By Understanding the Dangers and Preparing Wisely

Disaster Preparedness



TONAMI

— Manual —

2026 July Revision

By Understanding the Dangers and Preparing Wisely,

Let's Become Disaster-Resilient Citizens of Tonami

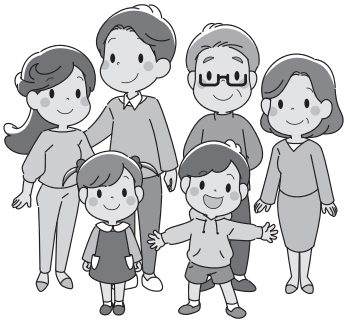
"Self-reliance" is the most important part of disaster preparedness

Let's start taking action now so we can protect ourselves, our families, and our communities in any disaster.

Mutual Aid

local areas

helping one another within the community or surroundings





In recent years, damage caused by river flooding, heavy rain, and landslides has been increasing. Here in Tonami City as well, we suffered significant damage – including landslides on roads and farmland – due to a band of heavy rain that occurred in July 2023.

During a disaster, the most important thing is having the mindset of anticipating the worst-cases and taking action fast.
Disaster preparedness is built on three pillars: self-reliance, mutual aid, and public assistance.

When a large-scale disaster strikes, there are limits to what "public assistance" alone can provide. In such situations, the most important basis for protecting lives is "self-reliance" – the ability to prepare for emergencies on one's own, such as stockpiling supplies and securing furniture at home. Furthermore, having an awareness of neighbors helping one another through "mutual aid" contributes to a strong sense of security within the community.

The City of Tonami will bring these three strengths together and work with its citizens to promote the development of a "disaster-resilient community."

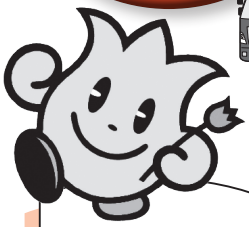
Disaster Preparedness in Tonami

Self-Reliance
individuals and families
taking care of yourself by yourself



Public Assistance
countries, prefectures,cities
relief and rescue provided by public agencies





Five minutes of reading, a lifetime of protection!

"I wish I'd known this information back then..." is said all too often. Disasters always occur unexpectedly. But we've compiled key disaster prevention tips so that everyone living in Tonami City can remain calm and take life-saving actions when an emergency strikes. It only takes five minutes. Please start by turning the page.

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Alert Levels and Evacuation Procedures

When the risk of river flooding or landslides increases, Tonami City will issue evacuation information and call for evacuation via Area Mail (Emergency Alerts), the official City website, the City emergency email service, and the official LINE account.

Alert Level	Required Actions	Evacuation Information (Issued by Tonami City)	Equivalent Alert Level Information (Released by JMA / Prefecture)
Alert Level 5	Life-Threatening Danger! Move to a Safe Location Immediately	Emergency Safety Measures	Level 5 Emergency River Flooding Warning Emergency Heavy Rain Warning Emergency Landslide Warning

〈Evacuate from dangerous areas by Alert Level 4〉

Alert Level 4	Everyone Evacuate from Dangerous Areas Immediately	Evacuation Order	Level 4 River Flooding Danger Warning Heavy Rain Danger Warning Landslide Danger Warning
Alert Level 3	Elderly and vulnerable people evacuate from dangerous areas. Others, prepare to evacuate.	Evacuation of the Elderly, etc.	Level 3 River Flooding Warning Heavy Rain Warning Landslide Warning
Alert Level 2	Prepare for evacuation. Check hazard maps and confirm your evacuation route.		Level 2 River Flooding Advisory Heavy Rain Advisory Landslide Advisory
Alert Level 1	Heighten your disaster awareness.		Early Warning Information

*Note on Equivalent Alert Level Information: This information is released to help you make your own independent decision to evacuate.
*Note on Evacuation Information: Evacuation orders may not always be issued depending on the weather conditions or the time of day. (e.g., If evacuating at night is judged to be more dangerous).

Key Points for Evacuation

- Prepare in advance: Decide on your evacuation timing and plan before heavy rain or typhoons hit.
- Evacuate early: Aim to move to a safe place, such as a relative's home, while it is still daylight.
- Don't wait for orders: Evacuate voluntarily if you feel you are in danger, even if official evacuation information has not been issued.

What is Evacuation

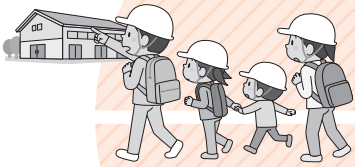
"Evacuation" means "avoiding danger." Going to elementary or middle schools or community centers is not the only form of evacuation. Think about where you and your family should evacuate to and how you should do so in case of an emergency.

Types of Evacuation

Evacuate to a Safe Location (Horizontal Evacuation)

City-designated evacuation sites and shelters

Elementary and middle schools, community centers, etc.



Bring enough food, water, and daily necessities to last your three days at an evacuation shelter

The homes of relatives or acquaintances living in safe areas

Discuss evacuation plans in advance, in case of a disaster.



