

Revised/Special Edition

- Dangers of Linear Rainbands
- Fukushima Prefecture Disaster Prevention App
- Fukushima Prefecture Disaster Prevention VR, and more.

Now with even more disaster preparedness info!

Printing/Revision History

First printed in August 2020
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Revised in October 2024

Protecting the lives of you and your loved ones
from floods and landslides

My Evacuation

Plan Booklet

Fukushima Prefecture

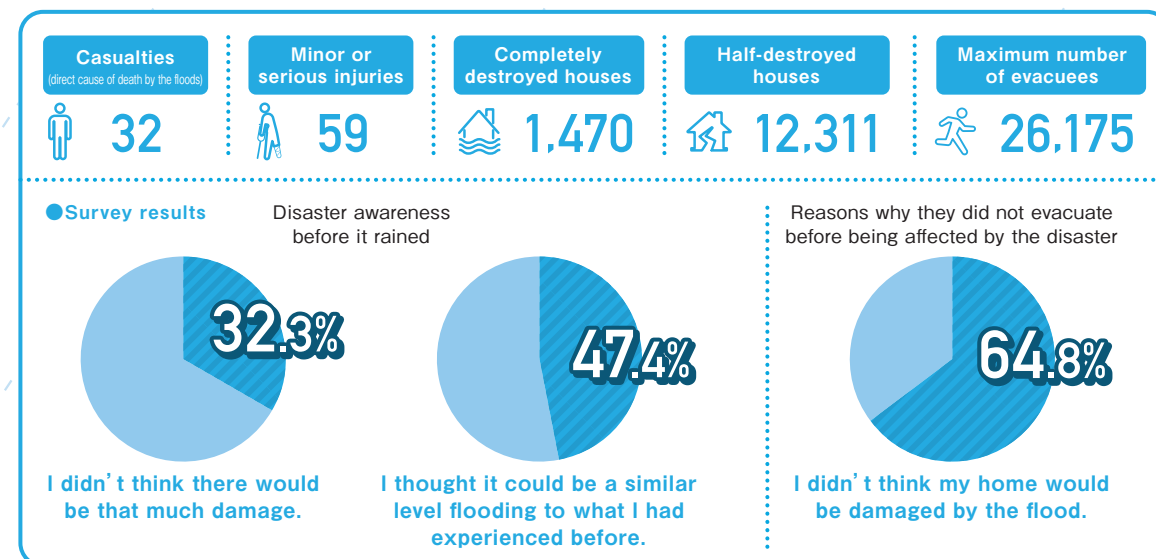


What used to be OK can now be dangerous

In recent years, floods caused by typhoons and rainstorms were seen all over Japan. In Fukushima, Typhoon Hagibis, followed by torrential rains two weeks later, occurred in 2019. They caused severe damage, with the floods claiming 32 lives, and the maximum number of evacuees was about 26,000.



A survey was conducted targeting those who had suffered damage by Typhoon Hagibis and heavy rains. The results showed that quite a few people were not worried about the disaster before it started raining, and they only evacuated after they felt they were in imminent danger. Many suffered unexpected damage due to the record-high heavy rainfall, even though they had thought that the damage wouldn't be so bad. based on their own experience.







Source: "Disaster response verification report regarding Typhoon Hagibis and heavy rains, etc."
by Fukushima Prefecture Disaster Response Verification Committee regarding Typhoon Hagibis and heavy rains

In recent years, there have been several instances of once-in-a-decade heavy rainfall and precipitation that has never been experienced before. Based on what we have learned from Typhoon Hagibis and heavy rains, you should stay vigilant and avoid the mindset that everything's been OK until now while preparing your own evacuation plan (My Evacuation). This is in order to respond to an emergency quickly. Please go through this booklet and think about your evacuation plan. Floods are no longer someone else's problem.

Table of Contents

1	Alert Levels -Know the guidelines for evacuation-	P3-4
2	Evacuation Decision Flowchart -Check the actions you should take-	P5-6
3	Hazard Map -Identify the flood risk of your home and the neighborhood-	P7-8
4	Evacuation Sites -Make sure you know where to evacuate in advance-	P9-10
5	Disaster Kit -Figure out what is necessary during an evacuation-	P11-12
6	Gathering Information -How to obtain information during a disaster and an emergency evacuation-	P13-16
7	My Evacuation Plan Sheet -Consider the best evacuation plan for yourself-	P17-18
8	Imagine Being in a Disaster Yourself -Learn about how you should evacuate-	P19
9	Infection Prevention Measures -Be careful to prevent infections when evacuating-	P20
Tip 1	Know about Disasters -Know what to do if a disaster strikes-	P21-22
Tip 2	Insurance/Kyosai -Get insurance for when you have to rebuild your life-	P23

Important points regarding the verification results of Typhoon Hagibis and heavy rains in 2019

- ①Alert Levels**

 It was found that a high percentage of people who had a concrete evacuation plan evacuated earlier. They thought that they should evacuate before the impact of the typhoon gets bigger, even before the rain started. It is essential to make an evacuation plan beforehand, in accordance with the alert levels.
- ②Hazard Map**

 It was found that a high percentage of people who were aware about and understood the hazard map evacuated earlier. It is crucial to check the hazard map regularly, and know the threat that disasters pose to your area, including your home.
- ③Evacuation Sites**

 It is important to make sure you know where to evacuate during a disaster; not only shelters, but also houses of relatives and acquaintances.
- ④Gathering Information**

 The main source of disaster information is television, followed by the disaster/evacuation information sent out by municipalities (Area Messages). In times of disaster, information is sent out from a variety of media, so it is essential to understand how to obtain these information.

1

Alert Levels

-Know the guidelines for evacuation-

Municipalities will issue the five alert levels along with residential evacuation information. In the event of a disaster, pay attention to the information provided by your local government or prefecture (emergency radio system, local government homepage, TV, radio, etc.).

Alert Level
4

Starting from 20 May 2021,
evacuate when an
evacuation order is issued!

Alert Level	New Evacuation Information	Action
5	Disaster occurrence/ Disaster impending <div>Secure your^{*1} safety immediately</div>	It is a life-threatening situation. Protect yourself at once!
Make sure to evacuate by the time Alert Level 4 has been reached		
4	High risk of a disaster <div>Evacuation^{*2} Order</div>	Everyone must evacuate immediately from high risk areas.
3	Risk of a disaster <div>Evacuation of^{*3} the Elderly, etc.</div>	Begin evacuation for those needing time or assistance from high risk areas.
2	Weather is worsening <div>Heavy Rain, Flood, or Storm Surge Advisories (Japan Meteorological Agency)</div>	Check how to evacuate using the hazard map, etc.
1	Risk of weather worsening <div>Early Warning Information (Japan Meteorological Agency)</div>	Be on alert for a disaster to occur.

