

You can start now even under the life with corona.

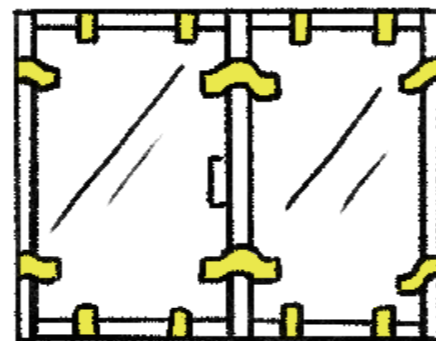
5 ~ Days Before

Check Inside and Outside of the house

Preparation for **Outside** of the House

Lock the Window Blinds and Screen Doors

Seal the windows and surrounds with curing/duck tapes if they don't get blown away by wind.



Clean Gutters/Drains

Blockage caused by rubbish will trigger flooding. Sandbags are also effective for potential flooding area.



Put Personal Belongings Inside

Put laundry pole, plants or any objects inside so they don't get blown away.

Fill up the Gas

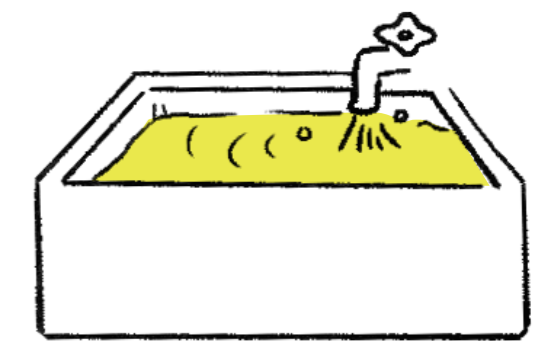
By doing this, you can warm yourself or charge your smartphone.



Preparation for **Inside** of the House

Fill up the Bath

Fill up the bath with full of water. This can be used for toilets, washing hands while water supply is cut off.



Put Anti-Scattering Film on Windows

This will prevent injuries caused by scattered glasses. Close the curtain and pull down the blinds too.



Fully Charge Smartphone & PC

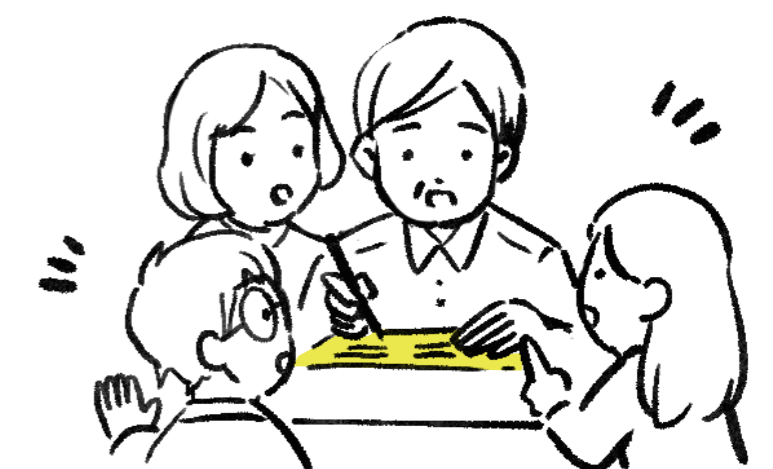
Prepare for a power cut. PC can be used for charging a smartphone.



Contacts of Family Members / Evacuation Procedure

Make sure you can contact with your family while you are separated.

- Contacts (Phone number, Social Media etc)
- Evacuation Area, Route to Evacuation Shelter
- Evacuation area outside of your house (Office, School, etc)



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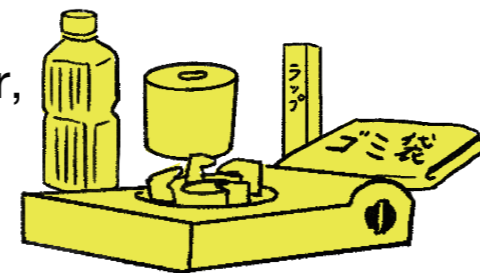
5 ~ Days Before

Check the Stocks for Emergency



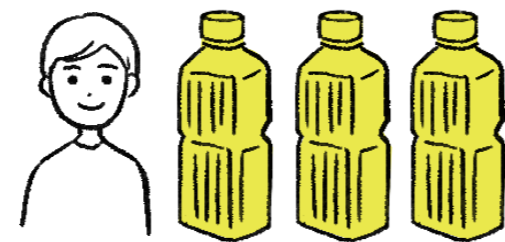
Stocks at Home

If you have to stay at home during the disaster, stocks at home become critical. Please check what you have now.



Food

- Drinking Water
- Staple Food (Rice, Noodles etc)
- Main Food (Boil in the Bag Food, Frozen Food)
- Food not required to cook (Cheese etc)
- Seasonings (Salt, Pepper, Soy Sauce etc)
- Snacks (Chocolate, Chips, etc)
- Nutrition Supplements
- Canned Food (Fruits, Beans etc)



3L of water per day/person is ideal.

Daily Commodities

- Living Water
- First Aid Box
- Lighter
- Battery
- Electric Torch
- Rubber Glove
- Personal Medicines
- Tissue paper
- Toilet paper
- Wet Tissue
- Disposable Heating Pad
- Cling Film
- Bin Bag
- Portable Stove

Gender/Age related Items

- Sanitary Products
- Food for Infants

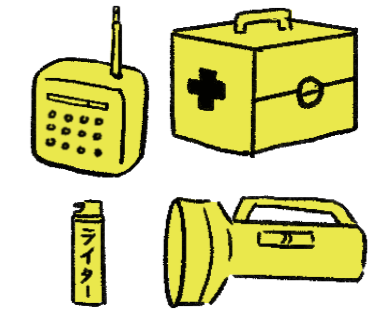


Make sure these stocks will last **more than a week** for lengthening evacuation life.



Check the Inside of Emergency Bag

Choose what you need and put them into the emergency bag but keep to the minimum necessary.



Emergency Bag

- Drink
- Food
- Knife
- Can Opener
- Batteries
- Electric Torch
- Pen and Pencil
- Electric Torch
- Earplugs
- Towel
- Rope
- Snacks (Gummy Candy etc)
- Portable Radio
- Smartphone Charger
- Extra Battery for Smartphone
- Tissue Paper
- Disposable Heating Pad
- Candle
- Lighter
- Clothing
- Helmet
- Work Gloves
- Slippers
- Bin Bag
- Medicine
- First Aid Box
- Moisturizing Sheet
- Portable Toilet

Necessaries

- Passbook
- Health Insurance Card
- ID Cardk
- Cash
- Signature Stamp



Preventing Coronavirus

- Mask
- Clinical Thermometer
- Alcohol based sanitizer



Place the bag to obvious and easy to find area, such as entrance, bedroom or inside the car.

Occurrence of Storm and Flood

You can start now even under the life with corona.