Hotels and ryokans in safe areas



The standard room rate applies. Be sure to make a reservation and confirm in advance.

Stay on an Upper Floor (Vertical Evacuation)



People who are already in a safe place do not need to come to an evacuation shelter. Staying at home can also be a way to evacuate.

※As a general rule, residents in areas at risk of landslides should evacuate to a safe location.

If you can confirm the following three conditions on the hazard map, you may stay in a safe place inside your home.

3 conditions

1. I am not in an area where early evacuation is necessary
2. My living area is higher than the flood level
3. I can hold out until the water recedes and have sufficient supplies of water and food

The Difference Between Evacuation Sites and Evacuation Shelters

Evacuation Sites

(Designation of Emergency Evacuation Sites)



- A place to evacuate to immediately in order to protect lives from disasters
- Outdoor areas such as school grounds and parks, etc.

Evacuation Shelters

- Designated Evacuation Shelters
- Main Evacuation Shelters (Tonami City Only)
- Other Evacuation Shelters



- A facility where people whose homes have been damaged can live for a certain period of time

Evacuation Procedures for Different Disasters

The evacuation site varies depending on the type of disaster.

Floods and Landslides

when there is a risk of a disaster or when an evacuation advisory has been issued

If your home is safe

If your home is unsafe / If your home is not safe

Staying safe indoors

Vertical evacuation at home



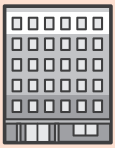
Designated Evacuation Shelters
Main Evacuation Shelters
Other Evacuation Shelters

Elementary and middle schools, community centers, etc.



Relatives' or friends' homes, hotels, and ryokans

Staying in your car, etc.



Earthquakes

after the shaking subsides



Designated Emergency Evacuation Sites

District meeting places for safety confirmation



Designated Evacuation Shelters
Main Evacuation Shelters
Other Evacuation Shelters

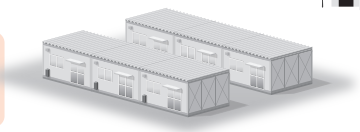
Check on your home once the danger has passed

if your home is uninhabitable due to flooding, collapse, or other damage

Main Evacuation Shelters

evacuation shelters that serves as regional support hubs and are the first places where supplies and information are gathered

Move into emergency temporary housing or private rental housing



if your home is inhabitable

Your home



Tonami City

Date Created: ___ / ___ / ___

_____Create Your Family Disaster Timeline

Prepare for typhoons and heavy rain by planning ahead. Use the example on the back page to create a step-by-step evacuation plan for your family.

Normal Conditions → Risk of Heavy Rain → Time to Begin Evacuation → Disaster Occurs

	Weather and Evacuation Information	My Family's Actions	Evacuation Checklist
Level 1 Heavy Rain May Occur	○ Early Advisory Information **Alert Level 1**	**Start Preparing** ● Check the Flood Hazard Map Expected Flood Depth: _____ ·Early Evacuation Area: Yes ☐ / No ☐ ·Landslide Warning Area: Yes ☐ / No ☐ ● Evacuation Destination and Method Evacuation Destination ①: _____ Evacuation Destination ②: _____ Evacuation Method: _____ Estimated Evacuation Time: _____	● Items to Bring ☐ Hazard Maps (Floods, Landslides, and Reservoirs) ☐ **Disaster Preparedness in Tonami** (Revised Edition, July 2026) ☐ HottoNami Safety Pocket Guide ● Things to Prepare in Advance ☐ Review evacuation shelters and evacuation routes ☐ Check family members' schedules ☐ Lock windows and secure outdoor items around your home ☐ Charge your mobile phone in advance ☐ Prepare prescription medications ☐ Prepare and check clothing for evacuation ☐ Check your emergency go-bag ☐ ☐ ☐
Level 2 Signs of Dangerous Conditions	○ Heavy Rain / Flood Advisory ○ Landslide Advisory **Alert Level 2** **Confirm Your Evacuation Plan**		
Level 3 Risk of Disaster	○ Heavy Rain / Flood Warning ○ Landslide Warning **Alert Level 3** **Evacuation for the Elderly and Others**	**Begin Evacuation** **Evacuation for the Elderly and Others** ●Elderly people, people with disabilities, pregnant women, and others who may need extra time to evacuate should begin evacuating.	●My Evacuation Timing ☐ Evacuate when Alert Level 3 is issued ☐ Evacuate when Alert Level 4 is issued ● Evacuation Checklist ☐ Check whether evacuation shelters are open ☐ Turn off gas appliances and lock doors and windows ☐ Inform your family of your evacuation destination ☐ Take your emergency go-bag ☐ Evacuate before it gets dark ☐ Evacuate before the rain becomes heavy ☐ ☐ ☐
Level 4 Disaster Risk Increasing	○ Heavy Rain / Flood Danger Warning ○ Landslide Danger Warning **Alert Level 4** **Evacuation Order**	**Everyone Evacuates** ●All family members should evacuate to a shelter immediately. **Complete Evacuation**	
Level 5 Disaster Occurring	○ Heavy Rain / Flood Emergency Warning ○ Landslide Emergency Warning **Alert Level 5** **Emergency Safety Measures**	**Take the Best Action to Protect Your Life** ●Take the safest action possible to protect your life.	● Important Safety Tips • Avoid traveling by car during a disaster. • If evacuating outdoors would be more dangerous, move to a safer location inside the building, such as an upper floor. **Emergency Message Dial Service** 171 → 1 → Phone Number 171 → 2 → Phone Number

