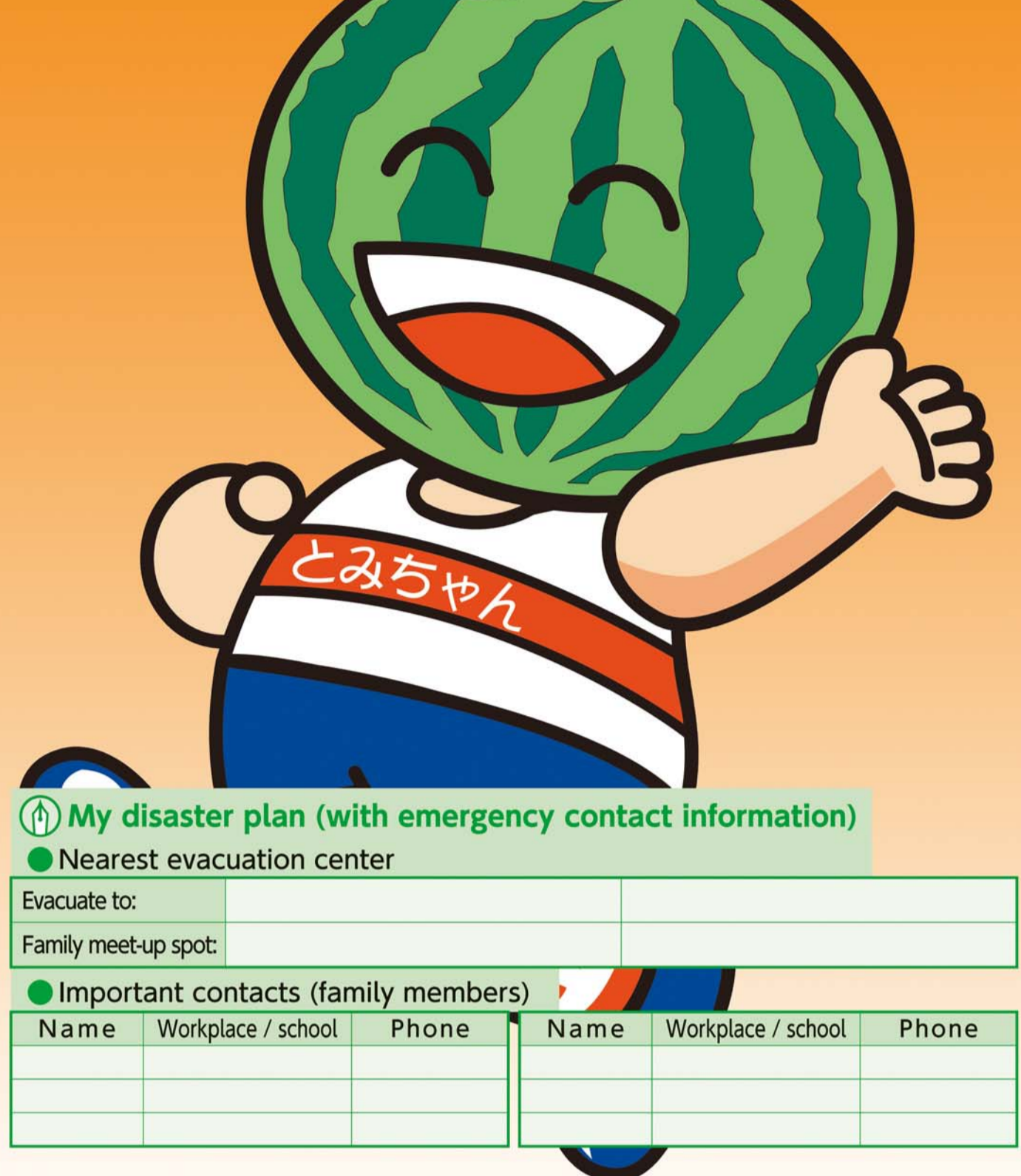


# Tomisato City Disaster Map

Special Publication



## My disaster plan (with emergency contact information)

### Nearest evacuation center

Evacuate to: \_\_\_\_\_  
 Family meet-up spot: \_\_\_\_\_

### Important contacts (family members)

Name	Workplace / school	Phone	Name	Workplace / school	Phone

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## PREPARE Preparing for a disaster

