

# Tonami

## Disaster Prevention



Disaster Prevention  
Manual  
Revised Edition  
[Sep. 2024]



From Tonami City Disaster Prevention Day 2023  
Tonami City General Disaster Prevention Training

Disaster Prevention Tonami  
QR code



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## Earthquake Disaster Section

# When an earthquake hits, protect yourself first

In Tonami City, if a large earthquake originates from the Ouchigata Fault Zone, you may experience tremors with a maximum seismic intensity of 7. (If you feel a tremor, try to act calmly without panicking)

### ●If you are at home...

Protect yourself by hiding underneath sturdy furniture like a desk or table. The tremors will last up to about 1 minute. It's dangerous to run outside during earthquakes, wait until tremors stops.



Don't forget to deal with any flames. Fire can cause secondary disasters. If the tremor is small, turn off any flames and the gas switch immediately, if the tremor is large, do so after the tremor has subsided. It is also important to unplug plugs from outlets and turn off the circuit breaker to prevent fire that may occur when they are energized.

Open doors and secure the exit. The building may become damaged due to the tremors, and doors or windows may not open.

Open doors before the aftershocks come.



### ●If you are outside...

#### ○On the road



There is a risk of collapse if you stand beside block walls, gate posts, etc. There is also a risk of signs and glass falling from building. Evacuate to a place where there are no objects that might fall or topple. It is also useful to protect your head with a bag or the like.

In addition, hanging wires are dangerous, so never approach or touch them.

#### ○At a shopping center or supermarket

Protect your head with a bag or baskets, etc., and watch out for falling products and display cases.

Note that, if you try to evacuate in a hurry, you may get caught up in a stampede. Please follow the instructions of the staff to evacuate.



#### ○If you are in an elevator

Press the buttons for all floors and get out on the floor where the elevator stops. If you become trapped, use the emergency button or intercom to communicate with the outside.

## ●If you are driving...



Sudden turning of the steering wheel and sudden braking cause accidents. Slowly pull over on the left side of the road. When you leave the car, do not lock it because it may be needed for emergency transportation.

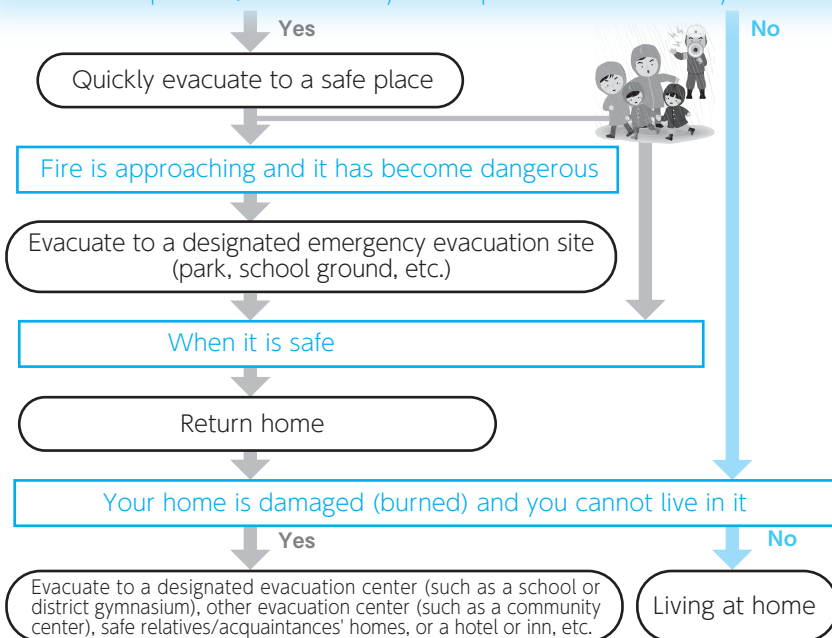
(However, please take out important items such as your vehicle inspection certificate.)

## ○Behavior patterns during evacuation

When a major earthquake strikes, it is difficult to act calmly. You should check your behavior patterns in order to act **calmly without panicking** in an emergency.

### Earthquake occurrence

- 1 When a hazard is confirmed (fire, house collapse, etc.)
- 2 When there is an evacuation instruction from the city hall, the police, the fire department, or the voluntary disaster prevention committee of your district



Check the estimated maximum seismic intensity at your home and other places.

砺波市地震防災マップ

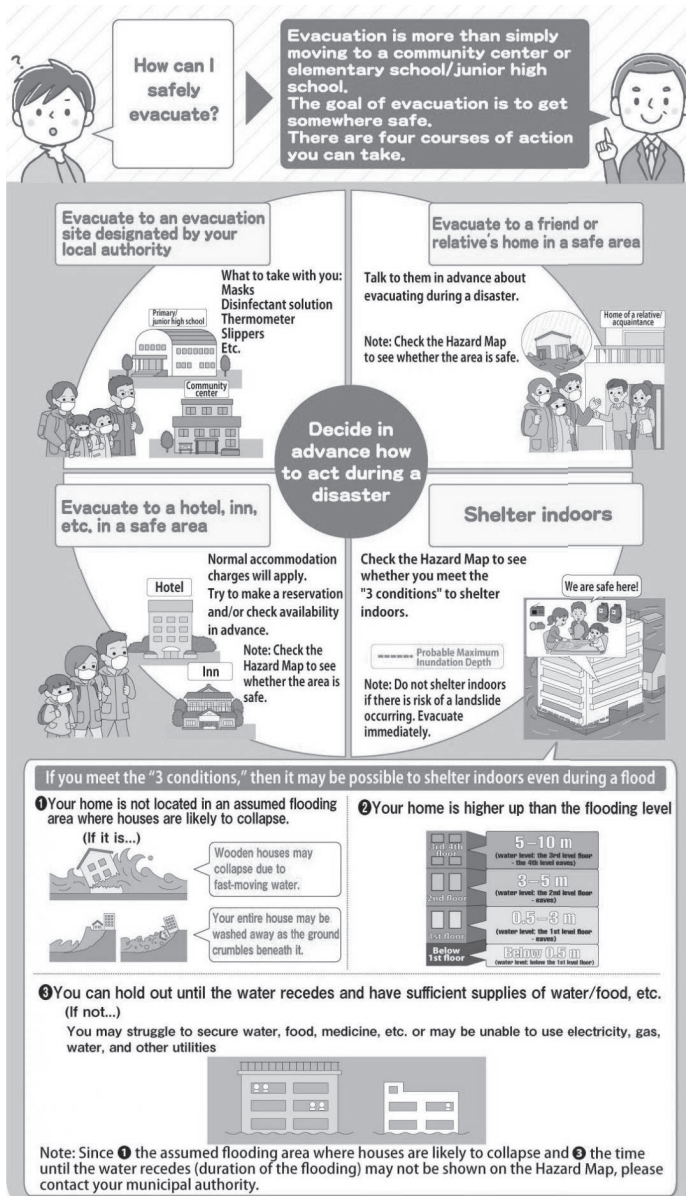
検索

<https://www.city.tonami.lg.jp/info/3675p/>

QRコード



# Four Evacuation Behaviors



Going outside during torrential rains is dangerous, even in a car. If you have no choice but to spend the night in your car, take great care to check your surroundings, etc., to make sure you are not caught in a flood.