● Family Information

In case family members become separated after evacuation

Name	Phone Number	Essential Items	School / Workplace	Notes

● Prepare an Emergency Go-Bag

☐ Drinking Water and Food	☐ Cash	☐ Change of Clothes
☐ Health Insurance Card	☐ Prescription Medications	☐ Mobile Battery
☐ First-Aid Kit	☐ Valuables	☐ Portable Radio
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Published in June 2026 (Based on the revised disaster weather information system effective May 29, 2026)
Tonami City,Tonami City Disaster Prevention Specialist Association(See the back page for a completed example.)

Designated Emergency Evacuation Sites

Evacuate here first in an earthquake!

District Name	Designated Emergency Evacuation Sites	Available as Evacuation Sites			
		In an Earthquake	In a Flood	In a Landslide	In a Major Fire
Demachi	Tonami Athletic Stadium	○	×	–	○
	Tonami Tulip Park	○	×	–	○
	Demachi Elementary School Ground	○	×	–	×
	Demachi Junior High School Ground	○	×	–	○
	Kibune Park	○	○	–	×
	AEON Mall Tonami (Rooftop Parking Area)	○	○	–	×
Shoge	Shosei Junior High School Ground	○	×	–	○
Nakano	Shonan Elementary School Ground	○	×	–	○
Gokaya	Tonami Nanbu Elementary School Ground	○	×	–	○
	Gokaya Park	○	×	–	×
Higashinojiri	Higashinojiri Park	○	○	–	×
Takanosu	Takanosu Elementary School Ground	○	○	–	○
Wakabayashi	Wakabayashi Park	○	×	–	×
Hayashi	Tonami Hokubu Elementary School Ground	○	×	–	○
Takanami	Takanami Park	○	×	–	×
Aburaden	Aburaden Fureai Plaza	○	×	–	×
Minami Hannya	Tonami Tobu Elementary School Ground	○	×	–	○
Yanaze	Tonami Sports Park	○	×	–	○
Ota	Ota Park	○	×	–	×
Hannya	Shoto Elementary School Ground	○	×	○	○
	Hannya Junior High School Ground	○	×	○	○
Higashi Hannya	Higashi Hannya Park	○	×	○	×
Sendanno	Sendanno Park	○	○	○	×
Sendanyama	Sendanyama Rural Village Center	○	○	×	×
	Sendanyama Park	○	○	×	×
Higashi yamami	Shogawa Elementary School Ground	○	○	○	×
	Shogawa Children's Hall Plaza	○	○	○	×
	Shogawa Water Memorial Park	○	×	○	○
Aoshima	Shogawa Branch Parking	○	×	○	×
	Shogawa Junior High School Ground	○	×	○	○
	Aoshima District Exchange Hall Plaza	○	×	○	×
Ogami	Ogami Park	○	○	○	×
	Former Ogami Nursery Plaza	○	○	×	×
	Benzaiten Park	○	×	○	○
Taneda	Tanedano House	○	○	–	×
	Taneda Park	○	○	–	×

Scan here for the Flood Hazard Map

Scan here for the Landslide Hazard Map

Designated Evacuation Shelters

Check if the building is safe before evacuating!