Note 1: An Alert Level 5 is not always issued due to a number of reasons, such as when municipalities are unable to accurately grasp the severity of the disaster.
Note 2: Evacuation Advisories are no longer issued. Instead, Evacuation Orders will be issued.
Note 3: Alert Level 3 indicates that even people other than the elderly, etc. who are living in the evacuating area should stop their usual activities depending on the conditions. They should prepare to evacuate or proceed to evacuate themselves if they feel that they are already in danger.



Elderly citizens, those with disabilities, infants, and small children, and those who are supporting any of the previous groups, who may need more time to evacuate, should evacuate from affected areas when an **Alert Level 3 (Evacuation of the Elderly, etc.)** is issued.



Everyone should evacuate from affected areas when an **Alert Level 4 (Evacuation Order)** is issued.



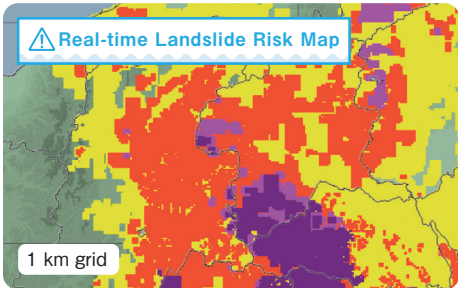
Alert Level 5 (Secure your safety immediately) indicates a life-threatening situation in which you can no longer safely evacuate. Please evacuate before an Alert Level 5 is issued.



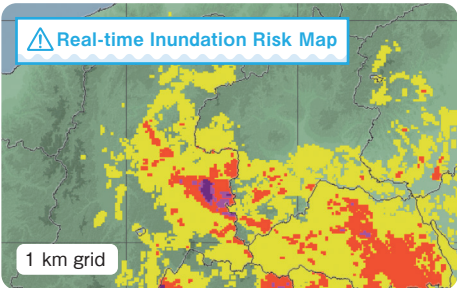
Evacuating outdoors is dangerous during heavy rains. Also, please refrain from evacuating by car. Evacuate early to a safe location or go to the safest place possible inside your home, such as the 2nd floor.

Evacuate early by using the river level and rain information as reference

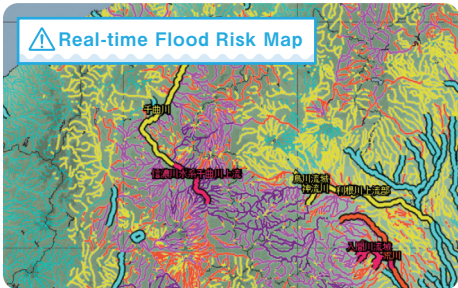
In addition to the alert levels (pictured left) issued by municipalities, use the river level and weather information provided by the Ministry of Land, Infrastructure, Transport and Tourism, the Japan Meteorological Agency, prefectural governments etc., as reference. Check the detailed information on the Real-time Risk Map which tells you about the conditions of the area you live. Purple indicates high danger.



Purple: Danger near cliffs and mountain streams



Purple: Danger in low-lying areas



Purple: Danger along rivers

Information released by individual municipalities includes heavy rain emergency warnings, landslide alerts, and flood warnings.

If you register your address, there is a Real-time Risk Map alert service which will automatically send notifications to your smartphone when there is danger in the area you live.