### Preparing at home

- Stock up on what you need**  
Have a three-day emergency supply of drinking water, food, toilet paper, and other necessities as well as a portable toilet on hand. Prepare an emergency evacuation kit (first-aid kit, daily medications, prescriptions, flashlight, radio, extra batteries, etc.) as well.
- Prevent block walls from collapsing**  
Collapsing block walls cannot only hurt or kill people, they can also block roads, hindering evacuation and rescue efforts. Make sure your block walls are structurally sound (not too high, sufficiently reinforced, free from deterioration, etc.).
- Keep elevators safe**  
Elevators must be inspected regularly and retrofitted to meet the latest earthquake standards. If you own a building with an elevator, make sure these steps have been carried out to keep people from becoming trapped.
- Inspect fire extinguishers**  
Keep fire extinguishers in an obvious location and regularly inspect them to make sure that they have not expired, that the safety pin is in place, that the cap is sealed tight, that the bottom is free from rust, and so on.
- Make a disaster plan**  
Hold regular disaster preparation meetings with your family and neighbors to go over what you will do if disaster strikes and how you will support each other. Actively participate in neighborhood disaster drills and other prevention activities so you know exactly what to do in an emergency.
- Make sure your house is earthquake-resistant**  
Have your house inspected for earthquake resistance and retrofit it as needed. Apply glass film to your windows to prevent the glass from scattering should it break in a disaster.
- Keep a supply of household water on hand**  
Leave water in the tub between baths and cover it so that it is available for general use should your water supply be cut off in a disaster, or find other ways to make sure you have access to water in an emergency.

### Preparing at work

Have supplies on hand (drinking water, food, daily necessities, etc.) in case employees are forced to stay at the workplace for some time. Having emergency supplies available is important not only for your own employees, but also because it allows you to support the neighborhood in a disaster.

Emergency supply list: Drinking water, food, medicine, portable toilets, tarps, tents, radios, batteries, mobile device chargers, generator, helmets, work gloves, boots, bicycles, stretcher, tools (hammer, crowbar, jack, etc.), megaphone, transceiver, smoke masks, etc.

### If you can't return home

- Stay informed**  
Use your mobile phone or get online to get accurate information on the situation. Pay attention to announcements from the national or local governments, the police, fire department, and other official sources. Listen carefully to the emergency broadcast system.
- Think before you act**  
If you panic and act impulsively when a major disaster has hit, you are likely to encounter unexpected dangers, such as structures collapsing in an aftershock, or end up hindering emergency rescue activities. Emergency services—medics, rescue teams, firefighters, ambulances and so on—must be dispatched quickly when a major disaster strikes, so it is critically important that you always think before you act and make sure that everyone around you does the same.

See the **INFORMATION** section for further details.

## EVACUATE If you need to evacuate

### If you need to evacuate

There is an increased risk of disaster. When an evacuation advisory is issued for your area, those who are able to evacuate should begin preparing to do so. If there are people around you who are elderly, disabled, or otherwise need extra time to prepare, help them get ready as well.

There is impending danger. When an evacuation warning is issued for your area, residents and others should begin heading to an evacuation area.

There is impending danger. When an evacuation order is issued for your area, residents and others are ordered to immediately head to an evacuation area.

### Evacuation checklist

- Do a final check on all fire sources and turn off the electrical breaker.
- Make sure you have some form of identification with you.
- Leave a note so that any family members who are out will know exactly where you are going.
- Travel as lightly as possible. Leave everything non-essential behind.
- Protect your head with a helmet or disaster hood.
- Use your car or other motor vehicles. Evacuate on foot wherever possible.
- Take children and elderly family members by the hand.
- Never evacuate alone. Team up with others from your neighborhood and travel in a group.
- Avoid traveling on narrow roads or along block walls or riverbanks.
- Evacuate to the nearest designated location that you can get to safely.