District Name	Designated Evacuation Shelters	Available as Evacuation Shelters		
		In an Earthquake	In a Flood	In a Landslide
Demachi	**Tonami Sports Center**	○	△	—
	Demachi Elementary School	○	○	—
	Demachi Junior High School	○	△	—
	Tonami Senior High School (Gymnasium)	○	△	—
	Demachi Children's Kabuki Hikiyama Hall	○	△	—
	Tonami Rural Environment Improvement Center	×	△	—
	Tonami City Cultural Hall	×	△	—
	Demachi Certified Children's Center	○	○	—
	Demachi Junior High School Martial Arts Hall	○	△	—
	Tulip Certified Children's Center	○	△	—
	Tonami Sankyoson Museum	○	○	—
	Tonami Industrial Co., Ltd.	○	△	—
Shoge	**Shosei Junior High School**	○	△	—
	Shoge Nursery	○	×	—
	Shoge Shinko Hall	○	△	—
Nakano	**Shonan Elementary School**	○	△	—
	Nakano Shinko Hall	○	△	—
Gokaya	**Tonami Nanbu Elementary School**	○	△	—
	Gokaya Community Center	○	×	—
	Nanbu Certified Children's Center	○	×	—
Higashinojiri	**Higashinojiri Shinko Hall**	○	○	—
Takanosu	**Takanosu Elementary School**	○	○	—
	Tonami Higher Technical School(Gymnasium)	○	△	—
	Takanosu Community Center	×	○	—
	3T Transport Healthcare Division(2nd Floor Training Room)	○	△	—
Wakabayashi	**Wakabayashi Gymnasium**	○	○	—
	Wakabayashi Agricultural Village Center (Wakabayashi Community Center)	×	△	—
Hayashi	**Tonami Hokubu Elementary School**	○	△	—
	Hayashi Fureai Hall	○	○	—
	Hayashi Shinko Hall	○	○	—
	Hokubu Certified Children's Center	○	○	—
Takanami	**Takanami Gymnasium**	○	×	—
	Takanami Agricultural Village Center	×	○	—
	Ikoinoie Takanami	○	○	—
Aburaden	**Aburaden Gymnasium**	○	×	—
	Bakushuen	×	×	—
	Aburaden Shinko Hall	○	△	—
	Aburaden Certified Children's Center	○	×	—
Minami Hannya	**Tonami Tobu Elementary School**	○	△	—
	MinamiHannya Public Hall	○	△	—
	Tobu Nursery	○	×	—

District Name	Designated Evacuation Shelters	Available as Evacuation Shelters		
		In an Earthquake	In a Flood	In a Landslide
Yanaze	**Toyama Prefectural Seibu Sports Center**	○	×	—
	Yanaze Rural Women's House	×	△	—
	Yanaze Gymnasium	×	×	—
	Tower Partners Semiconductor Co.,Ltd.(Only the 3rd Floor Is Available)	○	×	—
Ota	**Ota Gymnasium**	○	○	—
	Ota Public Hall	○	○	—
	Ota Certified Children's Center	○	○	—
Hannya	**Hannya Junior High School**	○	○	○
	Hannya Agricultural Structure Improvement Center	○	○	○
	Shoto Elementary School	○	△	○
	Hannya Junior High School (Judo Hall)	○	○	○
	Tonami City Shoto Multigenerational Community Center	○	×	○
	Toyama Prefectural Tonami Youth Outdoor Learning Center	○	○	○
Higashi Hannya	**HigashiHannya Shinko Hall**	○	×	○
	B&G Marine Center	○	×	○
Sendanno	**Sendanno Gymnasium**	○	○	○
	Sendanno Shinko Hall	○	○	○
	Sendanno HILL	○	○	○
Sendanyama	**Sendanyama Rural Village Center**	○	○	×
	Yumenodaira Cosmos Sou	○	○	○
	Sendanyama Gymnasium	○	○	×
Higashi yamami	**Shogawa Elementary School**	○	○	○
	Shogawa Fureai Plaza	○	○	○
	Shogawa Children's Center	○	○	○
	Shogawa Takasago Hall	○	○	×
	Former HigashiYamami Children's Center	×	○	○
	Shogawa Community Fire Station (Komaki)	○	○	×
Aoshima	**Shogawa Lifelong Learning Center**	○	△	—
	Shogawa Sports Center	○	×	—
	Aoshima Community Center	○	×	—
	Shogawa Junior High School	○	×	—
	Shogawa Health Plaza	○	×	—
Ogami	**Ogami Assembly Center**	○	○	○
	Ogami Gymnasium	○	○	×
	Former Ogami Nursery	○	○	×
Taneda	**Tanedano House**	○	○	—
	Taneda Community Center	○	○	—
	Shogawa Shinsetsu Gymnasium	○	○	—
	Tonamino Agricultural Cooperative Inadane Center	○	○	—

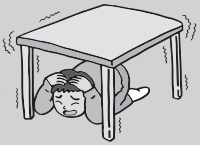
※ Bold text indicates Main Evacuation Shelters.
※ "△": Only 2nd floor or higher available during floods.

What to Do During an Earthquake

With earthquakes, which can strike at any time, split-second decisions can mean the difference between life and death. To ensure you can act calmly in an emergency, be sure to review this timeline regularly.

Earthquake Occurs Ensure Personal Safety

- Hide under a sturdy table or similar place



- If there is nowhere to take cover, use a cushion or something similar to protect your head



Once Shaking Stops

- Stay calm and put out any fires



- Turn off the main gas valve and flip the circuit breaker



5–10 Minutes After

- Open doors and windows to ensure an escape route



- Gather information from TV, radio, and smartphones



10 Minutes to 12 Hours After

- Check in with neighbors to see if everyone is safe



- If there is a risk of a major fire, tsunami, or landslide, evacuate to a safe location, generally on foot.



- If your home is safe and you can continue living there, consider staying at home during the evacuation, even if utilities (electricity, water) are cut off. (You don't have to go to an evacuation shelter if you don't want to.)