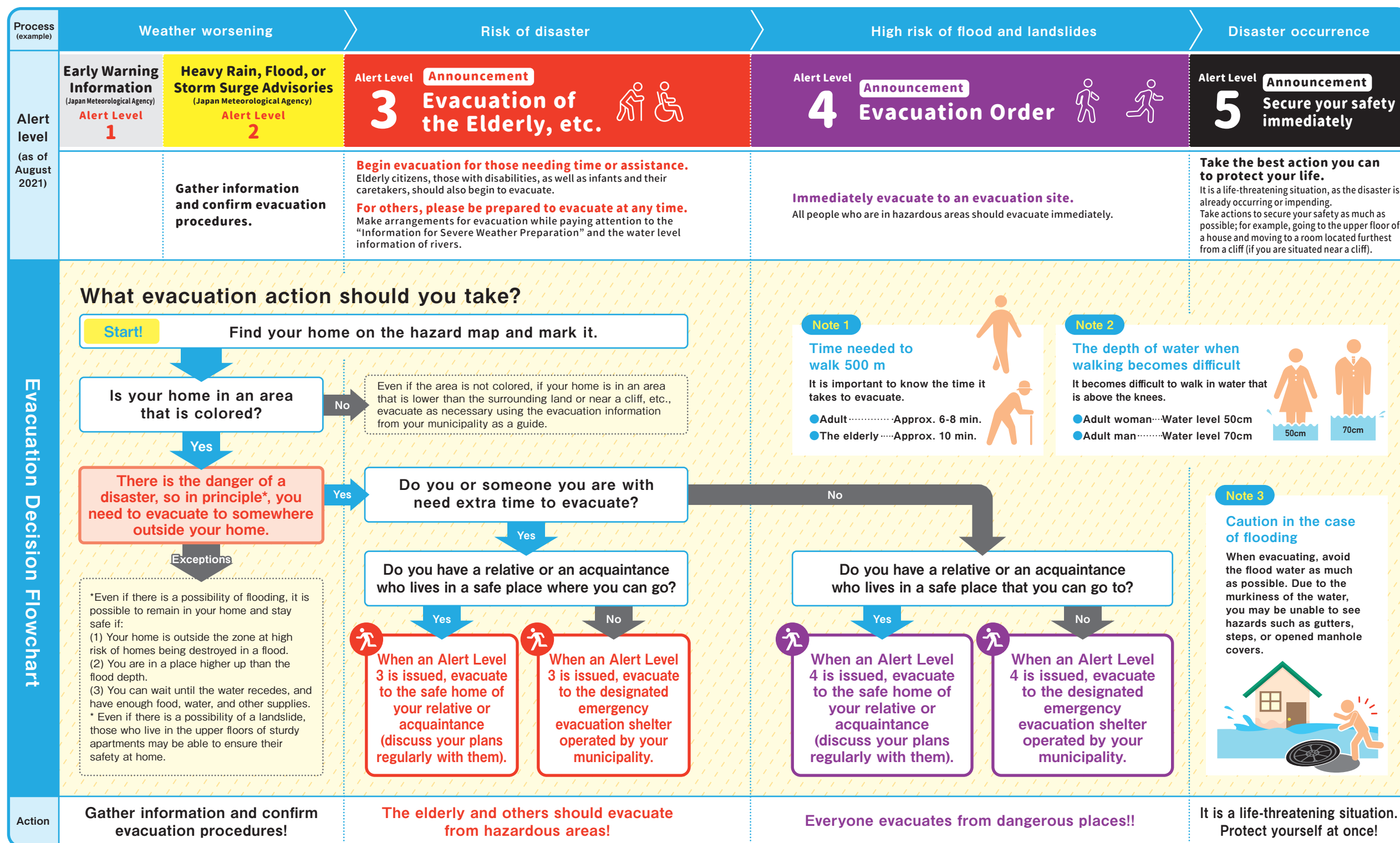
Real-time Risk Map alert service



Evacuation Decision Flowchart

-Check the actions you should take-

You should have the mindset of protecting your own life. Use the Evacuation Decision Flowchart together with the hazard map to determine your home's disaster risk and decide which actions to take.

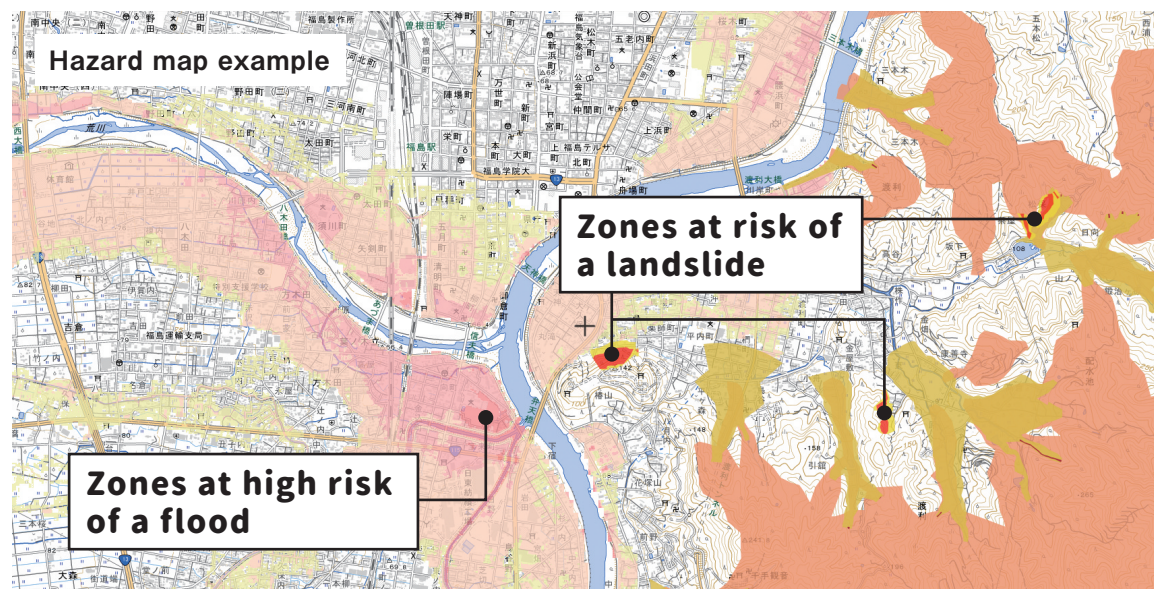


3

Hazard Map

-Identify the flood risk of your home and the neighborhood-

Hazard maps use colors to designate areas at risk of flooding or landslides. As a general rule, it is necessary to evacuate from your home if you reside in an at-risk area. Hazard maps are provided by your town or city, and can be checked by visiting your municipality's homepage.



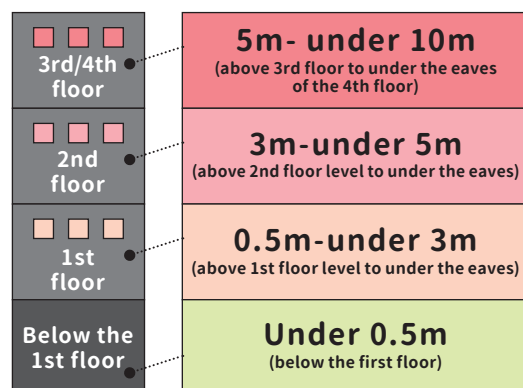
*The colors and legends on hazard maps may vary according to your municipality.

Source: Hazard Map Portal Site

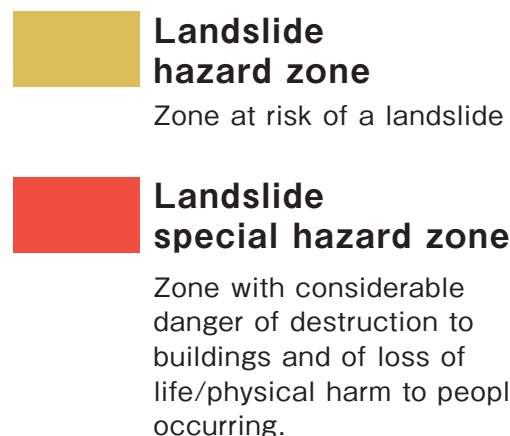
Legend

Flood disaster

Expected flood zone (flood depth)



Landslide



Caution

Additional landslide hazard zones and expected flood zones are added as needed. Please make sure to check your hazard maps regularly.

How to read hazard maps

- Hazard maps can be viewed through the “Disaster Prevention Information in Fukushima” website, and through the Hazard Map Portal Site (ハザードマップポータルサイト) operated by the Ministry of Land, Infrastructure, Transport and Tourism. Or please use the hazard maps if they have been distributed to you by your municipality.
- Check to see if your home, workplace, and/or neighborhood are in any of the colored areas on the map.
- Assess the expected damage, using the map legend as a reference.

*The colors and legends on hazard maps may vary according to your municipality.