Preparation for Heavy Rain and Typhoon 2020 version

5 ~ Days Before

Know the Latest Information

Use TV and Smartphone wisely

During the disaster, situation changes minute by minute. Always know the latest and be prepared at all time.



Apps

Install apps to know the latest information

- NHK WORLD JAPAN** NHK WOLRD-JAPAN General News
- TOKYO BOSAI** TOKYO BOSAI Evacuation Info

Social Media Account

Follow your local account to gain necessary information

- NHK WORLD News** NHK WORLD News @NHKWORLD_News
- Municipality** Prefecture, Town or Local Area Account

TV

- JAM press conference is the sign of danger, be alert
- Latest information is on NHK

Check Traffic Info

Check the cancelation/suspension of trains and planes. Make sure to schedule a safe journey. Check the special website for the latest traffic info.

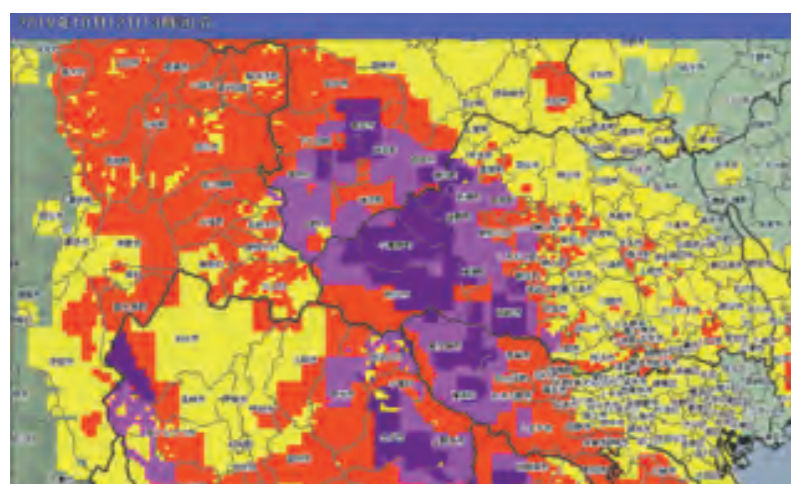


Know the rain situation and its forecast

Know the Dangerous Area

JMA Real-time Risk Map

Search

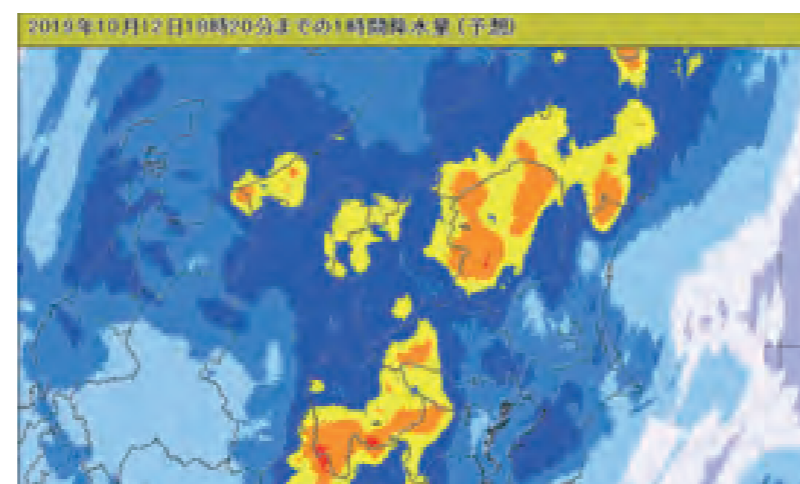


Check the real-time risk map for landslide, inundation, and flood.

Know the Rain Forecast

JMA Analysis and Forecast of Precipitation

Search



Forecasts of hourly precipitation for next 15 hours.

Source: Japan Meteorological Agency

How to Read Typhoon Information

I didn't know! Thought circle is the size of typhoon and lines are indication of a route!

Lines simply connecting the center of the circle.

Higher probability if the circle is smaller

70% probability circle of center position forecast for typhoon

Not a size of Typhoon

Probability Circle

Do you know how to read Typhoon Info?

JMA Tropical Cyclone Info Search

Source: EMINBO

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5 ~ Days Before

Think Appropriate Evacuation for You

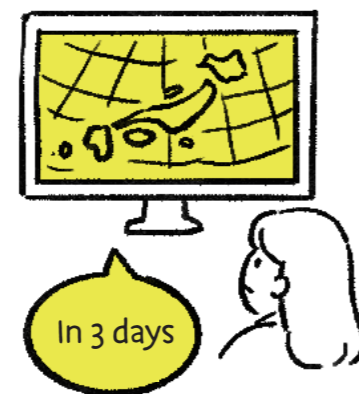
! It is vital to evacuate to protect your life before the situation gets worse. On the other hand, there is a risk of getting coronavirus infection. Know the disaster risk around your local area and prepare what's right for you.

Check around Your Family and Yourself

Anyone could be the victim of heavy rain or typhoon. In order to make a right decision, know what is important for you.

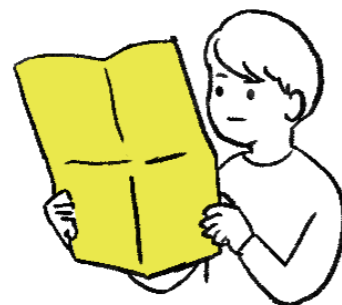
When To Evacuate

Know when your area will be hit by heavy rain or whether disaster is happening nearby.



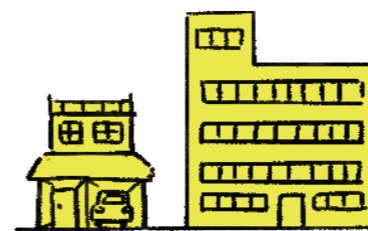
Know the Risky Area around Your House

Check the hazard map to know where will be dangerous (e.g. irrigation canal)



Housing Type

Know whether you can escape to upper floor. Power cut can prevent you from escaping if you live in a high-rise condominium.



Body Condition of You and People who you Live With

Are you with an infants, a pregnant mother, an elderly or people with special need? Know where will be the safest for them.



Lifeline Status

Can you get water, gas and electricity when you have to stay at home?

Emergency Stock Status

Do you have enough stock of emergency food?



Psychological Status

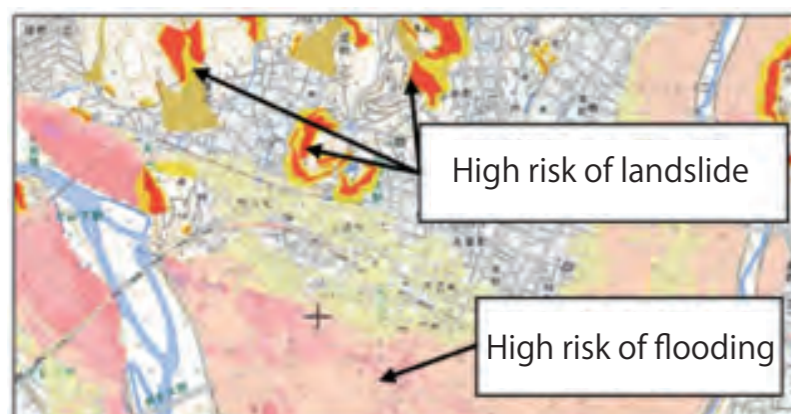
Are you anxious about being alone? Would you prefer to stay with relatives or friends?