Key Points for Evacuation



- Protect your head with a helmet or similar headgear.
- Pack essential items in an emergency kit and keep luggage to a minimum.
- Reach out to the elderly, people with disabilities, and foreign residents in your neighborhood, and work together to evacuate.
- Avoid narrow roads, roads with walls, and riverbanks.





Hazards and Responses Based on Location

The evacuation site varies depending on the type of disaster.

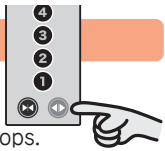
When Indoors



At work

- Move away from windows and cabinets, and take cover under your desk.
- Once the shaking has stopped, check the source of fires.

In an elevator



- Press the buttons for all floors, and get off at the floor where the elevator stops.
- If you find yourself trapped, use the emergency button or intercom to call for help and wait for rescue.

In an underground mall



- Do not rush toward the emergency exit. Instead, take cover near a large pillar or wall and wait for the shaking to stop.

At school



- Follow the teacher's instructions.
- If you are in the classroom, crawl under your desk and hold onto the desk legs to protect yourself.
- If you are on the school grounds, gather in the center, crouch down, and wait for the shaking to stop.

At shopping centers or supermarkets

- Step away from the display case and use your bag or shopping basket to protect your head.
- Stay calm and follow the instructions given by staff and over the intercom.



When Outdoors

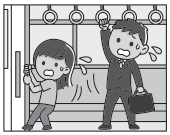
While driving



- Slow down gradually, pull over to the left side of the road, and turn off the engine.
- If you evacuate and leave your car behind, leave the key in the ignition and do not lock the doors.

On a train or bus

- Hold on tightly to the overhead straps or handrails.
- Protect your head with your hand luggage in case something falls from the overhead compartment.
- Do not get off the vehicle until instructed, and follow the crew's directions.



On the street



- Watch out for falling objects such as window glass and signs, protect your head with your belongings, move to an open area.

Near the coast or cliffs



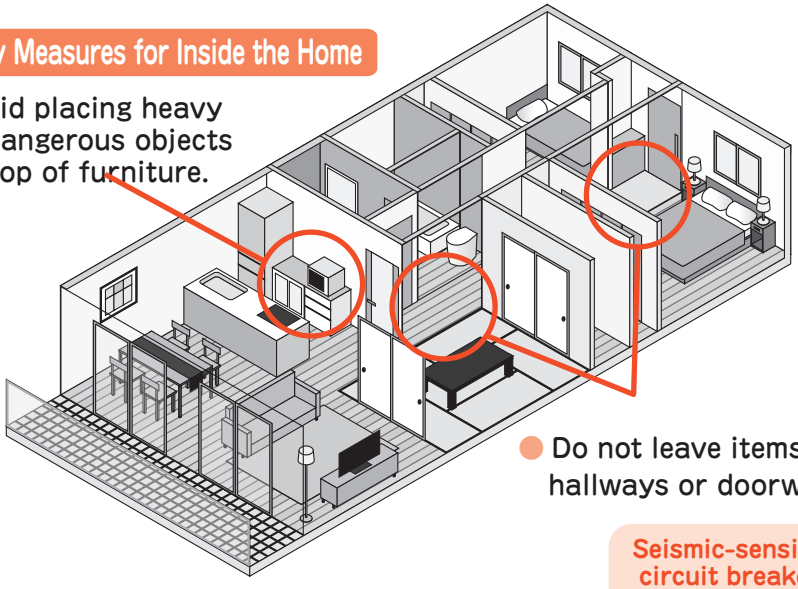
- If you are on the coast, leave the area immediately and evacuate to higher ground, a nearby tall building, or a tsunami evacuation building.
- Stay away from slopes and cliffs since there is a risk of landslides.

Checking the Level of Risk Around You

Inspect both inside and outside your home to reduce risks.

Safety Measures for Inside the Home

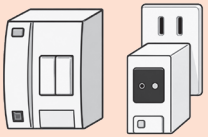
- Avoid placing heavy or dangerous objects on top of furniture.



- Do not leave items in hallways or doorways.

- To prevent fires, be sure to install earthquake-sensitive circuit breakers and check that the batteries in your home fire alarms are not dead.

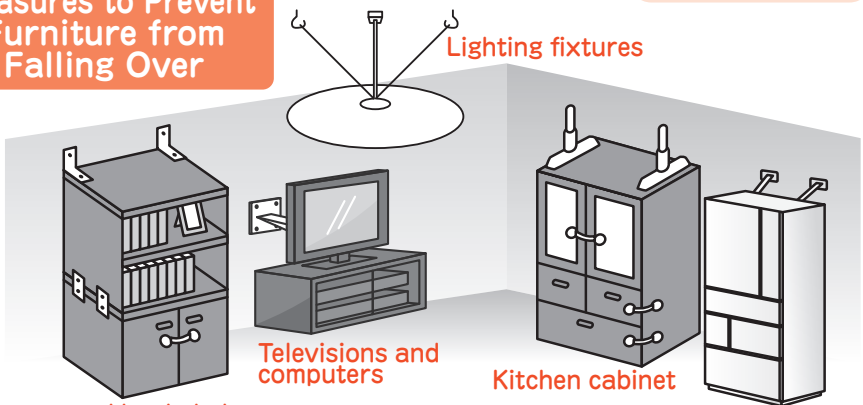
Seismic-sensing circuit breaker



Distribution board type (retrofit model)