“Disaster Prevention Information in Fukushima” website



Hazard map portal site (Japanese Only)

Checking hazard maps via the “Disaster Prevention Information in Fukushima” website

Example: Fukushima City



Select your city or town

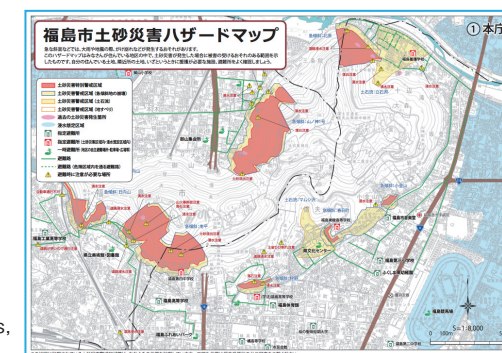


Select the map you want to view

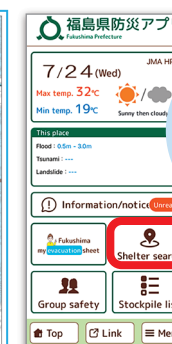


Select the map's PDF file

Check the expected damage in your area



*There are many kinds of hazard maps, such as those for floods, landslides, volcanic disasters, etc.



You can also check on the app! See p. 16 for details.

4

Evacuation Sites

-Make sure you know where to evacuate in advance-

Your municipality determines your evacuation destination. Use the hazard maps and confirm the location of the closest evacuation destination. **If you have a relative or an acquaintance who lives in a safe place, consult with them about using their residence as an evacuation destination during an emergency.**

Designated emergency evacuation site



The site is intended for emergency evacuation from dangers such as floods or tsunamis, in order to protect your life. Evacuees should not expect to stay long at the site.

- Examples: Parks, school grounds, buildings, etc.

Designated Evacuation Shelter



Evacuees may stay at the shelter until the danger has passed, and those whose homes have been damaged may stay temporarily.

- Examples: School gymnasiums, community centers, etc.

Public facilities that have been designated as emergency evacuation sites or evacuation shelters are marked with pictograms. Check for the nearby facilities available for evacuation.

Welfare evacuation shelter



*There is a limit on the number of people a welfare evacuation shelter can accept. People who are fine with staying at a general shelter cannot stay here.
*These shelters are not always made available from the first day of a disaster occurrence.

This is a facility that accepts the elderly, those with disabilities, pregnant women, infants, and others who are unlikely to be able to stay in an ordinary shelter because they need assistance with activities of daily living. Most of these facilities have an easily accessible environment and staff members who provide consultation and other support.

Evacuation shelters for different types of disasters



Different evacuation shelters are designated for different types of disasters, so make sure to check the hazard maps in advance.



Ex. This designated emergency evacuation shelter cannot be used during flooding or volcanic eruptions.

Decentralized evacuation

"Evacuation" does not mean simply going to an evacuation shelter/site. In order to avoid overcrowding in shelters, it has become important to implement measures such as decentralized evacuation depending on the situation.

Evacuate to a shelter/site if:

- Your home is at high risk of flood or landslide damage.
- You are unable to evacuate to the home of a relative or acquaintance.

Go to the evacuation shelter/site operated by your city or town.



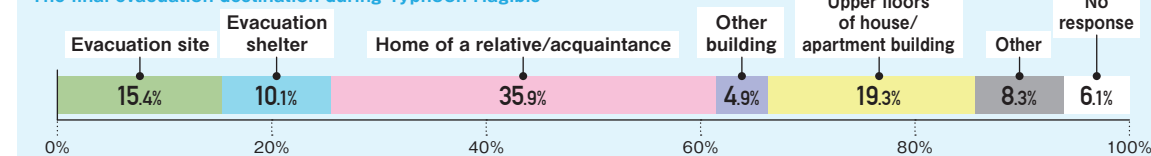
Evacuate to a hotel or the home of a relative or acquaintance if:

- The hotel or home in question is at low risk of flooding or landslide.
- The home of a relative or acquaintance is available.

Go to a hotel or home of a relative or acquaintance. Make sure to consult with your relative or acquaintance beforehand.



The final evacuation destination during Typhoon Hagibis



Reference: "Disaster response verification report regarding Typhoon Hagibis, etc." by Fukushima Prefecture Disaster Response Verification Committee regarding Typhoon Hagibis

You do not need to evacuate from your home if:

- You are not in an expected flood zone with the risk of homes being destroyed.
- Rooms in your home are higher than the flood water depth.
- You can wait until the water recedes and have enough food, water and other supplies.

Stay home.

(Go to a safe place inside your home.)



Evacuation by Car

Evacuating by car is dangerous when there is an imminent risk of flood or landslide. When you evacuate after thinking that it is still safe, the water levels can rise rapidly, which can potentially make it impossible to exit the vehicle.



In the case when evacuating by car or staying overnight in your car is unavoidable:

- Go to a safe place outside of the flood zones during daylight and before heavy rainfall begins.
- It is necessary to prepare portable toilets because restrooms may be inaccessible.
- Do light exercise, and make sure to drink water and stay hydrated in order to prevent traveler's thrombosis (economy class syndrome) and heatstroke.

5

Disaster Kit

-Figure out what is necessary during an evacuation-

Prepare the necessary items for evacuation beforehand and keep them in a backpack which you can quickly bring in an emergency. Additionally, prepare an emergency supply of food and water in your home in case you stay. Use this checklist to help prepare your disaster kit.



Emergency supplies for evacuation

These are items to bring when evacuating. Have them packed and ready in a bag, such as a backpack.

Food, etc. <p>Emergency food and water</p>	Infectious disease protection <p>Masks</p>	<p>Alcohol-based hand sanitiser</p>
Clothes, etc. <p>Raincoat</p>	<p>Undergarments</p>	<p>Blankets</p>
Disaster kit items <p>Portable radio</p>	<p>Flashlight</p>	
<p>Whistle</p>	<p>Headlamp</p>	
<p>Batteries</p>	<p>Battery charger and batteries</p>	
Daily necessities <p>Glasses/Contact lenses</p>	<p>Towels</p>	<p>Toothbrush, mouthwash</p>
<p>Feminine hygiene products</p>	<p>Portable toilet</p>	<p>Plastic bags</p>
Medical supplies <p>Medication</p>	<p>First aid kit</p>	Valuables <p>Bank books, personal seal, cards</p>

Emergency supplies for home

These are the minimum supplies needed to stay at home for several days following a disaster and until essential utilities are restored. Prepare supplies for one week (minimum 3 days) if you can.