## Wind/Water Damage Section

# Information gathering is vital for typhoons and heavy rains

Typhoons and heavy rain can be predicted to some extent before the occurrence of disasters based on weather information.

Gather information from the TV, radio, the Internet, and if you feel any abnormality or danger, tell your neighbors and evacuate!

Also, check the hazard map habitually to learn about the hazards around your home.

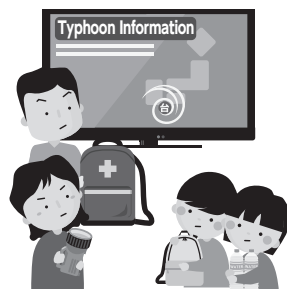


When the Tonami City Linear Precipitation Zone occurred in July 2023

### ●If you are at home...

Window glass may break due to wind or flying objects. Stick duct tape on windows or lower curtains or blinds. In addition, move furniture and valuables to the second floor when there is a risk of flooding under or above the floor.

Make sure your smartphone and computer are fully charged beforehand so you can gather information.



### ●If you are outside...

Evacuate to indoors immediately (but do not run underground).

Also, stay away from rivers and cliffs.

### ●If you are driving...

Choose a place with little water and evacuate. If the engine stalls due to flooding, do not force the engine to restart in order to prevent a vehicle fire.



## When evacuating

### Wear safe clothes that are comfortable for walking when evacuating.

Wear safe clothes that are comfortable for walking when evacuating. Protect your head with a helmet, etc., and wear sneakers that are more comfortable than boots (boots will be difficult to walk in when water enters).

Minimize luggage and keep your hands free, such as by using a backpack.



### Walk with a long stick to use as a cane.

There may be a roadside gutter or a manhole with the lid off under the surface of the water. Check as you walk.

### Be sure to travel in a group.

If you travel alone, you will not be able to call for help if you need it. To avoid getting separated, secure each person in the group with a rope and walk together.

In addition, cooperate with evacuation of the elderly, children, people with physical disabilities, and persons requiring consideration. In this case, please use a swimming ring.

### Pay attention to the depth.

If the water depth of the flooded road is 50 cm or more, do not attempt to go to the evacuation center.

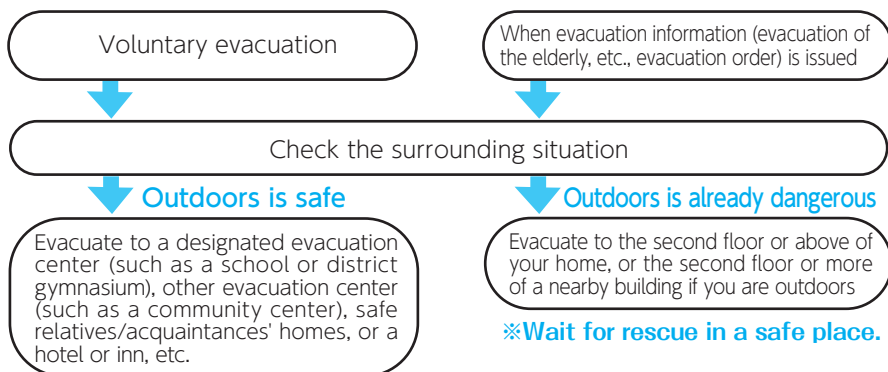
If the water flow is fast, it is difficult to walk even at a depth of 20 cm.

If there is a danger of falling into the water, be careful even at a depth of 10 cm.

※1 Persons requiring consideration: Elderly people, people with disabilities, infants, pregnant women, and others who require special consideration.

## ○ Behavior patterns during evacuation

### Occurrence of typhoons and heavy rains



For more information about warning areas, please check the Tonami City Landslide Disaster Hazard Map from the following URL.

砺波市洪水ハザードマップ

検索



QR code



<https://www.city.tonami.lg.jp/info/6079p/>

## ○When there is a risk of a landslide disaster

Predicting landslide disasters is difficult, but there may be early warning signs. If you observe any of the following phenomena, please evacuate as soon as possible.

In addition, in Toyama Prefecture, if a landslide disaster occurs, an area that is likely to cause harm to the lives or bodies of residents, etc. is designated as a "Landslide Disaster Warning Area," and an area that is likely to cause damage to buildings and cause significant harm to the lives or bodies of residents, etc. is designated as a "Landslide Special Disaster Warning Area."

※For more information about warning areas, please check the Tonami City Landslide Disaster Hazard Map from the following URL.

砺波市土砂災害ハザードマップ



QR code



<https://www.city.tonami.lg.jp/info/3880p/>

### Types of landslide disasters and precursor phenomena

#### Cliff collapse

- Cracks appear on cliffs
- Pebbles fall from cliffs
- The amount of spring water increases
- Trees shake



#### Mudslide

- Abnormal mountain sounds/ground sounds
- The sound of trees rustling and cracking
- A smell of leaf mold from rivers
- Driftwood appears in rivers



#### Landslide

- Cracks and steps appear on slopes
- Water gushes out from slopes
- The sound of trees rustling and cracking
- Water in ponds and wells becomes muddy



### What is landslide disaster warning information?

Disaster prevention information jointly announced by the Japan Meteorological Agency and prefectures when the risk of landslide disasters due to heavy rain increases. It is important to evacuate as soon as the landslide disaster warning information is issued.

In the Toyama Prefecture Landslide Disaster Warning Information Support System, you can check the risk of landslide disasters, and if you register for the email delivery service, you will be sent disaster information.