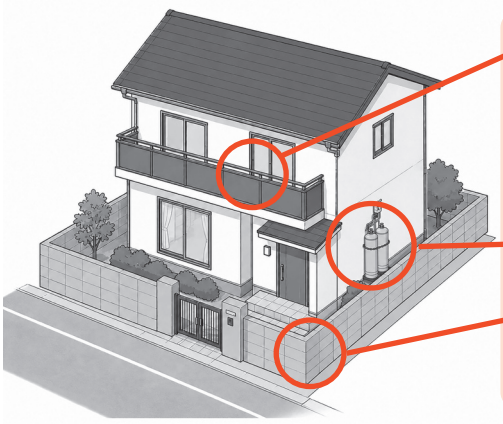
outlet type

Measures to Prevent Furniture from Falling Over



- **Secure your furniture and take proper precautions to prevent them from falling down.**

Taking Safety Measures Around Your Home



- Please avoid leaving items on balconies that could be blown away. Be sure to place items such as flower pots in a safe spot where they cannot fall. Clean rain gutters regularly to keep water draining smoothly.
- Be sure to firmly secure propane gas cylinders with a chain.
- Check concrete block walls for cracks or damages. It is extremely dangerous when a block wall collapses.

Learn the scale of earthquake shaking

- Expected maximum seismic intensity in Tonami City: **7**

Seismic Intensity 4



- Most people are startled.
- Suspended objects, such as light fixtures, sway violently.
- Unstable objects may fall over.

Seismic Intensity Lower 5



- Most people feel frightened and want to hang onto something.
- Dishes and books on the shelves may fall.
- Unsecured furniture may shift, and unstable items may tip over.

Seismic Intensity Upper 5



- It's hard to walk without holding onto something.
- More dishes and books fall from shelves.
- Some unsecured furniture may fall down.
- Unreinforced concrete block walls can collapse.

Seismic Intensity Lower 6



- It becomes difficult to stand.
- Most unsecured furniture will move, and some may fall down. Doors can become impossible to open.
- Wall tiles and window glass may break or fall.
- Wooden buildings with poor seismic resistance may experience falling roof tiles or leaning. Some may even collapse.

Seismic Intensity Upper 6



- You can't move unless you crawl. You may even get thrown around.
- Most unsecured furniture will move, and many will fall down.
- Large ground fissures may form, and large-scale landslides or mountain collapses may occur.

Seismic Intensity 7



- A greater number of wooden buildings with poor seismic resistance will lean or collapse.
- Even wooden buildings with good seismic resistance may occasionally lean.
- Many reinforced concrete buildings with poor seismic resistance are likely to collapse.

Staying Safe During Storms and Floods

Typhoons and torrential rains can cause significant damage throughout the entire city. Learn how rain and winds cause this damage.

Wind Strength and Characteristics

(average wind speed in m/s)

Moderately strong wind	10 to 15	●It's hard to walk against the wind ●Umbrellas can't be used
Strong wind	15 to 20	●It's impossible to walk against the wind ●Signs begin to blow away
Very strong wind	20 to 25	●It is impossible to stand without holding onto something ●Driving at normal speeds becomes difficult
	25 to 30	
Violent wind	30 to 35	●Being outdoors is extremely dangerous ●Many trees are blown down ●Concrete block walls can collapse
	35 to 40	
	40 or more	●Houses can collapse ●Steel structures can deform

Rain Intensity and Characteristics

(mm/hour)

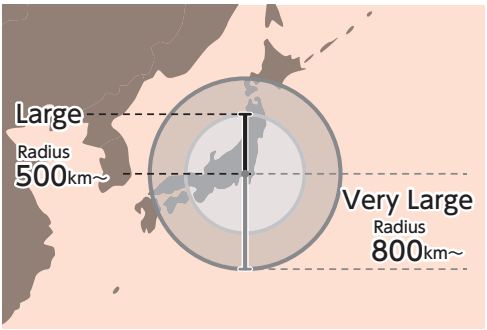
Moderately heavy rain	10 to 20	●Rain falls heavily ●It's hard to hear what is being said
Heavy rain	20 to 30	●Downpour ●You get wet even while holding an umbrella
Violent rain	30 to 50	●Rain falls like pouring buckets ●Roads become flooded like rivers
Extremely violent rain	50 to 80	●Rain falls like waterfall ●Umbrellas are useless
Torrential rain	80 or more	●Pressure makes it feel difficult to breathe

Typhoon Size and Intensity

The size and intensity of a typhoon are determined based on the radius of the strong wind zone (wind speeds of 15 m/s or higher) and the maximum wind speed.