Pet

Does an evacuation shelter accept pets?



Check the Hazard Map for Potential Flood Disaster



Carefully check the hazardous area for flooding around your area. There are many types of disaster such as flooding, landslide or Tsunami. Hazard map indicates where it could be dangerous.

Address Flood Disaster Hazard Map

Search

hazard map is the map that indicates risky areas with colors.

Source: Government Website

Decide Where To Evacuate

To avoid 3Cs (Closed, Crowded, Close-Setting), consider where to evacuate.

- Evacuation Shelter designated by local
- Stay at Home (At Home Evacuation)
- Relatives or Friend's House
- Hotels/Inns

Be Aware of Severe Coronavirus Infection

Elderlies or people with underlying disease have higher possibility of getting severe damage by coronavirus. Check how crowded the evacuation shelter is.

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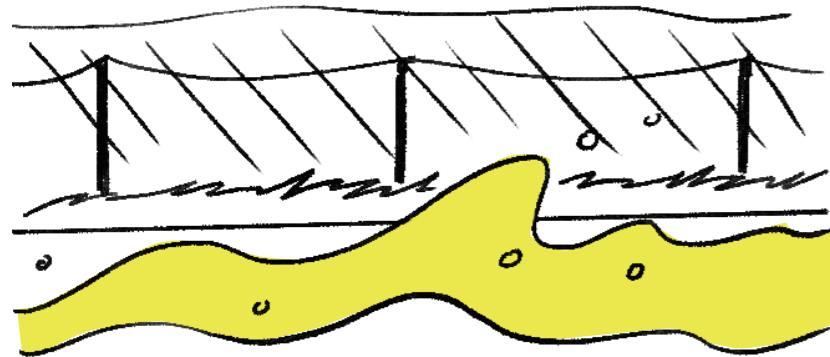
Immediately Before/ While Occurring

DO NOT go anywhere near the dangerous areas

Heavy Rain

Do not go anywhere near the areas shown below during heavy rain.

River



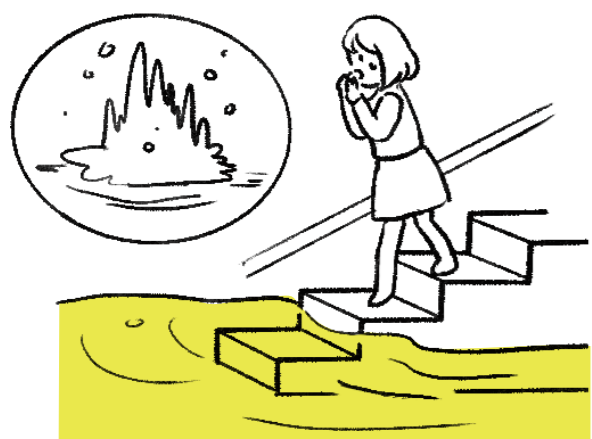
High risk of falling into the river

Irrigation Canal



You may fall into an irrigation canal as it is hard to notice

Underground Facility



There is a danger of flooding

Under Pass



Vehicles could get stuck because of flooding

Cliff



There is a danger of landslide

! Be Cautious of Infection

Flooded water may cause infection. Avoid as much as possible.

! Let's Communicate

DO NOT allow people to go outside to check crops or irrigation canal.

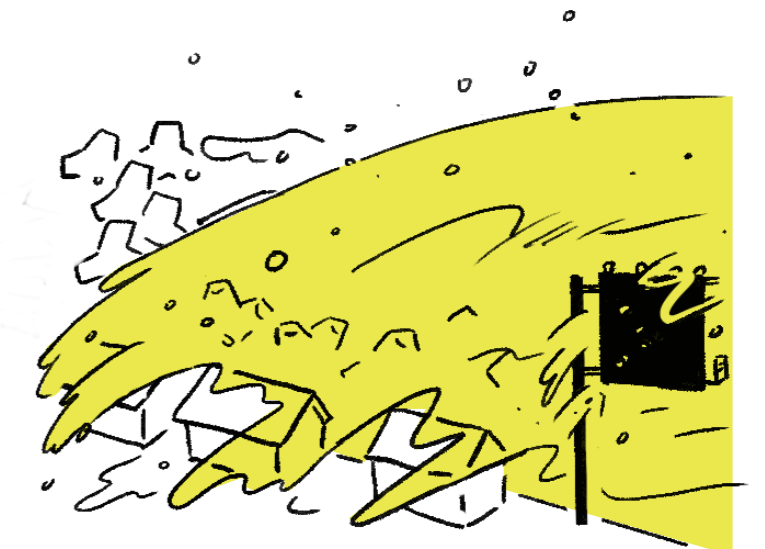
Storm / Gale

Outside



There are many scatters caused by the strong wind. Do not go outside unless it is absolute must.

Sea

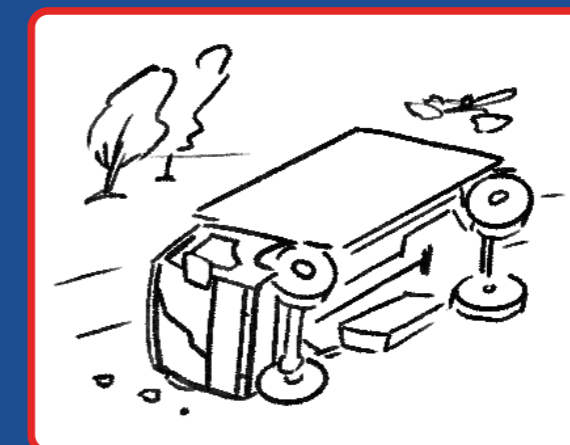


Storm surge or high wave may attack you during a typhoon. Evacuate to safe area where there is enough height.

The Indication of Strong Wind



Unable to Walk



Overturning Truck



Collapsing House

Average Wind Speed



Occurrence of Storm and Flood

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Preparation for Heavy Rain and Typhoon 2020 version

Immediately Before/
While Occurring

Gain Information to make a Right Decision

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TV

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Check Traffic Info

If the traffic system is not functioning then stay at safer area such as school or office.



Check the special website for the latest traffic info.

Decision making for Evacuation

The situation is very dangerous when the evacuation alert goes off. Always check the latest information.