### Preparing an emergency evacuation kit

Use this handy checklist!

- Portable radio**  
Assumptions and rumors spread quickly in a disaster. Compact AM/FM radios will give you the facts so you can avoid being misled. Always bring one with you along with spare batteries.
- Flashlights and candles**  
Flashlights and extra batteries are essential in a power outage or when traveling at night. Also be sure to pack some thick, safe candles.
- Food and drinking water**  
Pack enough ready-to-eat food and bottled water, as well as powdered formula if you are traveling with an infant.
- Daily necessities**  
Don't forget to bring a lighter (or matches), can opener, tissues, plastic bags, and other daily necessities, as well as a bottle if you are traveling with an infant.
- Clothing**  
You'll need shirts, pants, gloves, socks, and so on as well as small and large towels. Don't forget disposable diapers if you are traveling with an infant.
- First aid kit and prescription medications**  
Pack kit with adhesive plaster, gauze, bandaging, slings, antiseptic, fever medicine, stomach medicine, cold medicine, painkillers, eye drops, tweezers, and other medical essentials. Make sure that you also bring any required prescription medications.
- Helmet or hood**  
Protect your head from falling roof tiles, signs, and other objects by bringing a helmet or disaster hood with you.
- Important documents, ID, personal seal**  
Bring your bankbook, health insurance card, licenses, copy of your resident's card, your personal seal, and any other critical documents with you.
- Cash**  
Prepare a supply of cash that includes both bills and coins.

### Emergency pet supplies

Use this handy checklist!

Preparing these items in advance will help minimize stress and make things go more smoothly for you, your pets, and the people around you should disaster strike.

At least three days' worth of pet food and water	<input type="checkbox"/>	Cage (cats and other small animals can be carried in a laundry bag)	<input type="checkbox"/>
Food bowl	<input type="checkbox"/>	Picture of yourself with your pet	<input type="checkbox"/>
Sanitary items (potty pads, newspaper, plastic bags, scoop, etc.)	<input type="checkbox"/>	Important records (vaccinations, medical history, etc.)	<input type="checkbox"/>
Favorite towel or toy	<input type="checkbox"/>	Leash (short leashes only, with spares)	<input type="checkbox"/>
Prescription medications	<input type="checkbox"/>		

## LEARN Preparing for sediment disasters

### Types of sediment disasters

- Landslides**  
Landslides occur when a slope that has become saturated with water and unstable is subjected to heavy rain or an earthquake, causing it to suddenly collapse and slide down.
- Rockslides**  
Rockslides occur when the rocks and sand on a hillside or in a riverbed are washed away all at once due to prolonged rains or intense storms. The speed of the flow depends on how large the rockslide is, but they can reach a velocity of 20-40 km per hour and instantly destroy homes, farmland, and more.
- Landslips**  
Landslips occur when all or part of a slope begins slowly moving downhill as a result of underground water conditions and the pull of gravity. The amount of land that moves in a landslide is typically quite large, so they can cause massive damage.

### Recognizing the warning signs

- Sediment disaster warning areas are identified under the Land Disaster Prevention Act as areas at high risk for slope collapse or other land failures that threaten the life and property of nearby residents.
- If you notice any warning signs of a sediment disaster, be prepared to evacuate immediately.

### High-risk events

- Muddy water coming out from a slope
- Small rocks tumbling down a slope
- Sounds of tree roots snapping on a slope

### High-risk locations

- Cracked slopes
- Areas where land juts out at the top of a slope
- High up on a steep slope

### Protecting yourself from sediment disasters

Sediment disasters do not occur only during prolonged or heavy rains. You must remain alert even after the rain has stopped, as you could still be in significant danger.