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## Snow Damage Section

# Measures against heavy snowfall that can be taken at home



### ●Concerns about heavy snowfall

- It will be difficult to use your car and you will not be able to go to buy food and fuel.
- It takes longer than usual times to deliver items to convenience stores and other stores, and bread and instant food may be out of stock.
- You will not be able to visit the hospital for health-related reasons such as artificial dialysis and medication.
- Houses, etc. (carports and vinyl houses) may be damaged or collapse.



### ●What to prepare in advance

- Stockpile water, food, fuel (kerosene), etc. in case of circulation disruptions caused by heavy snow.
- Try to order medications a little earlier (more) so as not to run out of prescription medications for chronic diseases.
- Keep disposable body warmers, spare batteries, a flashlight, a portable radio, etc. in case of long-term power outages. Portable gas stoves and hot water bottles are also useful for keeping you warm.
- Work on snowproofing your house (carport, vinyl house).

### ●Pay attention to slips and falls!

- Concerns about heavy snowfall
- It will be difficult to use your car and you will not be able to go to buy food and fuel.
- It takes time to deliver items to convenience stores and other stores, and bread and instant food may be out of stock.
- You will not be able to visit the hospital for health-related reasons such as artificial dialysis and medication.
- Houses, etc. (carports and vinyl houses) may be damaged or collapse.



### ●Use extreme caution when driving!!

Even if you are using winter tires, you may get stuck or have an accident due to slipping. In addition, even if you are driving carefully, the surrounding cars are likely to slip and you may become involved in an accident, so refrain from going out when it is not necessary or urgent as much as possible.

Bring chains, extra fuel, a scoop, boots, gloves, food, and drinking water for your car in case your car gets stuck.



### ●Safety first when removing snow!!!

Snow removal work, such as removing snow from roofs and snow shoveling around the home, is accompanied by the risk of accidents, with many casualties occurring throughout Japan every year. Use extreme caution when clearing snow.

1. Two or more people should do the work - call your family and neighbors!
2. Remove snow while leaving snow around the building!
3. Be careful on sunny days. The snow on the roof is loose!
4. Don't forget to secure your ladder!
5. Turn off the engine before removing snow jams from your snowblower!
6. Be careful even with a low roof!
7. Be especially cautious right after you start working and when you're tired!
8. Wear a lifeline and helmet even if it is troublesome!
9. Maintain and inspect lifelines, snowblowers, and other equipment on a regular basis!
10. Take your phone with you when you work!





## Fire Section

# Initial firefighting if a fire occurs!

If you are present at a fire scene, it is important to report, carry out initial firefighting, and evacuate.

## Behavioral patterns during evacuation

### Fire occurrence

Let others know  
as soon as possible

Tell the neighbors loudly, "It's a fire!"

Call 119

Calmly state accurate information.

1. "It's a fire"... State that a fire has occurred
2. "Fire location"... Ensure that you state the address and what is on fire
3. "What is on fire"... State what is burning where.
4. "Your name"

Initial firefighting  
fire extinguisher,  
water bucket, etc.



①Pull out the safety pin



②Remove the hose and point it at the fire source



③Spray the water by strongly grasping the lever

Evacuate to the outdoors

Wait for the fire brigade  
in a safe place

※The limit of flames that can be extinguished with a fire extinguisher is generally the height of the ceiling.

※Hold your mouth and nose with a wet towel or handkerchief and evacuate in a low position.

### Initial firefighting method

#### ☆Stove

- It is strictly prohibited to pour water on an oil pan in haste.
- Use a fire extinguisher and spray to cover the entire pan.
- If there is no fire extinguisher, cover the front with a wet bath towel or the like to block the air.

#### ☆Clothing

- If your clothes catch fire, remove them immediately and put the fire out with your feet. If you cannot remove your clothes, roll on the ground or floor to extinguish the fire.
- If there is any hot water in the bath, jump into the bathtub.

#### ☆Heater

- In principle, extinguish with a fire extinguisher.
- If there is no fire extinguisher, cover the front with a wet blanket or the like to block the air.

#### ☆Electrical appliances

- There is a risk of electric shock if you suddenly pour water on it. Unplug the appliance or switch off the circuit breaker and use a powder fire extinguisher to extinguish the fire.

#### ☆Curtains, sliding doors, sliding screens

- Curtains, sliding doors, and sliding screens become pathways when a fire is burning. It is important to extinguish the fire before it spreads. Pull down the curtains knock down sliding doors and sliding screens before firefighting.

#### ☆Bonfires

- Extinguish with a fire extinguisher, water, or soil.
- To prevent bonfires from spreading, pour water not only on the center of the bonfire, but also around the surroundings.





## First Aid Section

# First aid you need to know



## Let's learn first aid

In the event of a large-scale disaster, an ambulance may not be able to arrive immediately as usual. Without panicking, carefully investigate and treat the person's situation.

## Cardiopulmonary resuscitation

If there is a person who has fallen down

### No reaction

- Check the surrounding safety.
- Speak to them while gently patting them on the shoulder.

Seek help with a loud voice and ask others for specific help



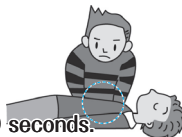
### Confirm

- ※When there is only one rescuer, first call 119 yourself.
- If you know that there is an AED in the immediate vicinity, go to get it.

Check whether there is breathing

### None

- Check the person is breathing as usual.
- Judge the rise and fall of the chest and stomach within 10 seconds.



Chest compression (cardiac massage)

Continuous compressions at a fast speed of 100-120 times per minute

- Place both hands on the lower half of the sternum in the middle of the left and right sides, and press firmly 30 times until the chest sinks about 5 cm.



Breastbone compression position How to place both hands

### ★In the case of a child/infant

**Depth of compression:** Compress until about one-third of the chest thickness sinks

**Method of compression:** For children, compress with both hands or one hand depending on their physique, for infants, compress with two fingers



Artificial respiration (securing the airway)

Put one hand on their forehead and the fingertips of your other hand on their chin, then tilt their head back and raise their chin.

- With the airway secured, pinch their nose with your forehead hand, open their mouth wide, cover the injured persons' mouth, and breathe in for about 1 second.

※It is useful to have infection protection equipment.

- ★If the injured person is bleeding from their face or mouth, or if you are hesitant, continue with chest compressions only.