Warning Level	Action to Take	Evacuation Info
Warning Level 5	Take the most appropriate action to protect your life.	Info of Disaster Occurrence
Warning Level 4	Everyone to Evacuate	Evacuation Alert / Direction (Urgent)
Warning Level 3	Elderlies / Distillaties / infants and helper of those should evacuate	Prepare Evacuation/Disaster Vulnerable to Evacuate
Warning Level 2	Check the Evacuation Procedure	Flooding/Heavy Rain Alert
Warning Level 1	Be cautious of disasters	Possibility of Alert



Night time is very dangerous as you can not see surrounding and your feet.

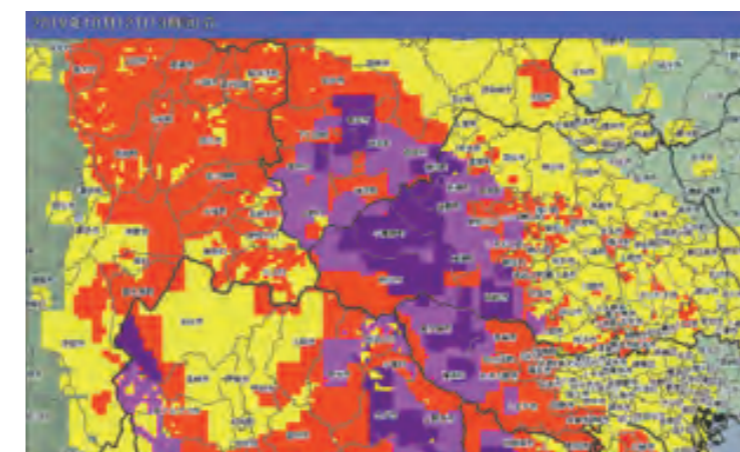
Evacuate as early as you can while you can see the daylight.

Know the rain situation and its forecast

Know the Dangerous Area

JMA Real-time Risk Map

Search

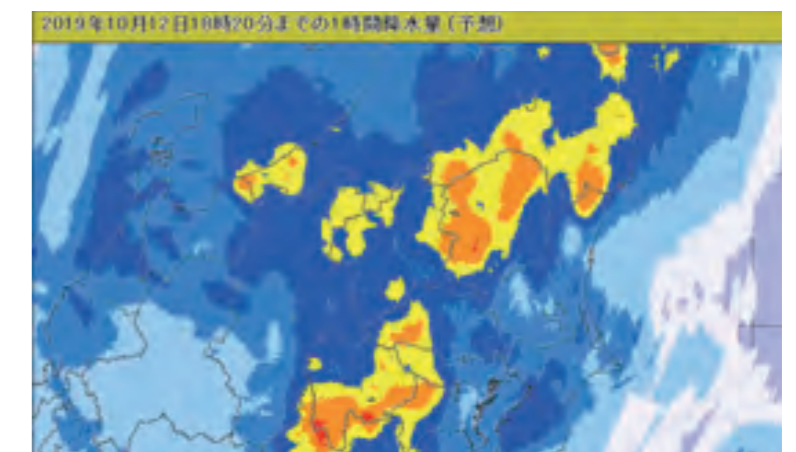


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Immediately Before/ While Occurring

Must Do Checklist before Evacuating

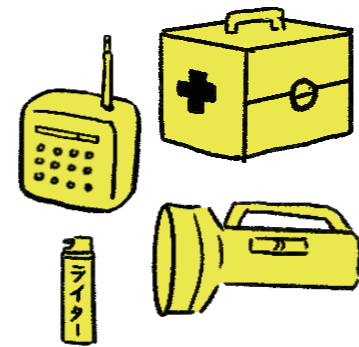


In order to avoid unnecessary panic, regularly check what is inside the emergency bag. Know the procedure/necessaries of evacuation in order to prevent secondary disasters.

Check the Inside of Emergency Bag



Choose what you need and put them into the emergency bag but keep to the minimum necessary.



Emergency Bag

- | | | | |
|---|---|--------------------------------------|---|
| <input type="checkbox"/> Drink | <input type="checkbox"/> Snacks (Gummy Candy etc) | <input type="checkbox"/> Clothing | <input type="checkbox"/> Medicine |
| <input type="checkbox"/> Food | <input type="checkbox"/> Portable Radio | <input type="checkbox"/> Helmet | <input type="checkbox"/> First Aid Box |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Smartphone Charger | <input type="checkbox"/> Work Gloves | <input type="checkbox"/> Moisturizing Sheet |
| <input type="checkbox"/> Can Opener | <input type="checkbox"/> Extra Battery for Smartphone | <input type="checkbox"/> Slippers | <input type="checkbox"/> Portable Toilet |
| <input type="checkbox"/> Batteries | <input type="checkbox"/> Tissue Paper | <input type="checkbox"/> Bin Bag | |
| <input type="checkbox"/> Electric Torch | <input type="checkbox"/> Disposable Heating Pad | | |
| <input type="checkbox"/> Pen and Pencil | <input type="checkbox"/> Candle | | |
| <input type="checkbox"/> Earplugs | <input type="checkbox"/> Lighter | | |
| <input type="checkbox"/> Towel | | | |
| <input type="checkbox"/> Rope | | | |

Necessaries

- | | |
|--|--|
| <input type="checkbox"/> Passbook | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Health Insurance Card | <input type="checkbox"/> Signature Stamp |
| <input type="checkbox"/> ID Card | |