- Know where sediment disaster advisory zones are. Consult local hazard maps so you know where the high-risk areas are in advance.
- Pay attention to storm warnings and sediment disaster information. When there are prolonged or heavy rains, listen carefully for storm or landslide warnings issued by the Japan Meteorological Society.
- Evacuate immediately if a sediment disaster warning is issued. If a sediment disaster warning is issued for your area, it is time to evacuate. If you live near an area said to be at risk, get to a designated evacuation site or other safe place immediately.

## STAY INFORMED Collecting information

### Disaster voice messaging service: Dial 171

Phone lines can become jammed in a disaster, and many people have difficulty contacting their families. If this happens, dial 171 and follow the instructions to be connected to an emergency service where you can leave or pick back messages. The service is run by NTT, so tune into TV or radio broadcasts to find out when they activate the service, how many messages you can leave (up to ten), and other details.

**Record** 171 → 1 → 0476 → Home phone number  
**Play** 171 → 2 → 0476 → Home phone number

Listen for instructions Include the area code Listen for instructions Include the area code

Note: The disaster emergency message service accepts calls from landlines as well as public phones, mobile devices, and PHS systems.

### Online disaster message board services

To post a message:  
 1>Select Disaster Message Board from the menu screen  
 2>Select Register Msg  
 3>Select a message (e.g. I'm fine) and leave a comment (up to 100 characters)  
 4>Press Register to finish

To check for a message:  
 1>Select Disaster Message Board from the menu screen  
 2>Select Confirm Msg  
 3>Enter the mobile phone number of the person you want to check on  
 4>Press Search to see if there are any messages

NTTdocomo au(KDDI) SoftBank Ymobile

You can also check the message board from a computer or PHS system (during disasters only). Note: Contact your mobile phone company for further details.

### Getting information from the city

#### Tomisato disaster and crime notifications

Sign up for the Tomisato notification service for easy access to weather reports, disaster warnings, crime information, and more through your computer or mobile device. It's free to sign up (data charges may apply). To get started, send a blank message to the address below from your computer or mobile phone. You will be sent an email or text message with further instructions. [k@tms.171.k.jp](mailto:k@tms.171.k.jp)

Note: You can also use this QR code to enter the address using the barcode reader on your mobile device.

### Official Tomisato website

Tomisato City Disaster and Crime Information  
 Access information from the emergency broadcast system, disaster and crime notification emails, and foreign language Disaster Maps (English, Chinese, Spanish).  
<http://www.city.tomisato.lg.jp/>

### Emergency broadcast recordings (toll free)

0120-114-994  
 UshioLas Co., Ltd.  
 If you miss an emergency broadcast, you can listen to the recording from a landline or mobile phone by calling this toll-free number.

### Emergency contact numbers Dial 119 for fire, rescue, or ambulance 110 for police

Facility	Phone	Facility	Phone	Facility	Phone
City Hall	93-1111	Narita Police Station	0476-27-0110	Narita Civil Engineering Office	0476-26-4831
Hyojishidai Branch Office	93-3050	Nanae Police Box	93-0009	Inba Health and Welfare Center	0476-26-7231
Municipal Water Office	93-3340	Hyojishidai Police Box	91-2081	Narita Red Cross Hospital	0476-22-2311
Tomisato City Fire Department Station	92-1311	Mitsukuchi Residential Police Box	94-1328	NVHS Hokusho Hospital	0476-99-1111
Tomisato City Fire Station North Branch	91-0119	Ryogoku Residential Police Box	93-1004	Hyojishidai Hospital	0476-92-0001
Tomisato Welfare Center	92-2301	TEPCO Customer Service Center	0120-995-5552	Takane Hospital	0479-77-1133
Social Welfare Council	92-2451	NAT East Chiba Branch	043-211-8652	Narita Tomisato Tokushukai Hospital	0476-93-1001
Tomisato Hobu Community Center	93-3755	Chiba Gas Narita Branch	0476-26-2151		
Chubu Funeral Center	91-3363	Nichigas Narita Sales Office	93-7112		
Tomisato Municipal Health Center	93-4121				

