuate to a higher place!



When you cannot choose horizontal evacuation or going out is dangerous, move to a higher place.



When there is impending danger at your present location, move to a different safer location.



A tsunami with an inundation height (height from the ground to the water surface) of nearly 10m hit the coast from Sendai city to Soma city in Fukushima prefecture, at the time of the Great East Japan Earthquake.