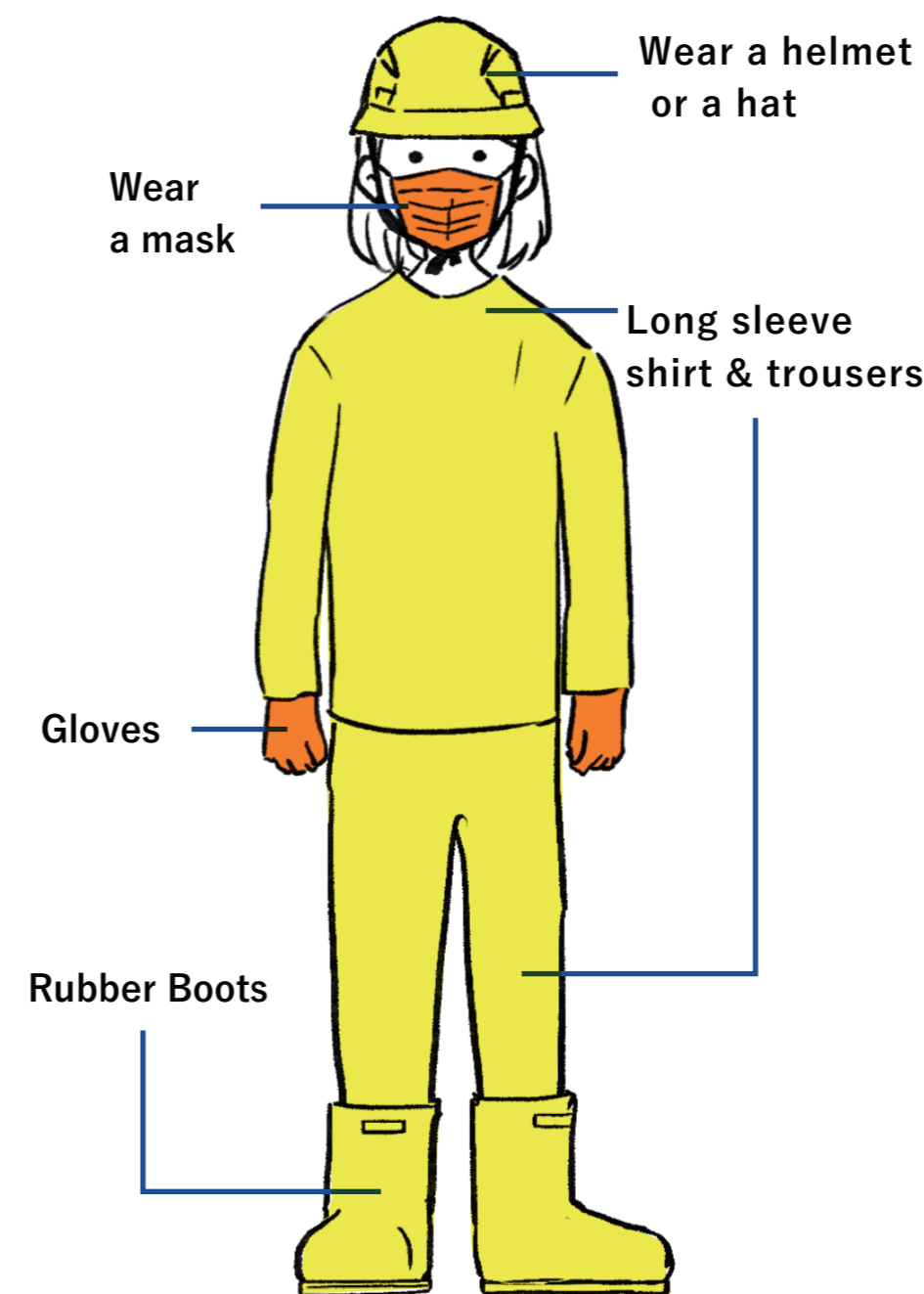
Necessaries for Corona Prevention

- | | |
|--|---|
| <input type="checkbox"/> Mask | <input type="checkbox"/> Clinical Thermometer |
| <input type="checkbox"/> Alcohol based sanitizer | |



Equipment for Evacuation

Thoroughly prepare to protect yourself from **Coronavirus**.



Wear a helmet or a hat
Wear a mask
Long sleeve shirt & trousers

Gloves

Rubber Boots

Adjust what you wear depending on temperature

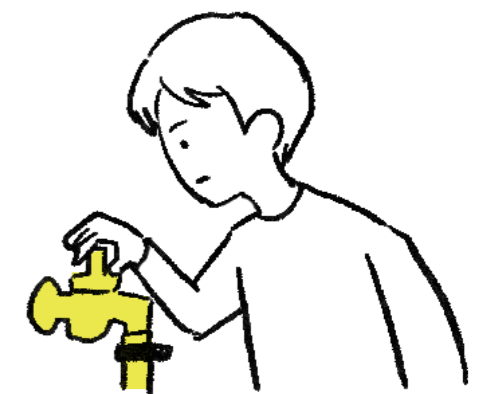
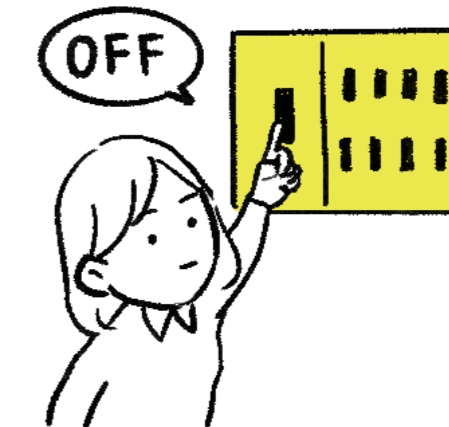


Prepare Alcohol based sanitizer and clean your hands regularly

Check the House before you Evacuate

Turn of the circuit breaker

Close the stopcock for gas



Prevent Secondary Disaster

There is a risk of fire when gas and/or electricity are turned on again. Prevent this risk with a little effort.



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Immediately Before/ While Occurring

What to care when you are Evacuating

Evacuating in the Rain

While you are evacuating, be aware of **lateral groove** or **opened up manhole** as you may fall into them.