## LEARN Earthquake information

### The shindo seismic intensity scale

Shindo	0	1	2	3	4
People cannot feel any shaking.	Some people indoors may feel slight shaking.	Most people indoors will feel shaking, and lights are likely to sway slightly.	Almost everyone indoors will feel shaking. Dishes and other items on shelves rattle.	The situation becomes frightening, and hanging items begin to sway dramatically. Dishes and other items on shelves rattle, and relatively unstable structures may sway.	
Most people will take steps to protect themselves. Most relatively unstable structures will sway, and glass windows may shatter.	The situation becomes extremely frightening. TV sets and other objects are likely to fall from their stands. Most block walls will crumble if they are not reinforced. Gravestones will most likely topple over.	Many buildings will have wall tiles, windows, and so on will break and fall. Seismically weak wooden buildings may collapse. Cracks may appear in the ground and hillsides may slip.	Most buildings will have wall tiles, windows, and so on will break and fall. Seismically weak reinforced concrete structures may collapse. Cracks may appear in the ground and hillsides may slip.	Even earthquake-resistant buildings may lean or collapse entirely. Large cracks may appear in the ground and hillsides may slip or shift, altering the surface of the earth.	

### Difference between magnitude and the shindo system

The **magnitude** of an earthquake is a measure of the amount of force generated at the trigger site (epicenter). The **shindo** scale, on the other hand, measures the strength of the shaking felt as a result of that earthquake. In most cases, even a high-magnitude earthquake will have a low shindo rating if the epicenter is far away or deep underground. On the other hand, even a low-magnitude earthquake can rate high on the shindo scale if the epicenter is very close.

### Liquefaction

Liquefaction can damage buildings by causing them to tilt or sink. It occurs when all three of the following three conditions are met: (1) powerful shaking, (2) a higher water table (groundwater level), and (3) loose sandy ground. Liquefaction can also disrupt water lines and other utilities, making daily life difficult until they can be restored.

**Before earthquake**  
 During the earthquake  
 After the earthquake

## PREPARE Preparing for earthquakes

### Make earthquake preparation a regular topic of conversation

- Give everyone in the family a task**  
Decide who will be in charge of what if an earthquake strikes. Also give everyone a role to play in everyday disaster preparation.
- Regularly check and update your emergency supply kit**  
Make sure you have everything you need and replace expired items when necessary.
- Choose an evacuation site and method of contact**  
Decide how the family will contact each other if they are separated, and determine which evacuation site you will go to.
- Know who needs help**  
Find out if there is anyone nearby who will need assistance evacuating, and help set up a support system for them.

### Protecting yourself in an earthquake

- Get yourself to safety first!**  
Toppling furniture and falling objects can be extremely dangerous. Get to a safe place (such as under a table) to protect yourself. If the shaking is so violent that you can't move, grab a blanket, cushion, or whatever is nearby to protect your head.
- Extinguish any open flames**  
If you can get there to them in time, put any fires out immediately. If not, get yourself to safety and deal with the fire as soon as there is a break in the shaking. Put out all gas stoves and other appliances and unplug electrical devices.
- Secure an escape route**  
Earthquakes can cause buildings to tilt and warp, making it impossible to get in and out. Make sure doors are open and a path is clear should you need to escape. This is particularly important if you live in a multistory building.
- Put out fires**  
If something catches fire, yell FIRE! to alert your neighbors and get them to help in first-response firefighting activities. In general, you should work to put out fires yourself until they reach the height of the ceiling.
- Stay calm**  
Do not panic and run outside without thinking. Roof tiles, broken glass, and other falling objects can be extremely dangerous. If you need to get outside because there is a fire or your building is in danger of collapsing, do so carefully and watch out for anything that may be falling.