## When to stop the cardiopulmonary resuscitation method

- Until it is observed that the injured person can breathe normally and move with purpose.
- Until the emergency services take over.

## First aid

### Hemorrhage

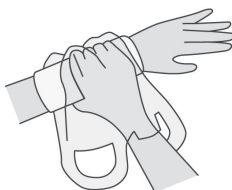
#### ① Compress the wound

Apply gauze or a clean handkerchief, etc. directly to the wound and firmly hold it.



#### ② Do not touch the blood directly

To prevent infection, use a plastic bag, garbage bag, etc. to avoid direct contact with blood.



#### ③ Make the wound higher than the heart

If the wound is a finger or arm, bringing the wound higher than the heart will reduce the amount of bleeding.



### Burns

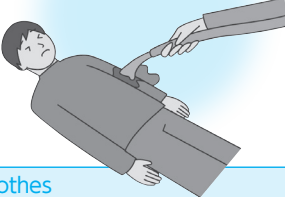
#### ① Cool with water immediately

Leave tap water running in the washbasin and put the burned limb under the water.



#### ② Apply gauze to the affected area

After cooling, lightly wrap the burned area with a clean cloth or gauze and go to a medical facility immediately.



#### ③ Do not crush any blisters.

Crushing a blister can make it more susceptible to infection. Go to a medical facility as soon as possible.



#### ※How to cool when wearing clothes

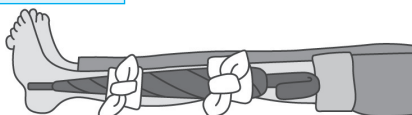
After cooling the area with the clothes on, carefully remove the clothes while applying water. When it is difficult to remove the clothes, cut with scissors. However, if the skin is adhering to the clothes, do not forcibly remove them.

### Bone fracture

#### ① Treat the wound and bleeding without moving the injured person.

##### ※How to identify fractures

- The injured area is unnaturally deformed.
- Swelling and severe pain.
- The bone is protruding.
- Even if it is not clear from the appearance, if it is suspicious, consider it to be a fracture and treat it accordingly.



#### ② Fix the affected area

Attach a splint and fix the joints above and below the fractured part so that the fracture part does not shift. If you don't have a splint, use a nearby substitute (such as an umbrella).



## Voluntary Disaster Prevention Section

### Protecting ourselves

The transportation network may be disrupted in the event of a major disaster, and public services such as firefighters and the police may not be able to respond adequately.

**The voluntary disaster prevention ability of the community demonstrates its strength at such times.**



#### Step 1

#### Create a circle with your neighbors

##### ☐ Start by reaching out to your neighbors

Getting to know your neighbors and having them remember you isn't just about helping others, it's also about having them help you in an emergency. Greet your neighbors proactively.

##### ☐ Participate actively in local events

Many small acts of cooperation will result in great unity. As this unity spreads, we will create a more cooperative society.

##### ☐ Let's create a communication network at the municipal association/town association level

Let's prepare a roster for each municipal association to confirm safety in case of an emergency.

#### Step 2

#### Gain an understanding of the elderly and people with disabilities in your area

##### ☐ Find out if anyone in your neighborhood needs help

There are people in the neighborhood who cannot evacuate without help. Let's discuss how to evacuate such people in the neighborhood.

##### ☐ Let's understand the registration system for those who need support to evacuate.

In addition, let's proceed with the creation of an "individual evacuation plan" that describes who will support those who need help to evacuate, where to evacuate, and what kind of consideration is needed in case of emergency.



## Discover disaster risks through disaster prevention town walks

You can walk around your own area and see and recognize the disaster risks near you. It is also an opportunity for adults to teach children about past disasters and lessons learned, and for elementary and junior high school students to cooperate to build exchanges and trust between generations.

### Step 3

## Join a regional voluntary disaster prevention organization

In Tonami City, there are voluntary disaster prevention organizations in all 21 districts, and disaster prevention specialists are also deployed. Please actively participate in disaster drills and disaster prevention training sessions organized by voluntary disaster prevention organizations and disaster prevention experts in each district. It will definitely help you in an emergency.



### Activities in normal times

Confirm regional disaster prevention ability

Disseminate and promote disaster prevention knowledge

Solidarity with other organizations

Disaster prevention training

Prepare disaster prevention materials and equipment

Measures for persons requiring consideration

[measures for those who need help to evacuate]

### Activities in the event of a disaster

Evacuation operation of evacuation centers, etc.

Collection and communication of information

Safety confirmation

Evacuation guidance

Aid for injured persons

Rescue of disaster victims

Fire prevention, initial firefighting



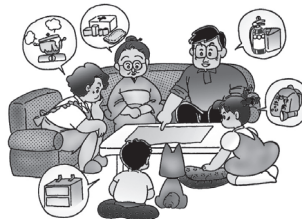
### Annual family meetings

The best thing is if no disaster happens. But what if it does happen...

That's why it's important to be prepared.

For myself, for my family, "if you are prepared, there is no need to worry."

#### Topics to talk about



- 1 Let's decide the division of roles for each person.
- 2 Let's check what to bring in case of an emergency.
- 3 Let's secure food, drinking water, etc.
- 4 Let's prepare disaster measures for our pet.
- 5 Let's check the evacuation center and how to get there.
- 6 Let's check the hazards around our home.
- 7 Let's check how to contact family members when we are separated.
- 8 Let's make a My Timeline Sheet for our family.

## 1

### Let's decide the division of roles for each person.

Let's decide who will do what when there is an emergency. Let's discuss who will be the center of support for families with elderly people or babies.

[Main roles]

Person in charge of the fire extinguisher, person in charge of electricity (turn off circuit breakers), person in charge of the gas switch, person in charge of emergency products



# 2

## Let's check what to bring in case of an emergency

Whenever possible, keep the items you bring with you in case of an emergency together and leave them by the entrance. In addition, update the Hottonami Peace of Mind Pocket information from time to time and stick it on the front of your refrigerator.

Discuss with your family what you need for your home.