Be with someone as much as you can



Check the ground with an umbrella or a stick

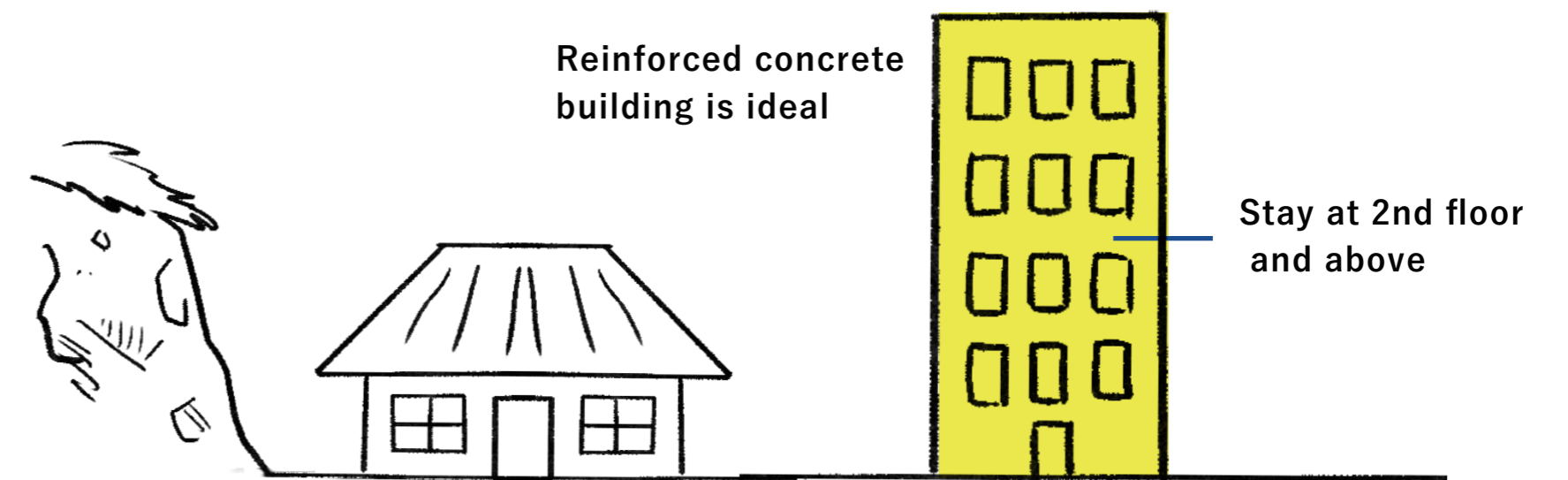


Evacuate during daytime



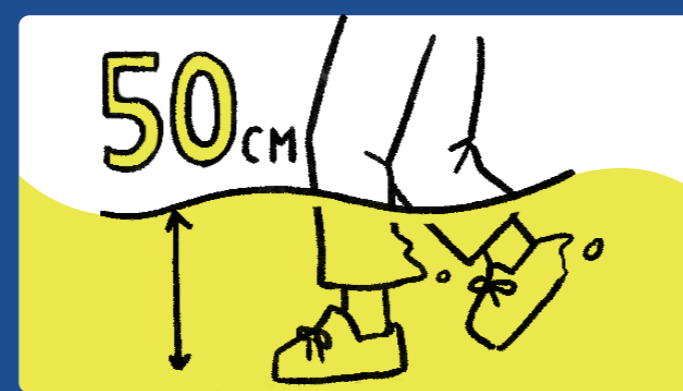
When it is hard to go to an Evacuation Shelter

Stay away from the river and cliff as much as possible and evacuate to tough and tall buildings.



Walkable Depth

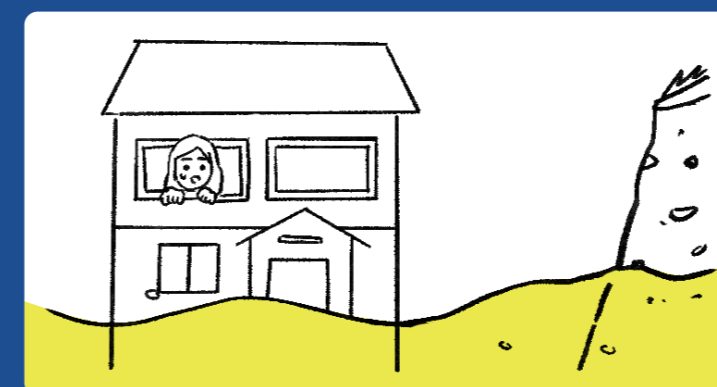
Walkable depth of water is below knee high. If the depth goes **beyond 50cm**, you legs may get caught by the water.



When outside is already Flooding



You cannot open the door if the water level reaches **over 50cm**. Evacuate before this happens.



Vertical Evacuation is the last choice. You may survive if you are in **an upper room which is opposite side of cliff**.

Travel by Car is Dangerous

Do not evacuate with a car. Stay at school or office to ensure safety.

- Evacuate as soon as car is flooded.
- car engine could stop when the depth of water reaches to **30cm or over**.
- Doors could get locked and carried away if you don't escape early.



! Contact police, fire department or local government for rescue if you cannot evacuate.

Things to care at an Evacuation Shelter

You can start now even under the life with corona.

Preparation for Heavy Rain and Typhoon 2020 version

Precaution Points for Eating / Washing Room

Check around Your Family and Yourself

At the evacuation shelter, there is a risk of getting infections including coronavirus as you are sharing a space with many others.

Use Your Own Dish

Sharing dishes with others is a huge risk. Have your own dish and eat separately.



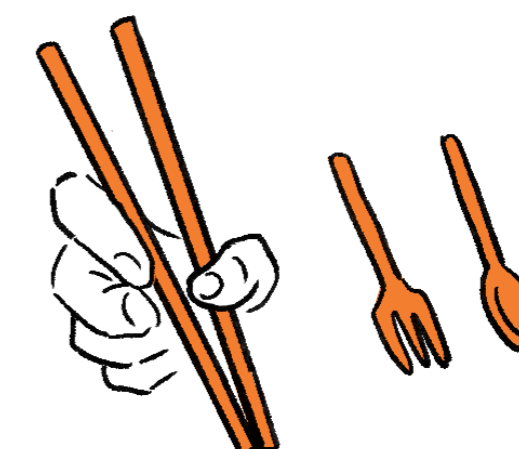
Use Your Own cup

Sharing cups with others is also a risk. If you have to share a cup, thoroughly wash it with washing liquid.



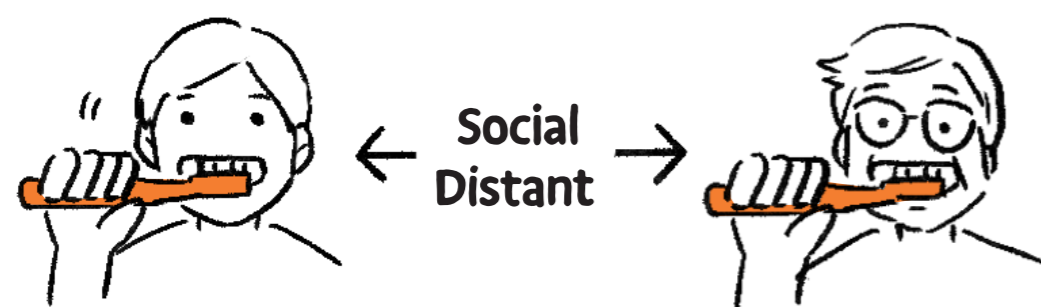
Use Your Own Cutlery

You are likely to get infected if you share cutlery with others. Using disposal cutlery is highly recommended.



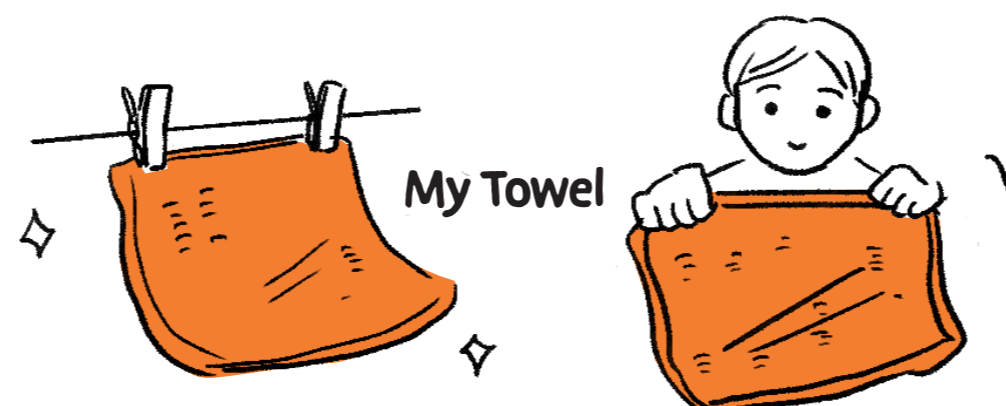
Mind the Distance when Brushing Your Teeth

When you firmly brush your teeth, bubbles or saliva may spread around. This increases the risk of infection. Stay away from the others and brush slowly.