### Preparing your home for an earthquake (inside)

- Secure large furniture**  
Furniture is more likely to topple in an earthquake when there is a gap between it and the wall. Place a board or other small object under the base to make sure it leans flush against the wall. Place boards underneath furniture that is resting on tatami mats.
- Keep furniture away from sleeping areas**  
Do not place unstable furniture in sleeping areas. Falling furniture can trap you when you are sleeping and make it difficult for you to escape. Children, the elderly, and the ill are particularly at risk.
- Do not block doorways**  
Do not place unstable furniture in entryways, near exits, or anywhere else that it could fall and block the way in or out in an emergency.

### Preparing your home for an earthquake (outside)

- Block walls and gateposts**  
Walls that are not sunk into the ground or reinforced are dangerous in an earthquake. Take steps to secure block walls and gateposts.
- Windows**  
Apply safety film to your windows to prevent the glass from scattering.
- Roof**  
Reinforce any unstable rooftop structures, such as roof tiles or antennas.
- Verandas**  
Keep plants and other objects well organized, and do not place anything where it could easily fall off.
- Propane tanks**  
Use chains to fix propane tanks securely in place.

## PREPARE Preparing for storm damage

### Typhoons Localized downpours Sediment disasters

Numerous typhoons approach the Japanese archipelago every year or make landfall, bringing with them powerful winds and heavy rains that can cause severe destruction. Pay attention to typhoon information and take the necessary precautions to prevent damage.

Localized downpours drop a tremendous amount of rain in a concentrated area over a short period of time, and they are very difficult to predict. They can cause serious damage in the form of overflowing rivers or landslides, so pay careful attention to weather reports if you live near a slope or developed area, taking every necessary precaution to stay safe.

There are nineteen sediment disaster warning areas in Tomisato City. These areas are prone to significant damage in typhoons, localized downpours, and earthquakes, so be very careful no matter where you are in these regions.

### Rain classifications based on hourly rainfall amounts

Hourly rainfall	Meteorological term	Description
10-20 millimeters	Fairly heavy rain	Steady, moderate rain. Even this type of rain can pose a risk if it continues long enough.
20-30 millimeters	Heavy rain	Enough rain to wash away loose surface sand. May cause smaller landslides.
30-50 millimeters	Severe rain	Pouring buckets. Roads turn into rivers. At-risk areas prepare to evacuate.
50-80 millimeters	Extremely severe rain	Pouring down like a waterfall. Basements and underground areas in cities begin to flood.
80+ millimeters	Catastrophic rain	Pounding rain that makes it difficult to breathe. High risk of severe damage. Urgent warnings issued.

### Preparing your home for storms (inside)

- Prepare flashlights and portable radios in case of a power outage.
- Prepare your emergency kit in case you have to evacuate.
- Listen carefully to typhoon reports and other weather information.
- Make sure you have enough drinking water in case your water supply is cut off.
- If you are in a flood-prone area, move your valuables, food, clothing, bedding, and other daily necessities up to a higher floor.
- Assist those who need help evacuating (the elderly, the ill, disabled, small children, etc.).
- Avoid going outside unnecessarily.

### Preparing your home for storms (outside)

- Exterior walls**  
If you have mortar walls, make sure they are free of cracks. If you have wooden walls, check for rotting or tilting planks.
- Roof**  
Check for cracked or broken tiles, sliding, and peeling. Check corrugated iron for warping and peeling.
- Veranda**  
Do not put anything on the veranda that could be carried away in a strong wind. Rain plants any other risk items inside.
- Windows**  
Check for warping or scabbling within the window frames. If you are expecting high winds, board up the windows or take other steps to prevent damage from flying debris.
- Rain gutters and storm shutters**  
Make sure that gutters are clear of leaves and dirt. Check joints to make sure they are connected securely. Make sure there is no peeling paint. Make sure storm shutters are fastened securely and do not rattle.