✓	Checklist for emergency items	Inspection date
	Emergency food (dry bread, canned food, etc.), drinking water	/ /
	Hottonami Peace of Mind Pocket	/ /
	ID (driver's license, My Number card, insurance card, passport, etc.)	/ /
	Information equipment (mobile phone, watch, etc.)	/ /
	Valuables (cash, deposit book, stamps, etc.)	/ /
	First aid supplies (first aid kit, masks, hand sanitizer alcohol, thermometer, basic medicines, etc.)	/ /
	Supplies for persons requiring consideration (milk powder, diapers, etc.)	/ /
	Disaster prevention equipment (helmet, working gloves, flashlight, portable radio, whistle, disposable body warmers, spare batteries, portable charger, etc.)	/ /
	Fire (candles, matches, lighter, etc.)	/ /
	Clothing (warm clothing, underwear, towels, rain gear, etc.)	/ /
	Pet supplies (pet food, lead, cage, etc.)	/ /
	(Think about what you will need for yourself)	/ /
	(Think about what you will need for yourself)	/ /

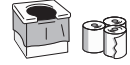
# 3

## Let's secure food, drinking water, etc.



Immediately after a disaster, assistance supplies may not be sufficiently distributed.

Stock up on at least 3 days' worth of emergency food, drinking water, etc. at home.



### Examples of stockpile items



- a. **Food Aid** Rice, precooked rice, retort foods, canned foods, cup noodles, etc.
- b. **Drinking water** Have at least 3 liters per adult per day of water. It is also advisable to prepare a plastic container for receiving water rationing.
- c. **Fuel** Table stove, solid fuel, spare gas cartridges, etc.
- d. **Tools** Bar, saw, hammer, rope, scoop, etc. that can be used for rescue operations.
- e. **Other** Simple toilet, blankets, sleeping bags, cold protectors, paper dishes, paper cups, masks, disposable stove, wet wipes, toilet paper, battery operated radio, portable charger, life jackets, etc.

### KEY POINT

## Stockpiling Key Points!!



- **Stockpile at least 3 days' worth of food and drinking water, preferably a week's worth.**  
Have 3 liters of water per adult per day and 2,000 calories of food.
- **Pay attention to the expiration date for food, and the batteries for electrical appliances such as radios.**  
Prepare extra batteries, gas cartridges, etc.
- **Your stockpile will vary depending on your family composition.**  
Think about and prepare what your family really needs.  
For example...



**infants:** powdered milk, baby food, baby bottles, diapers, etc.  
**Elderly:** nursing supplies, medications for chronic diseases, etc.  
**Pets:** Pet food, lead, cage, etc.

### KEY POINT

## Easy! "Rolling Stock"

"Rolling Stock" is a method to keep a certain amount of food in stock at home by buying a little more of your usual food, consuming it in order of expiration date, and replacing what you consume.



# 4

## Let's prepare disaster measures for our pet

### ●Let's practice! Cage life

You should make your pet practice entering the cage habitually. It is always useful when evacuating or at an evacuation center! It is important to make your pet feel that the cage is a safe place.

### ●Habitual training is important so that you can evacuate together

Habitual training is important so that you can evacuate together. We don't know when a disaster will happen. Prepare your family and pets to evacuate safely and live together in the event of an emergency through mental preparedness and habitual training!

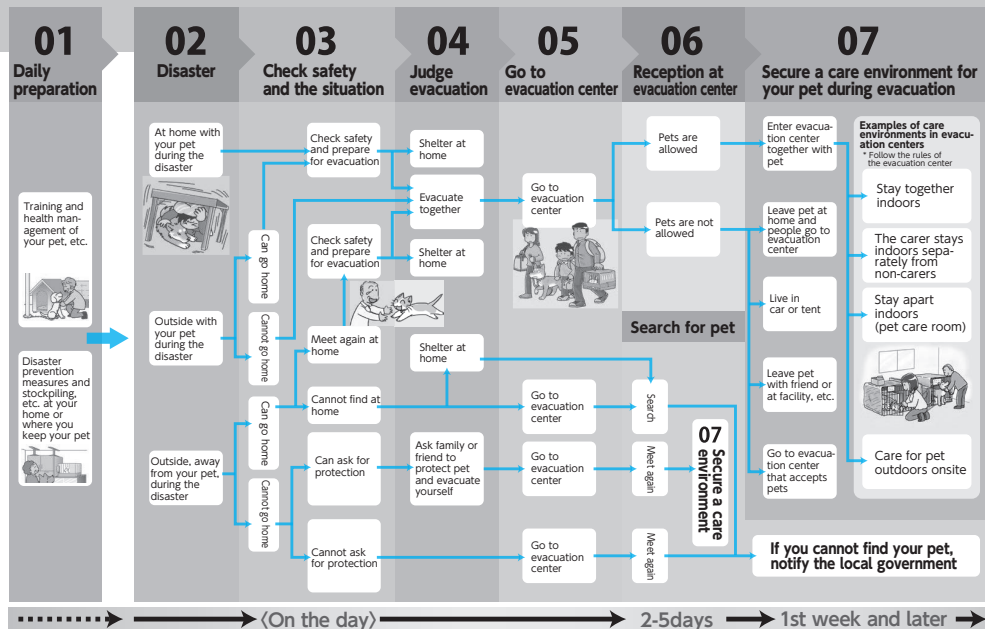
### ●Evacuate together flow diagram

#### Evacuate together flow diagram

What if a disaster occurs now? We have summarized the flow diagram of the week after the disaster for the evacuation of pets.

Memo

Evacuate together refers to a type of evacuation behavior, and it does not mean that your pet will be kept in the same room as you in the evacuation center. Evacuation centers include designated emergency sites and designated evacuation centers.



(From Ministry of the Environment website)



