Keep Your Towel Clean

The risk of getting infection via towel is high. Use your own and wash it immediately to keep it hygienic.



Disinfect Your Smartphone/Tablet

You may get infected via smartphone as you touch them frequently. Disinfect the device frequently, especially when you are lending it to the others.



Things to care at an Evacuation Shelter

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Preparation for Heavy Rain and Typhoon 2020 version

Be Aware of Corona Infection but Move Your Body



Points to care while doing an outdoor exercise

Your body is not active while spending time at the evacuation shelter.
Try and do stretch, exercise or walking when you can.

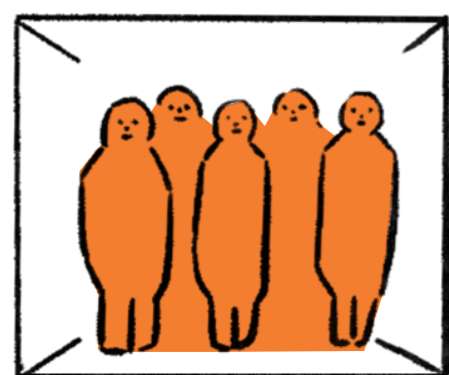


Wear a Mask



Wearing a mask is must if you are walking through the area with many people. Take off your mask when you manage to distant yourself from the crowd and make sure to rest while doing the exercise.

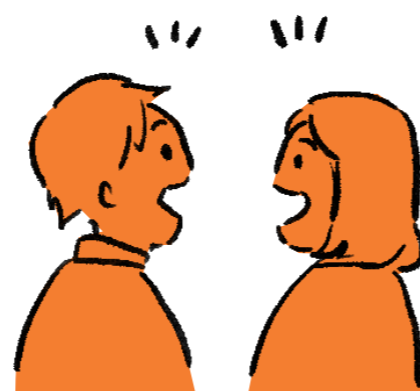
Avoide 3Cs



Closed Spaces
with bad ventilation



Crowded Places
that you can't distant
from the others



Close-Contact Settings
to avoid conversations

Keep Your Hands Clean

When you go in and out from the evacuation shelter, the infection risk rises. Make sure you wash your hands and do the alcohol disinfection when you return to your living space.



Washing hands
with soap and running water



Alcohol Disinfection

Dry your hands thoroughly after washing.

Things to care at an Evacuation Shelter

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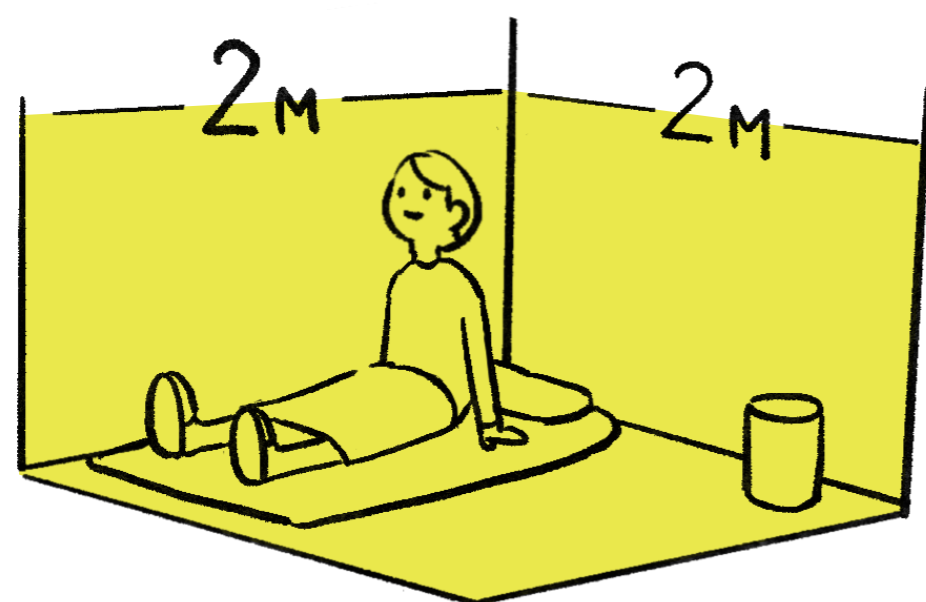
Preparation for Heavy Rain and Typhoon 2020 version

Make a Comfortable Space in the Evacuation Shelter

To prevent infection, cleanup your surroundings to keep it tidy and hygienic.

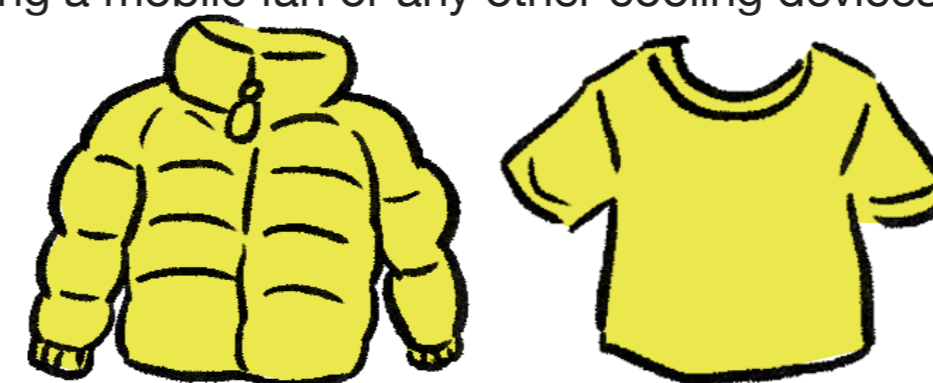
Secure a private space for you / small group

To avoid 3Cs (Closed Space/Crowded Place/Close-Contact Settings), secure a private space if possible. Minimize the number of people if you have to share the space.



Prepare for Heat&Cold

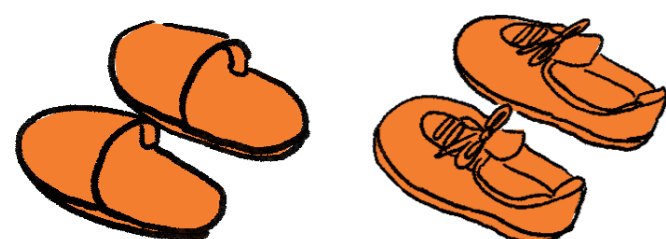
To prevent infection, evacuation shelters tend to open its indoor and outdoor footwear doors/windows for ventilation. So for winter, prepare a down jacket, a glove, a pair of thick socks, a blanket to keep yourself warm. For summer, there is also a risk of heatstroke. Bring a mobile fan or any other cooling devices/clothing to cool down your body.



Seasonal Clothing is Vital

Wear Indoor Shoes

The floor of evacuation shelter is covered by dust as many are walking around. It is said to be the hotbed for virus and bacteria. Wear slippers so you don't directly touch the ground with your feet.