Typhoon size	Radius of the strong wind zone
Large	500 to 800 km
Very large	800 km or more

Typhoon intensity	Maximum wind speed (m/s)
Strong	33 to 44
Very strong	44 to 54
Violent	54 or more



※ Source: Japan Meteorological Agency (JMA), "Wind Strength and Characteristics," "Rain Intensity and Characteristics," and "Typhoon Size and Intensity."

Understanding the Difference: "River Flooding" vs. "Heavy Rain" Warnings

Information on flood damage is divided into three categories: "river flooding," "heavy rain," and "landslides." While "landslides" are easy to visualize, what is the difference between the other two?

	River Flooding	Heavy Rain
Target Audience	Overflow and breaches of levees along major rivers (Shō River, Oyabe River)	Overtopping or levee breaches of small and medium-sized rivers, and flooding in low-lying areas
Issuing Authority	By River	By Municipality
Purpose	Rainfall across the river basin flows into rivers, causing water levels to rise.	Hazards caused by rainfall.
Key Features	① River levels rise gradually. ② River levels may continue to rise even after the rain has stopped.	① Flooding can occur very quickly. ② Flooding may also be caused by urban drainage or sewer system overflow.
Type of Information	Level 2:Flood Advisory Level 3:Flood Warning Level 4:Severe Flood Warning Level 5:Emergency Flood Warning	Level 2:Heavy Rain Advisory Level 3:Heavy Rain Warning Level 4:Severe Heavy Rain Warning Level 5:Emergency Heavy Rain Warning

Pick up

Prepare for disaster dangers with Kikikuru!

The Japan Meteorological Agency's "Kikikuru (Danger Level Distribution)" is a service that displays, in real time on a map, the level of risk of hazards caused by heavy rain and flooding.

Scan here for more information

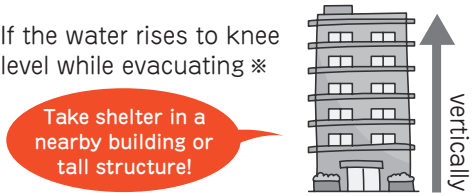
Check Your Flood Hazard Map

If you cannot escape in time, evacuate "vertically"

If flooding begins while you are at home



If the water rises to knee level while evacuating ※



※ Evacuating through waters deeper than 50 cm is dangerous. Even 15 cm of water can be dangerous if the current is strong.

Evacuating at night or when the water is above knee level is dangerous.

Taking Action During a Landslide

Some areas in Tonami City are designated as Landslide Warning Areas because of the risk of landslides.However, even if an area is not designated as a landslide warning area, stay alert if there are steep slopes nearby.

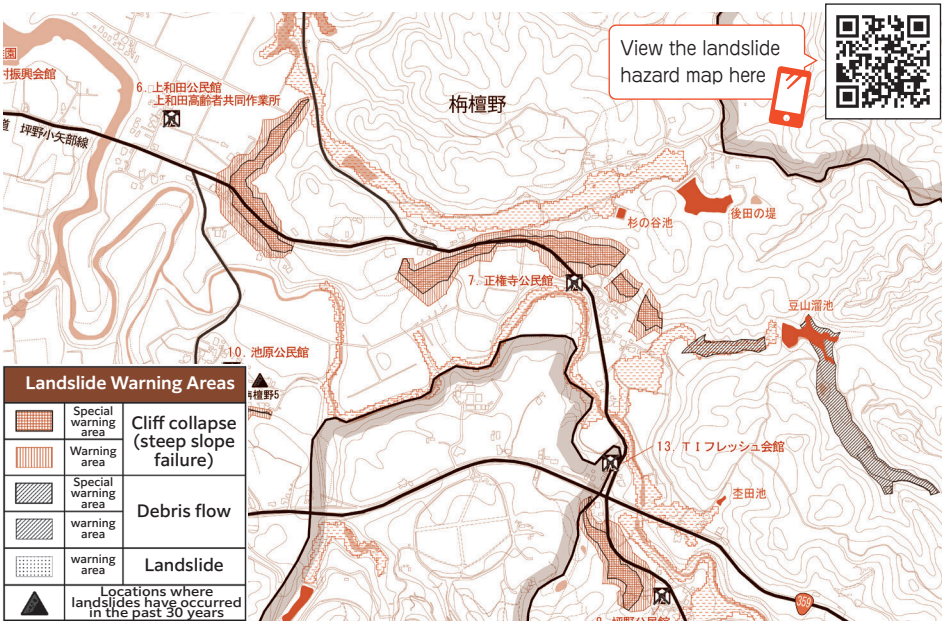
The City of Tonami is creating hazard maps for areas designated as landslide warning areas.
Check the table below to see if your home is within one of these areas.

The City of Tonami is creating hazard maps for areas designated as landslide warning areas.Check the table below to see if your home is within one of these areas.