## 5

# Check the evacuation center and how to get there

Research your evacuation location and evacuation center

 ... Main evacuation centers in each district, G... Ground

District	Designated emergency evacuation site	Designated evacuation center Other evacuation center
Demachi	Athletics Stadium, Demachi Junior High School G, Tonami Tulip Park, Demachi Elementary School G, Kibune Park, Aeon Mall Tonami (Rooftop Parking Lot)	Demachi Elementary School  Demachi Junior High School  Tonami Senior High School (Gymnasium)  Tonami Sports Center  Budokan, Tonami Sankyoson Museum, Demachi Certified Children's Center, Tulip Certified Children's Center, Cultural Center, Demachi Children's Kabuki Hikiyama Hall, Regional Community Halls, etc.
Shoge	Shosei Junior High School G	Shosei Junior High School  Shoge Nursery, Shinko Hall, Regional Community Halls, etc.
Nakano	Shonan Elementary School G	Shonan Elementary School  Shinko Hall, Regional Community Halls, etc.
Gokaya	Gokaya Park, Tonami Nanbu Elementary School G	Tonami Nanbu Elementary School  Gokaya Community Center, Nanbu Certified Children's Center, Regional Community Halls, etc.
Higashinojiri	Higashinojiri Park	Shinko Hall  Regional Community Halls, etc.
Takanosu	Takanosu Elementary School G	Takanosu Elementary School  Tonami Higher Technical School(Gymnasium), 3T Transportation Healthcare Division, Takanosu Community Center, Regional Community Halls, etc.
Wakabayashi	Wakabayashi Park	Wakabayashi Gymnasium  Agricultural Village Center, Regional Community Hall, etc.
Hayashi	Tonami Hokubu Elementary School G	Tonami Hokubu Elementary School  Hokubu Certified Children's Center, Fureai Hall, Shinko Hall, Regional Community Halls, etc.
Takanami	Takanami Park	Takanami Gymnasium  Agricultural Village Center, Regional Community Halls, etc.
Aburaden	Aburaden Fureai Plaza	Aburaden Gymnasium  Shinko Hall, Bakushuen, Aburaden Certified Children's Center, Regional Community Halls, etc.
Minami Hannya	Tonami Tobu Elementary School G	Tonami Tobu Elementary School  Tobu Nursery, Public Hall, Regional Community Halls, etc.
Yanaze	Tonami Sports Park	Prefectural Seibu Sports Center  Yanaze Gymnasium, Rural Women's House, Regional Community Halls, etc.
Ota	Ota Park	Ota Gymnasium  Ota Certified Children's Center, Public Hall, Regional Community Halls, etc.
Hannya	Hannya Junior High School G, Shoto Elementary School G	Hannya Junior High School  Shoto Elementary School, Shoto Multigenerational Community Center, Structure Improvement Center (Hannya, Yasukawa, Ranjo), Regional Community Halls, etc.
Higashi Hannya	Higashi Hannya Park	Shinko Hall  B&G Marine Center, Regional Community Halls, etc.
Sendanno	Sendanno Park	Sendanno Gymnasium  Shinko Hall, Regional Community Halls, etc.
Sendanyama	Sendanyama Park, Sendanyama Rural Village Center	Rural Village Center  Cosmos Sou, Sendanyama Gymnasium, Regional Community Halls, etc.
Higashi yamami	Shogawa Water Memorial Park, Shogawa Elementary School Nursery G, Shogawa Children's Hall Plaza	Shogawa Elementary School  Takasago Hall, Shogawa Children's Center, Fureai Plaza, Tobu Disaster Prevention Center, Regional Community Halls, etc.
Aoshima	Shogawa Branch P, Shogawa Junior High School G, Aoshima District Exchange Hall Plaz	Lifelong Learning Center  Sports Center, District Exchange Hall, Shogawa Junior High School, Shogawa Health Plaza, Regional Community Halls, etc.
Ogami	Ogami Park, Former Ogami Nursery Plaza, Benzaiten Park	Assembly Center  Former Ogami Nursery, Ogami Gymnasium, Regional Community Halls, etc.
Taneda	Taneda no ie Parking Taneda Park	Tanedano House  Shinsetsu Gymnasium, Regional Community Halls, etc.

## M Main evacuation center

A facility that serves as a base for activities in the district and a base for communication with the city and material support.

※ Some facilities cannot be used depending on the type of disaster, so please refer to the Tonami City website and each hazard map for details.

<https://www.city.tonami.lg.jp/info/35043p/>

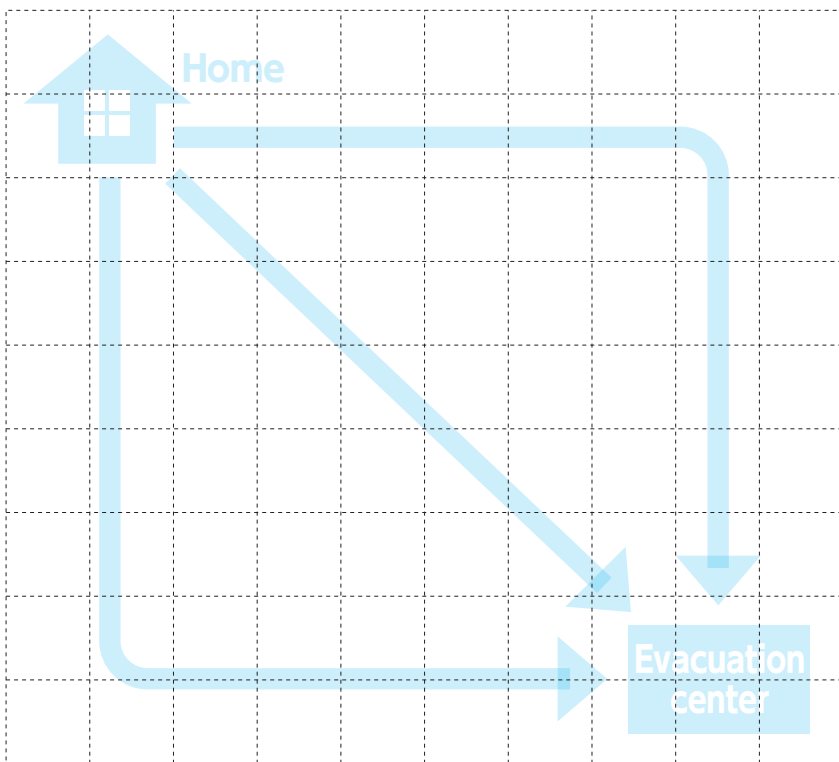


QR code

You should check with your family where to escape in case of an emergency. Assuming a flood, earthquake, or landslide, consider multiple routes.

## [How to draw a map]

① Draw a simple map → ② Write multiple evacuation routes → ③ Fill in dangerous areas



The designated emergency evacuation site for my house is

(The place to urgently evacuate to in order to protect your life from disasters.)

The designated evacuation center for my house is

(The place to stay temporarily until there is no danger of a disaster or if you are unable to return home due to a disaster.)