Food, etc. <p>Emergency food and water (Drinking water per person: 3 liters/day×3 days = 9 liters)</p>	<p>Portable stove and fuel</p>	Daily necessities <p>Wet tissues</p>	<p>Body wipes</p>	<p>Toilet paper</p>
<p>Plastic wrap, paper plates, disposable chopsticks</p>	<p>Lighter</p>	<p>Portable toilet</p>	<p>Newspaper (for insulation, or as a mat/cover)</p>	<p>Towels</p>
		<p>Batteries</p>	<p>Battery charger and batteries</p>	

Preparation for the family

Necessary items may vary during a disaster. Please prepare according to your family's needs.



Households with persons requiring care

- ☒ Adult diapers
- ☒ Reading glasses
- ☒ Hearing aids
- ☒ Collapsible cane
- ☒ Disability certification
- ☒ Pension book
- ☒ Denture soap
- ☒ Easy-to-chew-foods, such as porridge

Households with pregnant women and/or infants

Pregnant women

- ☒ "Maternity mark" (a heart-shaped keychain bearing the image of a mother and baby; a symbol for expectant mothers).
- ☒ Cotton wool
- ☒ Gauze
- ☒ Bleached cotton cloths
- ☒ T-shaped belt
- ☒ Feminine hygiene products
- ☒ Disposable hand/body warmers
- ☒ Newborn supplies (for late pregnancy)
- ☒ Mother-child health handbook

Infants

- ☒ Diapers
- ☒ Baby wipes
- ☒ Baby bottles
- ☒ Water bottle
- ☒ Baby food
- ☒ Spoons, paper cups/plates
- ☒ Powder/liquid baby formula
- ☒ Disposable hand/body warmers
- ☒ Baby carrier
- ☒ Toys/books
- ☒ Snacks
- ☒ Mother-child health handbook

Households with pets

- ☒ Owner's emergency contact information/location address
- ☒ Therapeutic food/medication
- ☒ Pet food (enough for over 7 days)
- ☒ Carrying bag/cage
- ☒ Extra collar/leash (non-retractable)
- ☒ Pet waste supplies
- ☒ Pee pads
- ☒ Food/water bowls
- ☒ Towels/brushes
- ☒ Toys

Pets are also a member of your family. Consider your pet's evacuation in your evacuation plans.

Ensure that your pet has had basic training and is vaccinated. They should also be used to being in a cage.

You may not be able to take your pet with you to an evacuation shelter if there are many people there. Consult the rules of the nearby evacuation shelter of your municipality beforehand. Furthermore, if you leave your pet at your relative's or acquaintance's house, it is important to discuss it with them in advance.

6

Gathering Information

-How to obtain information during a disaster and an emergency evacuation-

Gather information from municipalities via TV, radio, internet, etc.

Weather/Evacuation Information, etc.



NHK "d" button (Japanese Only)

Press the "d" (data broadcasting) button of your remote controller. After the menu of the data broadcasting is displayed, choose the disaster information you want to check, and press OK.

Press the "d" button



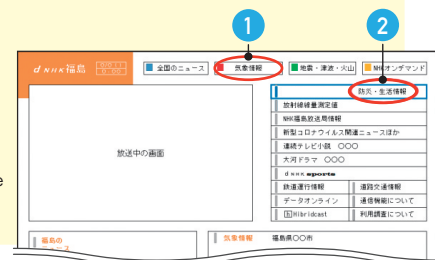
1 When you want to check weather information

Choose "Weather information" and press "OK", or the red button of the controller.

2 When you want to check "Evacuation/Evacuation Shelter" information

Choose「防災・生活情報」(Disaster Prevention/Living Information) and press "OK". The menu list of the pre-set municipality will be displayed. If the municipality has distributed information regarding「避難・避難所」(Evacuation/Evacuation Shelter), then「避難情報」(Evacuation Information), and「開設避難所」(Opened Evacuation Shelter) will be displayed in red. Choose the information you want to check, and press "OK".

Screen image of the data broadcasting



Disaster Prevention Information in Fukushima



Providing easy-to-understand information to protect lives

This portal can display large amounts of evacuation information on a single map, such as the latest data on weather, traffic, river water levels, evacuation orders and which evacuation shelters are open, all of which can help guide appropriate evacuation actions.



Search "Fukushima Bousai Portal"

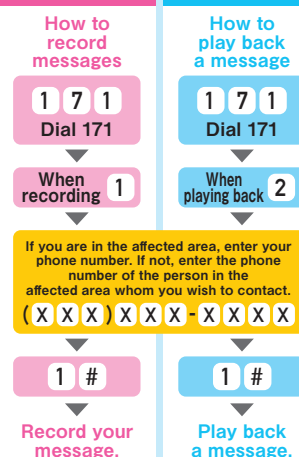
After you have evacuated



Disaster Emergency Message Dial 171

When a disaster occurs, the communication traffic to the disaster-stricken area increases, making it difficult to get through. Disaster Emergency Message Dial 171 is a voice message service where people in the affected areas record messages confirming their safety. The message can then be played back by others anywhere in Japan (Explanation is in Japanese).

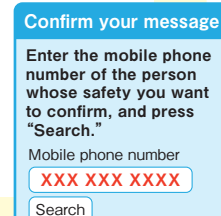
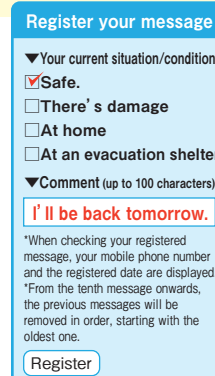
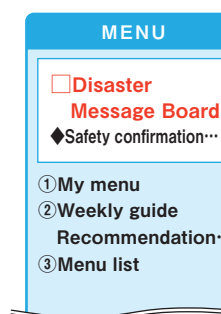
Instructions



Disaster Message Boards (Mobile phones/smartphones)

By using mobile internet, people in the affected areas can leave a text message, and everyone can confirm the safety of each other using their mobile phone numbers. For smartphone users, please check your carrier's website.

