

Living MORIOKA Guide

Morioka International Relations Association

12-2 Uchimaru, Morioka 020-8530 TEL: 019-626-7524 FAX: 019-622-6211 E-mail: info@mira-morioka.com

Let's Learn about Disaster Prevention!

Natural disasters can happen anywhere around us, and we never know when they might happen in the future. What can we do to minimize the damage? Let's learn about what to do when disaster strikes so we can use this information if it actually happens.

Let's Prepare!

Preparation for an emergency kit---If a disaster occurs, you might need to leave your house immediately and go to a shelter. We recommend that you prepare in advance the things you will need to take in an emergency using the following lists as a reference.

<p style="text-align: center;"><u>Portable Radio</u></p> <p>Radio. Prepare more than enough batteries.</p>	<p style="text-align: center;"><u>First-aid Kit</u></p> <p>Basic medicines - antiseptic for wounds, plasters (band-aid), bandages, gastrointestinal drugs, etc.</p>	<p style="text-align: center;"><u>Valuables</u></p> <p>Money, hanko (personal seal), health insurance card, bankbook, driver's license, certificate of title, etc.</p>
<p style="text-align: center;"><u>Flashlight</u></p> <p>One for each family member, if possible. Prepare more than enough batteries.</p>	<p style="text-align: center;"><u>Emergency Food</u></p> <p>Emergency-ration biscuits, emergency foods, instant noodles, can opener, paper plates, water flask, mineral water, bottle opener, paper cups, etc.</p>	<p style="text-align: center;"><u>Others</u></p> <p>Clothing, sanitary goods, baby food, baby formula, wet tissues, helmet, towels, rain ware, lighter, map for disaster prevention, etc.</p>

Stockpile in preparation for disaster---In addition to the things on the above list, you will need enough water to survive for three days, 3 liters per day for 1 person as a rough guide, a portable gas stove, water to flush a toilet or wash something. So, it's advisable to keep water in a plastic tank and/or keep your bathtub full.

Useful things to prepare nearby---Prepare the following items in case disaster strikes when you are sleeping or taking a bath.

<u>Shoes (tennis shoes or slippers)</u>	<u>Flashlight</u>	<u>Whistle</u>
These protect your feet from broken glass or other sharp objects.	This will be useful if the electricity is cut off, or on other occasions, when you have to walk somewhere in the dark.	You can blow it when you need help or to let others know you are alive.

Other things you can do at home as disaster prevention are to secure furniture so that it does not move or try not to put any tall furniture in children's rooms where it may fall on them, and so on. It is important to find safe places in your home, learn to avoid dangerous places in your neighborhood and to know your evacuation route.

(Reference: Public Relations Office)

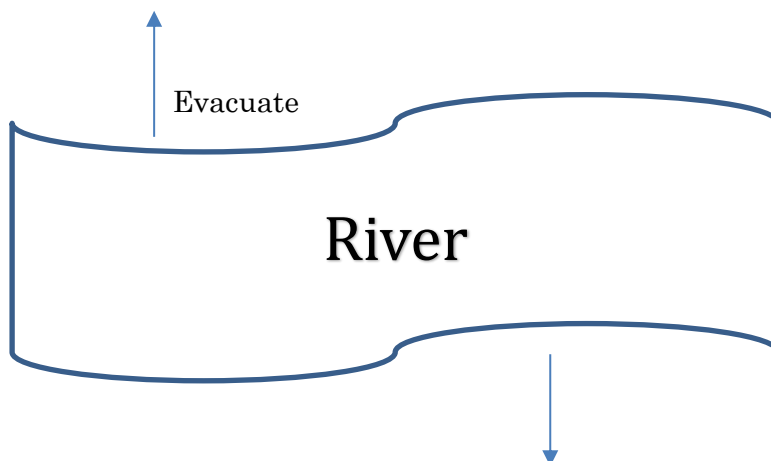
Learn How to Protect Yourself

If you are at home when an earthquake strikes, it is not a good idea to run outside in panic.

Protect your head with a cushion or such like, and shelter under a strong table. Stay away from large items of furniture, which may topple, and from anything that may cause a fire. If you are in an elevator, stop it at the nearest floor and get out as quickly as possible. If you are driving a car, don't suddenly reduce speed but slow down with hazard lights on that will signal to the cars around you. When the shaking has stopped, get out of the car but leave the key inside and do not lock the door, and evacuate to a safe place. If you are outside, stay away from anything likely to topple over such as a brick wall or vending machine, and get away from any place near a signboard or other things that could possibly fall immediately.

In the event of a tsunami alert or warning being issued, if you are near the seaside, leave immediately and evacuate to higher ground. If you can find signs such as 'Tsunami evacuation place' or 'Tsunami evacuation building', please evacuate there. However, depending on the height of the

tsunami, it may be necessary to evacuate to even higher places than shelters. If you are near a river, leave as quickly as possible in the direction of a right angle to the river flow (An arrow marks the safest direction in the following picture).



(Reference: Public Relations Office)

Introduction of services related to disaster prevention

▲Application Form for the Evacuation Assistance List of Morioka

If you don't have anyone who can help you or if it is difficult for you to evacuate in the event of a disaster, you should apply for this service in advance.

For more details → http://www.city.morioka.iwate.jp/kurashi/anzaen_anshin/youengo/1001095.html

Application form→ <http://www.city.morioka.iwate.jp/service/shinseisho/fukushi/1015034.html>

(Inquiries: Local welfare section, Health and welfare department, Morioka city office. TEL: 019-626-7509)

▲National guide for shelters

This is the application of navigation that you can use both on and offline during a disaster to guide you to the routes for shelters or evacuation places. For more details, visit following website.

→<http://www.hinanjyo.jp/>

▲Emergency Messaging Service (171)

When it is difficult to connect by phone to an area hit by disaster, you can use this system to confirm if your family members, relatives or friends are safe or not, and make contact with them. For more details, please go to the following NTT official website. →<https://www.ntt-east.co.jp/saigai/voice171/>

Please check where your nearest shelter is or your evacuation route on the "Safe and secure" page in Morioka city office website !

http://www.city.morioka.iwate.jp/kurashi/anzaen_anshin/index.html

For more information on the page⇒Crisis management and disaster prevention section, administration department, Morioka city office