Let's walk the evacuation route once together as a family

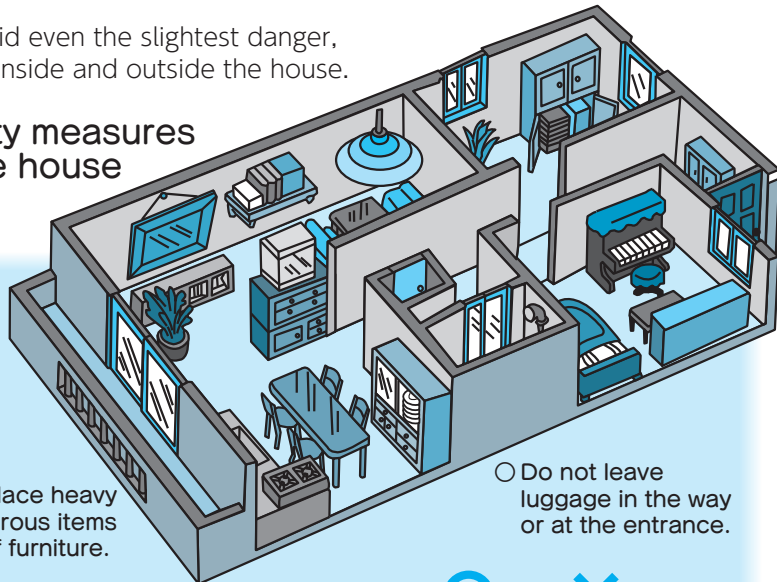


# 6

## Let's check the hazards around our home

To avoid even the slightest danger, check inside and outside the house.

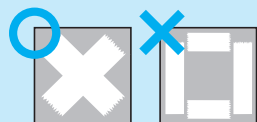
### a Safety measures in the house



○ Do not place heavy or dangerous items on top of furniture.

○ Do not leave luggage in the way or at the entrance.

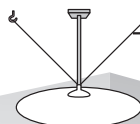
○ Attach an anti-scattering film to glass. You can also substitute transparent tape. It is also important to be ready to wear slippers or sneakers.



(How to apply the film)

### Furniture fall prevention measures

#### Lighting fixtures



Secure hanging lighting fixtures in several places with chains and fittings. For fluorescent lamps, fasten both ends of the fluorescent tube with heat-resistant tape.

#### Fix with brackets



#### TV/Computer

To fix the TV, there are methods such as using an adhesive mat or a strap type fixing device.

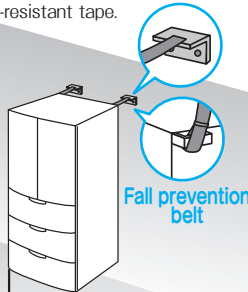


Adhesive mat



#### Cupboard

Double door-type cupboards should be fitted with stoppers to prevent the doors from opening. Apply anti-scattering film to the glass surface to make it safe.



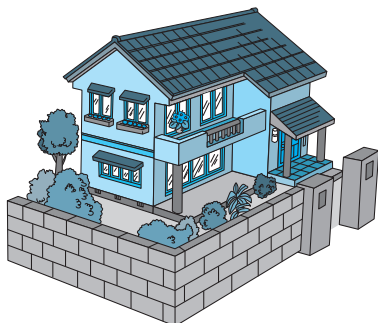
#### Refrigerator

Fasten the end of the belt to the base material of the wall through the belt mounting port or handle to prevent it from falling over.

#### Dressers/Bookshelves

Dressers/bookshelves should be firmly fixed with metal fittings. For furniture that is divided up and down, keep the joint connected with metal fittings.

## b Safety measures around the house



- Check the block walls for cracks or damage.
- It is very dangerous if a block wall collapses.
- Do not put anything that might scatter on the veranda.
- When placing flowerpots, etc., keep them in a safe position so that they do not fall.
- The rain gutter should be cleaned regularly to ensure smooth drainage.
- Propane gas cylinders should be firmly fixed with a chain.

## — Learn the magnitude of earthquake tremors —

### ● Estimated maximum seismic intensity in Tonami City: 6-lower to 7

**4**

[Magnitude 4]

- Almost everyone feels surprised.
- Hanging items such as lamps shake strongly.
- Unstable items may fall over.

**5弱**

[Magnitude 5-lower]

- Most people feel fearful and want to hold onto things.
- Tableware and books on the shelves may fall.
- Furniture that is not fixed may move, and unstable items may fall.

**5強**

[Magnitude 5-upper]

- It is difficult to walk without grasping things.
- Many tableware and books on shelves will fall.
- Furniture that is not fixed may fall.
- Unreinforced block walls may collapse.

**6弱**

[Magnitude 6-lower]

- It is difficult to stand
- Most unfixed furniture moves and some collapses. Doors may not open.
- Wall tiles and windows may be damaged or fall
- Wooden buildings with low earthquake resistance may have tiles falling or buildings may tilt. Some buildings may collapse.

High earthquake resistance

Low earthquake resistance

**6強**

[Magnitude 6-upper]

- You cannot move unless you crawl. You may be thrown by the earthquake.
- Most unfixed furniture will move, and many will fall over
- Many wooden buildings with low earthquake resistance tilt or collapse.
- There may be large cracks in the ground, large-scale landslides, and collapse of mountain mass.

High earthquake resistance

Low earthquake resistance

**7**

[Magnitude 7]

- Even more wooden buildings with low earthquake resistance will tilt and collapse.
- Even some wooden buildings with high earthquake resistance may tilt.
- Many rebar-concrete buildings with low earthquake resistance collapse.

High earthquake resistance

Low earthquake resistance

# 7

## Check how to contact your family when you are separated

If you are separated, it is important to check the safety of your family.  
Check with your family how you will do it, and prepare for an emergency.

### Use the message dial "171"

NTT will start the "Disaster Message Dial" service when safety confirmation calls in a disaster area become congested.



#### When recording a message

Telephone number for home, mobile phone, etc.  
**171** → **1** → ○○○○ (△△) □□□□  
 → Deliver the message (within 30 seconds)



#### When listening to a message

Telephone number for home, mobile phone, etc.  
**171** → **2** → ○○○○ (△△) □□□□  
 → Listen to message

### ※Practice usage dates

"1st and 15th of every month"	00:00 - 24:00
"First three days of the year (Jan 1 - Jan 3)"	(Jan 1, 0:00 - Jan 3, 24:00)
"Disaster Prevention Week (Aug 30 - Sep 5)"	(Aug 30, 9:00 - Sep 5, 17:00)
"Disaster Prevention and Volunteer Week (Jan 15- Jan 21)"	(Jan 15, 9:00 - Jan 21, 17:00)

### Use a pay phone

In the event of a disaster, it will be difficult to connect not only mobile phones but also general telephones. In this case, please use a public phone, which is a priority phone in the event of a disaster.