Instructions (Screen image examples)



Check these websites and apps in advance for gathering information

Weather information	Weather warnings/advisories by JMA (English)	Q
Safety confirmation during a disaster	Disaster message board (English/Japanese)	Q
Evacuation information	NHK Evacuation information in each area (Japanese)	Q
Fukushima Prefecture Disaster Prevention App ... See p. 15-16 for details	Fukushima Prefecture Disaster Prevention App	Q

Fukushima Prefecture Official Disaster Prevention X account (formerly Twitter) @Fukushima_Bosai

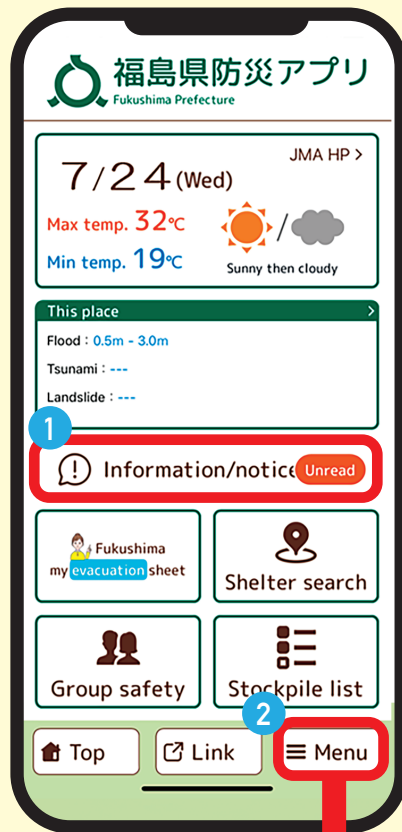


"Disaster Prevention Information in Fukushima" Hazard map



Always be prepared for an emergency

Fukushima Prefecture Disaster Prevention App



This is the official Fukushima Prefecture Disaster Prevention App.
It has various functions to help you be prepared for an emergency.
Please make use of it.

1 Push notifications

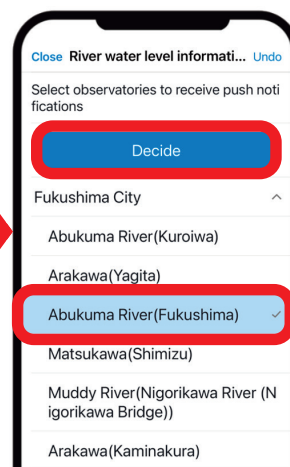
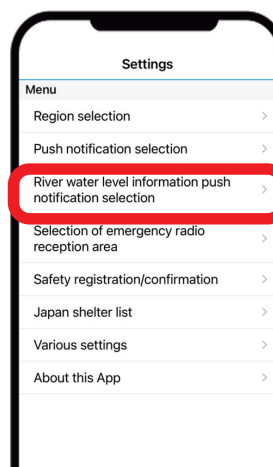


If the information is not automatically translated, tap the "Translate" button for a translation if one is available on the page.



- Get push notifications with updated information about weather conditions and evacuations.
- You can register to receive information for up to three other areas in addition to your current location.

2 Push notifications about river water levels



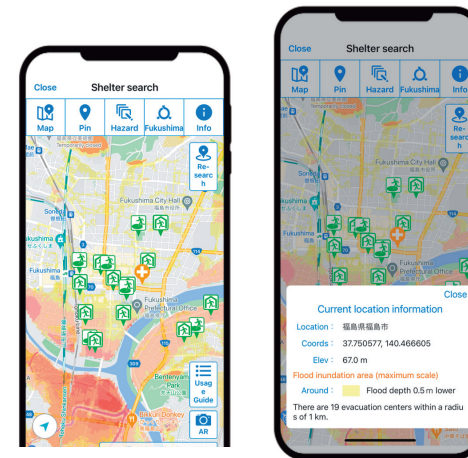
- If you select nearby rivers as shown above, you can receive push notifications when the river water levels rise.



You can download this app by scanning the 2D Barcode with your smartphone camera.
Please make use of this free app.

And there's more...

Hazard Maps



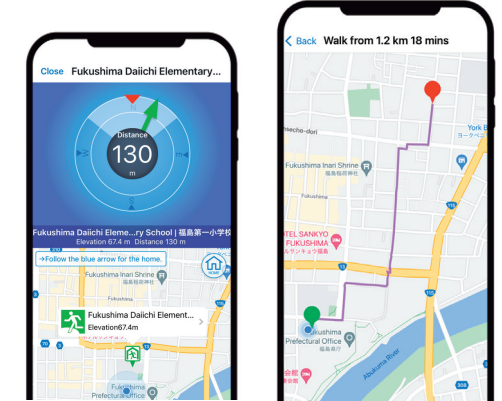
- You can check the disaster risk levels in your current location and any other locations that you have selected (optional).

Disaster Prevention Maps



- You can check river water levels, movement of rain clouds, road restriction information, riverside cameras, road cameras, and more.

Shelter Search



- You can check if evacuation shelters near you are open and their crowd levels.
- You can check the distance and direction to evacuation shelters even during communication failure with the Evacuation Compass function.

Group Safety



- Create groups in advance, and you can share location information with your family and friends during a disaster.

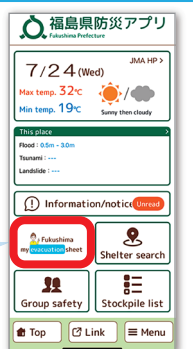
Make your own Fukushima My Evacuation Plan Sheet



Create your own "My Evacuation Plan Sheet"

You can make your own "My Evacuation Plan Sheet" on p.18 of this notebook or with the Fukushima Prefecture Disaster Prevention App (Japanese only).

Start here to make yours on the app.



My Evacuation Plan Sheet

-Consider the best evacuation plan for you-

My Evacuation Plan Sheet is an evacuation plan that should be shared with family members. You need to make plans regarding how/when/where to evacuate based on the possible risk of flood, both for your home and your workplace. To evacuate safely from the danger of flood, create these plans together with your family members and colleagues.

Example



Check the risk of disasters at your home by using a hazard map.

Expected inundation zone

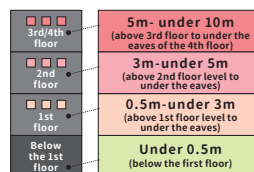
☒ Expected flood zone





☐ 0.5m ☒ 1.0m ☐ 2.0m ☐ 3.0m ☐ 5.0m

☐ N/A

Danger of Landslide

☒ Landslide hazard zones ☐ Landslide special hazard zones ☐ None



	Risk of weather worsening	Weather worsens	Risk of disaster	High risk of disaster	Disaster occurrence/impending
Alert level	1	2	3	4	5
Evacuation Information	Early Warning Information (Japan Meteorological Agency)	Heavy Rain, Flood, or Storm Surge Advisories (Japan Meteorological Agency)	Evacuation of the Elderly, etc.  	Evacuation Order  	Secure your safety immediately
Action: Who does what	(Father) Pay attention to the weather information on TV. (Father) Check the schedules of all family members. (Mother) Prepare a disaster kit. (Mother) Go to the hospital to get a week's worth of necessary medications. (Me) Pay attention to the rainfall and the condition of rivers on TV, the internet, etc. (Father) Make sure of the location of the evacuation sites and how to evacuate using a hazard map.		(Grandparents) Evacuate to xx Health Center with the caregiver by car. (15 min.) (Me) Monitor the water level of rivers on the internet. Monitor the flood warnings on TV.		Take action to protect your life
	(Father, mother and I) Evacuate to the gymnasium of xx High School on foot (20 min.).				