Prepare indoor and outdoor footwear

Thorough Cleaning

Clean your personal space with antiseptic solution once a day. In order to minimize the spread of virus, wipe from cleaner area to dirty area.



Bugs Prevention for Summer

Summer is also the season for bugs and they tend to come into the evacuation shelters. Prepare a mosquito coil or an anti-insects spray and an antipruritic to protect yourself.



Things to care at an Evacuation Shelter

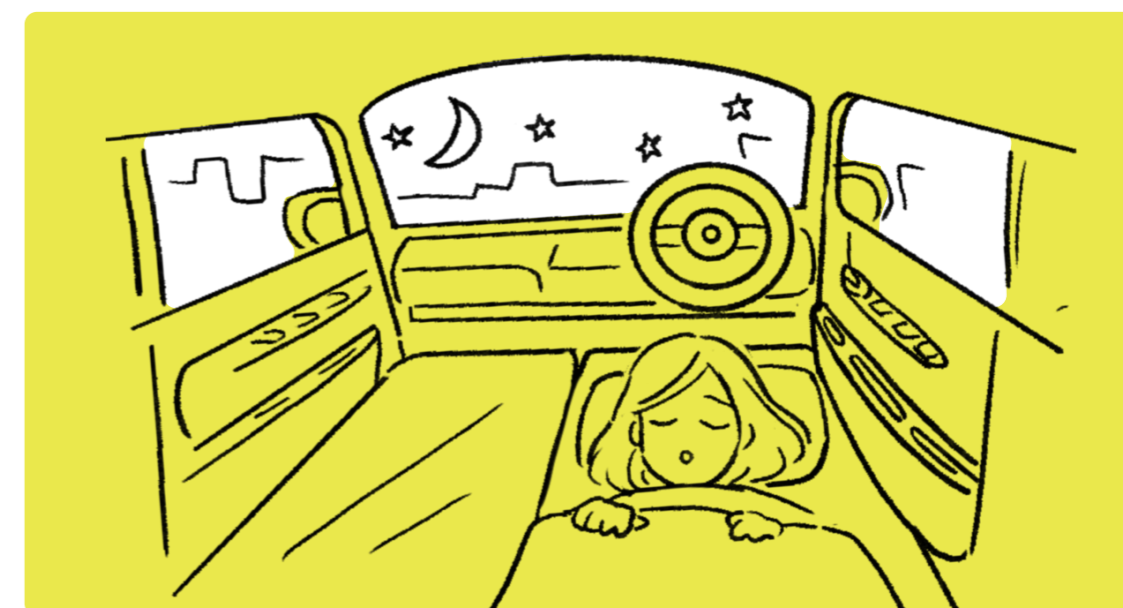
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Precaution Points for Sleeping in a Vehicle

Prepare for Heat&Cold

Try to create a comfortable space when you need to sleep in a vehicle.
Also, try and do the exercise during the day time,



Preventing Economy Class Syndrome

Deep vein thrombosis may occur when you spend long time in a vehicle.
Move your leg, do massage or rise your leg to the chest height.
These will circulate the blood around your body.

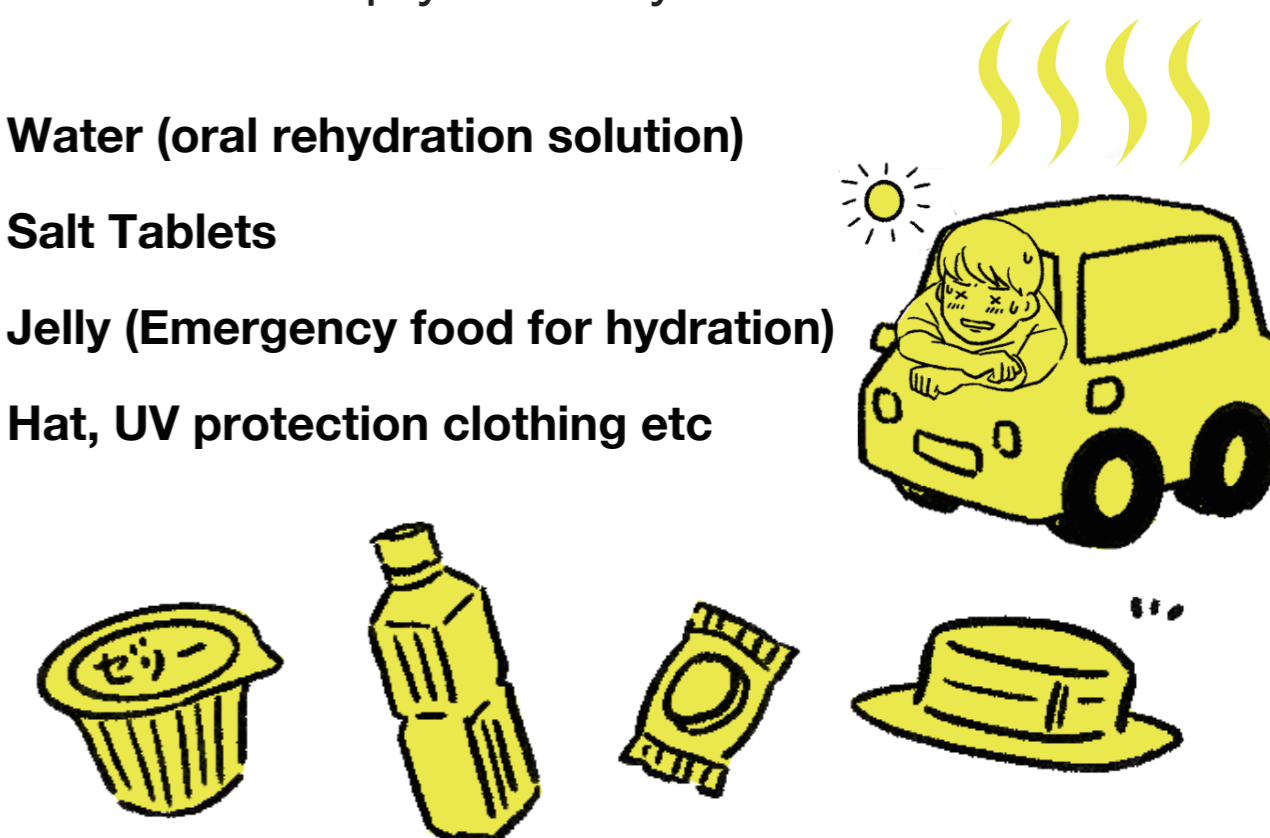


Source: MHLW

Heatstroke Prevention

Vehicles tend to heat up rapidly during summer.
To prevent yourself from heatstroke,
ventilate air and drink water frequently.
Make sure keep your body cool as well.

- Water (oral rehydration solution)
- Salt Tablets
- Jelly (Emergency food for hydration)
- Hat, UV protection clothing etc



*Cold air comes in during winter.
Make sure you are prepared for cold weather.