# Let's make a My Timeline Sheet for our family

My Timeline is a family evacuation plan that organizes "when," "who," and "what" in advance in order to prepare for wind and water disasters such as typhoons and heavy rain. By creating it in advance and organizing your evacuation behavior, you can act without panicking in case of an emergency.

Tonami City

Creation Date: / /

## Let's make a My Timeline Sheet for our family

- Organize in chronological order to prepare for typhoons and heavy rain, and think about how to evacuate your family -

Normal times

Possibility of heavy rain

Risk of heavy rain

Signs of major disaster

Risk of disaster occurrence

Start of evacuation

Disaster occurrence

Higher risk of disaster

Disaster occurrence

Weather and evacuation information

☐ Early warning information

**Warning Level 1**

☐ Heavy rain, flood warnings, etc.

**Warning Level 2**

Your home's behavior

**Start preparations**

● **Confirm flood hazard map**  
Flood depth:  
 \*Early Evacuation Zone ☐ Yes ☐ No  
 \*Landslide Disaster Warning Area ☐ Yes ☐ No

● **Where to evacuate**  
How to evacuate Evacuation  
Evacuation destination ① \_\_\_\_\_  
 Evacuation destination ② \_\_\_\_\_  
 Evacuation method: \_\_\_\_\_  
 Evacuation time required: \_\_\_\_\_

Key points for evacuation

● **What to bring**  
☐ Hazard maps (flood, landslide, reservoir)  
☐ Disaster Prevention Tonami (Sep. 2024) Revised Edition  
☐ Hottonami Peace of Mind Pocket

● **What to prepare in advance**  
☐ Reconfirm evacuation locations and routes  
☐ Check family appointments  
☐ Lock windows and tidy up the perimeter of the house  
☐ Charge your phone early  
☐ Preparations for chronic disease medications  
☐ Prepare and confirm evacuation clothing  
☐ Reconfirm emergency bag  
☐ \_\_\_\_\_

Warning Level 3

Evacuation of the elderly

☐ Heavy rain/flood warning  
☐ Inundation warning information, etc.

**Warning Level 4**

Evacuation order

☐ Inundation hazard information  
☐ Landslide disaster warning information, etc.

**Start evacuation**

Evacuation of the elderly

● If you are elderly, disabled, or pregnant, start evacuating.

Evacuate together with your entire family

● The entire family should evacuate to an evacuation center as soon as possible.

**Complete evacuation**

Warning Level 5

Ensure emergency safety

☐ Heavy Rain Special Warning  
☐ Inundation occurrence information, etc.

**Best practices for safeguarding life**

● Follow best practices to safeguard life.

● **My evacuation timing**

☐ Warning Level 3 issued  
☐ Warning Level 4 issued

● **Precautions when evacuating**

☐ Check whether the evacuation center is open  
☐ Confirm fire sources and door closure  
☐ Tell your family your evacuation destination  
☐ Evacuate with an emergency bag  
☐ Evacuate before dark  
☐ Evacuate before it rains  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

● **Precautions when taking action**

· Do not travel by car.  
 · If it is dangerous to evacuate outside, evacuate vertically to a safe place in the building (such as the 2nd floor).  
**<Disaster Message Dial>**  
 [recording] 171 → 1 → Telephone number  
 [listening] 171 → 2 → Telephone number

● **Family data**

For when family members are separated after evacuation

Name	Telephone number	Essential items	School & Work	Remarks

● **Prepare an emergency bag**

☐ Drinking water/Food
 ☐ Cash
 ☐ Change of clothes

☐ Insurance card
 ☐ Basic medicines
 ☐ Mobile battery

☐ First aid kit
 ☐ Valuables
 ☐ Portable radio

☐ \_\_\_\_\_
 ☐ \_\_\_\_\_
 ☐ \_\_\_\_\_

Issued April 2020 (revised warning level in May 2021) Tonami City, Tonami City Disaster Prevention Officer Liaison Council

My Timeline Sheet entry example (from Tonami City website)

[https://www.city.tonami.lg.jp/wp-content/uploads/pic\\_2-2044.jpg](https://www.city.tonami.lg.jp/wp-content/uploads/pic_2-2044.jpg)

QR code

22

# Let's use it as a reference

## Where to get disaster prevention information?



### TV, radio

- Cable TV 091ch
- FM Tonami FM 76.9MHz

### Internet

#### •Kikikuru

The Japan Meteorological Agency's "Kikikuru (Risk Distribution)" website provides information on landslides due to heavy rain, flood damage, and flood disasters. Use it when a heavy rain warning is issued or when heavy rain falls.

<https://www.jma.go.jp/bosai/risk/#zoom:11/lat:36.684114/lon:137.099762/colordepth:normal/elements:land>



#### •Disaster prevention knowledge

<https://www.fdma.go.jp/relocation/e-college/index2.html>



#### •Disaster prevention/weather information

<https://www.city.tonami.lg.jp/info/4041p/>



### Email/social media/app

#### ①City website

The website has everything you need to know about the city. You can get the information you need by searching for words and phrases that are updated daily. However, you need to search and confirm it yourself each time.



#### ②Emergency emails from the city

If you register your email address, you will automatically receive emergency information such as evacuation and countermeasures. In addition, it is transmitted for each genre of "disaster prevention," "roads," "bears," and "other."



#### ③City official LINE

When you sign up (add as a friend), you'll automatically receive city tips about once a week. Disaster prevention and emergency information is transmitted promptly without limitation on the number of messages.



#### ④City official X

When you sign up (follow), you'll receive updates from the city, as well as local events and other topics automatically. Disaster prevention/emergency information is also transmitted promptly.



#### ⑤Yahoo! Disaster Prevention Bulletin App

If you register (install) the app on your smartphone, you will receive disaster information such as earthquake information and heavy rain forecasts automatically.



#### ⑥Tonami Tulip Safety Emails (Prefectural Police)

If you select Tonami Police Station and register your email address, you will receive information about suspects in the city, information about special scams, and local safety information such as bear sighting field information.



## Disaster prevention measures in Tonami City

#### •Tonami City Regional Disaster Prevention Plan

<https://www.city.tonami.lg.jp/info/35424p/>