When you make an evacuation plan, you should write how to evacuate, who will evacuate, where to evacuate and with who.



My Evacuation Plan Sheet



Check the risk of disasters at your home by using a hazard map.

Expected inundation zone

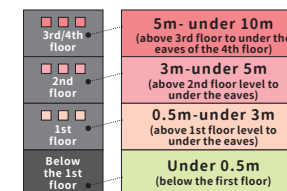
☐ Expected flood zone

☐ 0.5m ☐ 1.0m ☐ 2.0m ☐ 3.0m ☐ 5.0m

☐ N/A

Danger of Landslide

☐ Landslide hazard zones ☐ Landslide special hazard zones ☐ None



	Risk of weather worsening	Weather worsens	Risk of disaster	High risk of disaster	Disaster occurrence/impending
Alert level	1	2	3	4	5
Evacuation Information	Early Warning Information (Japan Meteorological Agency)	Heavy Rain, Flood, or Storm Surge Advisories (Japan Meteorological Agency)	Evacuation of the Elderly, etc. 	Evacuation Order 	Secure your safety immediately
Action: Who does what					Take action to protect your life

Contact information of your family and loved ones

Name	Phone number

Contact information of acquaintances/relatives whose house can be used as a place for evacuation

Name	Phone number

Check sheet for items you need to take

Food, etc. <input type="checkbox"/> Emergency food and water	Infectious disease protection <input type="checkbox"/> Masks <input type="checkbox"/> Alcohol-based hand sanitiser <input type="checkbox"/> Thermometer <input type="checkbox"/> Wet tissues
Clothes, etc. <input type="checkbox"/> Raincoat <input type="checkbox"/> Blankets <input type="checkbox"/> Undergarments	Daily necessities <input type="checkbox"/> Glasses/Contact lenses <input type="checkbox"/> Towels <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Toothbrush and mouthwash <input type="checkbox"/> Portable toilet <input type="checkbox"/> Plastic bags
Disaster kit items <input type="checkbox"/> Portable radio <input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Whistle <input type="checkbox"/> Headlamp <input type="checkbox"/> Battery charger and batteries	Medical supplies <input type="checkbox"/> Medication <input type="checkbox"/> First aid kit
Valuables <input type="checkbox"/> Bank books, personal seal, cards	

8

Imagine Being in a Disaster Yourself

–Learn about how you should evacuate–

My Evacuation Plan Promotion Workshops–Think about how to always be prepared for an emergency–

My Evacuation Plan Promotion Workshops are held all across Fukushima Prefecture.

A Coordinator for My Evacuation Plan Promotion or a person with expertise comes to the workshop venue, and each workshop attendee checks the disaster risks for their home and workplace on the hazard maps, as well as the location of their evacuation shelters, and creates their own My Evacuation Plan Sheet (a personalized evacuation plan).

Organizations that have taken this workshop include neighborhood associations, various groups, schools, companies, and more. Workshops can even be held in the evenings and on weekends and public holidays.

New groups are always welcome to participate in this workshop, so please feel free to make an inquiry using the contact details below (Japanese only).

■ The Risk Management Division,
Fukushima Prefectural Government
☎024-521-8497



A workshop in progress



Search “マイ避難推進講習会
(My Evacuation Plan
Promotion Workshop)”
(Japanese only)

Try experiencing a disaster simulation with the Fukushima Prefecture Disaster Prevention VR



A Fukushima Prefecture Disaster Prevention VR based on past disasters in Fukushima Prefecture is available to the public via the official Fukushima Prefecture YouTube Channel.

You can see a 360-degree view by tilting your smartphone without needing special goggles. Think of this as a chance to imagine being in a disaster yourself, to be ready for an emergency or to consider what evacuation plan is best for you. Put your carefully prepared My Evacuation Plan into practice.



Search
“Fukushima Bousai VR”

9

Infection Prevention Measures

–Be careful to prevent infections when evacuating–

Preventing infections in a flooded house

Proper cleaning is important because bacteria and mold both grow more easily inside a flooded house and can lead to infections.

- Mold can grow inside the house, so open the doors and windows and ensure good air circulation.
- Remove any sludge and thoroughly dry the area.
- Wear gloves to avoid injuries when cleaning.
- Wear a mask to avoid breathing in dust.
- Wash your hands after you finish cleaning.



Preventing infections in evacuation shelters

Many people live together in close quarters at evacuation shelters, and illnesses can spread easily. Each person should follow the rules for living at an evacuation shelters and be careful to avoid catching an illness or spreading infections.



Consider evacuating to the safe home of a relative or acquaintance. This will also help avoid overcrowding in evacuation shelters.



Whenever possible, **bring your own** masks, disinfectant, thermometers, towels and wet wipes.



To evacuate means avoiding danger. If there is a low risk of flooding or landslides near your home and you can ensure your safety, you may be able to remain on the second floor of your home or a similar place.



Work to keep your surroundings tidy and clean, and do not share tableware, toiletries or towels with other people. **Maintain cleanliness and hygiene.**

Know about Disasters

–Know what to do if a disaster strikes–

Be careful of inland flooding

Inundation is a disaster that occurs when drainage cannot keep up with increases in surface water due to heavy rain, canals and drain sewers overflow and flood, drainage is obstructed by increased river waters and high tides, and homes and rice fields are submerged under water. This disaster is also known as inland flooding (source: Japan Meteorological Agency).

Because water cannot easily seep underground in areas with many paved roads and residential properties, large amounts of falling rain may collect in rivers, canals or sewage lines.

Be cautious of the dangers of potential flood damage in your local area, such as flooding in comparatively low-lying areas such as underpasses or underground areas.



▲ Scenes from inland flooding caused by Typhoon Hagibis (Typhoon No. 19) in 2019 in Date City

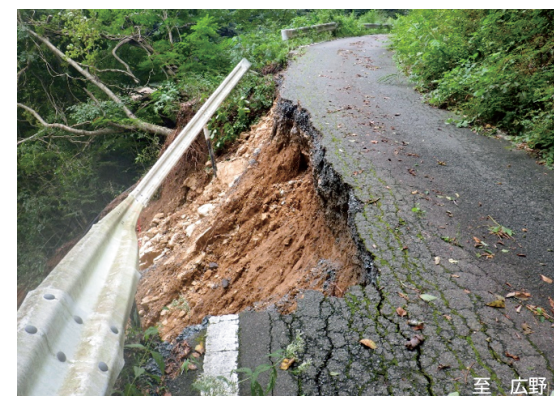
Check expected flood zones on the inland flooding hazard map.
Check p. 7–8 for details on how to read the hazard maps.



Dangers of linear rainbands

Called linear rainbands, these areas of rain are created when organized clusters of rainclouds—like a row of ongoing, continuously occurring rainclouds (thunderstorm clouds)—pass over or stay in approximately the same area for many hours and form lines of intense rainfall 50–300km long and 20–50km wide (source: Japan Meteorological Agency).

In September 2023, due to Typhoon Yun-yeung (No. 13), which emerged south of Japan, and temperature and pressure changes related to that storm, warm and moist air flowed in and a linear rainband formed in Fukushima Prefecture's Coastal Region. The cumulative precipitation from 9 a.m. on Sept. 8 to noon on Sept. 9 was enormous, enough to rival the average total rainfall for the entire month of September, and this caused significant damage.



▲ The road shoulder was destroyed by heavy rain on Fukushima Prefectural Road 249 (Hirono Town)



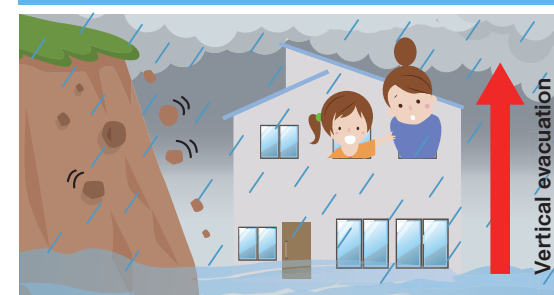
▲ Collapsed embankment at the Fujiwara River (Iwaki City)

Weather information about extreme rainfall

“Weather information about extreme rainfall” uses the keyword “linear rainband” to explain that extremely intense rain is falling continuously in the same place as the possibility of dangerous flooding drastically increases due to heavy rainfall (source: Japan Meteorological Agency). When this information is announced, immediately evacuate appropriately.

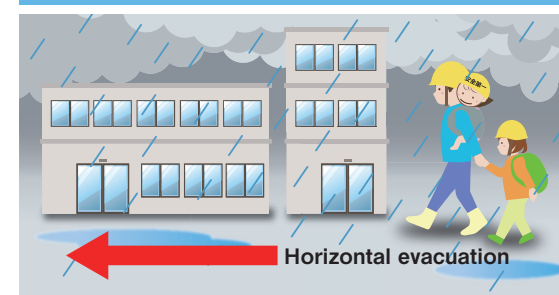
Appropriate evacuation examples

When you can't see your surroundings due to rain...
When the area around your home is flooded...



Go to the second or higher floor of a building not located on or near a slope

If you can still travel...



Go to a reinforced concrete building in your neighborhood



Tip
2

Insurance and Mutual Aid (Kyosai)

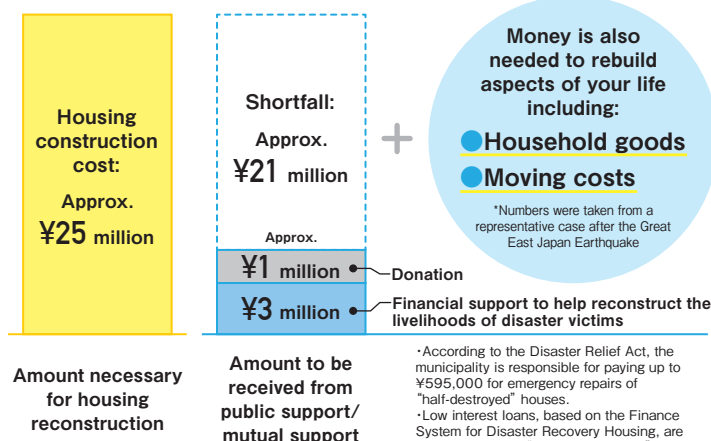
-Get insurance for when you have to rebuild your life-

In cases where a large-scale flood disaster causes extensive damage to your home, it will be costly to repair and rebuild. Public support funds alone will not suffice for housing/living reconstruction.

It is important to be prepared for disasters, such as having insurance and mutual aid, in case you have to rebuild your home/life. Even if you have already have it, you should review your coverage to make sure whether it is adequate.

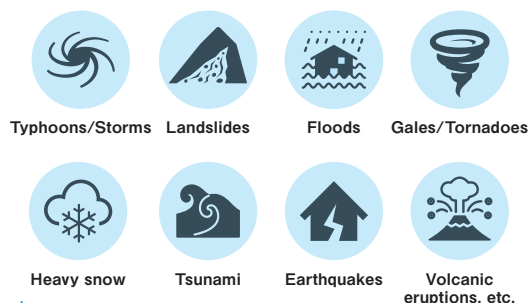
This is how much it costs to rebuild your house after it is completely destroyed.

The reconstruction costs of a completely destroyed house by the Great East Japan Earthquake amounted to be about ¥25 million on average, while the costs covered by public funds amounted to only about ¥4 million, even with goodwill donations included.



Make sure your home is properly covered for a disaster.

By enrolling in insurance/mutual aid, damage from floods/high tides/landslides caused by typhoons/storms, or damage from earthquakes/tsunamis/volcanic eruptions to your house and household goods will be compensated. There are different types of insurance/mutual aid for disasters, such as those added and attached to your fire insurance (or Kyosai) for disaster-related damage, or included it in basic compensation. Be aware of the possible disaster risk to your house and make sure you are properly covered by your insurance. Furthermore, regardless of the extent of damage to the building, household goods may also be considerably damaged, and therefore need to be repurchased. Homeowners are recommended to prepare both for building compensation and for household property compensation.



The scope of coverage depends on which insurance /Kyosai you take out.

For details, please check with your insurance company/Kyosai organization.

As for Kyosai, you typically need to pay a one-time investment fund (share) to become a member of a Kyosai organization, so please check with each organization.

Source: The Cabinet Office "Protect Our Home from Flood Disaster and Earthquake-Recommendations for having insurance or mutual aid"