Districts with landslide warning areas

District	Subdistrict
Hannya	Yasukawa（Yamashita、Masamori）、Ranjo（Kamo）、Tokuman
Higashi Hannya	Miyamori
Sendanno	Ichinotani、Tsubono、Shogonji、Miyamorishin、Kamiwada、Ikenohara、Masuyama
Sendanyama	Ikuridani（Konakao、Mine、Sonoko、Harano）、Tochiage、Higashibessho（Kamimura、Nakamura、Shimomura）、Tochiageshin、Fushikidani、Gotani、Terao
Higashi yamami	Otoshi、Kanaya、Yuyama、Yudani、Myogahara、Komaki、Yokozumi、Maeyama
Ogami	Mitani、Sho

Check the risk to your home using a landslide hazard map

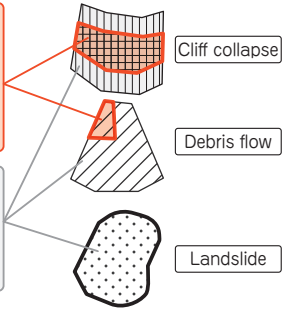


How to Protect Yourself from Landslides

Landslides can cause severe damage in an instant. Evacuate early, before the rain gets heavier, so you don't get trapped.

Landslide special warning area
Areas where it is determined that landslides could cause damage to buildings and pose a significant risk to the lives or bodies of residents

Landslide warning area
Areas where it is determined that landslides could pose a risk to the lives or bodies of residents



When your home is not shaded on the landslide hazard map (it is outside the landslide warning area)

Stay on an upper floor

Avoid going out and stay tuned for further weather updates.



When your home is located within a landslide warning zone

Evacuate to a safe location (horizontal evacuation)

Go somewhere safe such as a city designated evacuation shelter or the home of relatives or acquaintances who live outside the landslide warning area.



Key Points for Evacuation



Evacuate early
If heavy rain or prolonged rain continues, check in with your neighbors and evacuate early.



Wear clothing that allows you to move freely
Keep your luggage to a minimum and use a backpack so both hands are free. Wear sneakers, not rubber boots.



Check your escape routes
Since mudslides move very fast, evacuate at a right angle to the direction of the flow.



When you cannot escape in time
As a general rule, you should evacuate to a space outside the landslide warning area. However, if you cannot evacuate safely, move to a room on the second floor or higher that is as far away from slopes as possible.

Preparing for Heavy Snow

Tips for Driving on Snowy Roads

- **Exercise extreme caution when driving!**
  Prepare water, food, and fuel ahead of time. Avoid non-essential outings as much as possible.
- **Be careful of skidding**
  Even with winter tires installed, there is a risk of accidents caused by skidding or becoming stranded.
- **Keep both hands free so you can use them at any time**
  When walking on snowy roads, try not to carry anything in your hands if possible.

10 Safety Rules for Snow Removal

From the Ministry of Land, Infrastructure, Transport and Tourism's "10 Safety Rules for Snow Removal"



- Use safety equipment
- Secure ladders
- Work with 2 or more people
- Confirm good footing
- Leave a small layer of snow behind when clearing rooves
- Watch out for snow falling from the roof
- Inspect and maintain snow removal equipment and safety gear
- If a snowblower becomes clogged, turn off the engine and remove the snow with a stick or similar object
- Carry a mobile phone
- Don't overexert yourself

Initial Responses to Fire

If you happen to be at the scene of a fire, it is critical to call for help, suppress the fire early, and evacuate.

Evacuation Procedures

Fire Outbreak

Tell someone immediately

Shout “KAJI DA” (“There’s a fire”) loudly to alert your neighbors.

↓

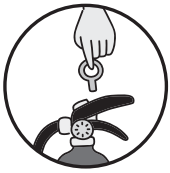
Call 119

Remain calm and provide accurate information.

1. **“There’s a fire”** – Report the outbreak of fire.
2. **“Fire location”** – Precisely report the address and landmarks.
3. **“Fire details”** – Explain where the fire is and what is burning.
4. **“Your name”** – State your name clearly.

↓

Suppress the fire early (fire extinguishers, buckets of water, etc.)



① Remove the safety pin



② Unlatch the hose and point it at the base of the fire



③ Squeeze the lever firmly to spray

※ Fire extinguishers are generally only effective against flames that have not yet reached the ceiling.

※ Cover your mouth and nose with a damp towel or handkerchief, stay low, and evacuate.

↓

Evacuate outside
Wait for the fire department in a safe place

Methods of early fire suppression

Cooking stoves

- Never pour water into a hot oil pan.
- Use a fire extinguisher and spray the entire pan completely.
- If you don’t have a fire extinguisher, cover the fire with a wet towel or similar item, from the near side, to cut off oxygen.

Heating stoves

- Generally use fire extinguishers to put out fires.
- If you don’t have a fire extinguisher, cover the fire with a blanket towel or similar item, from the near side, to cut off oxygen.

Electrical appliances

- You can get an electric shock if you pour water on it.
- Unplug the appliance or turn off the circuit breaker, then use a dry powder fire extinguisher to put out the fire.

Curtains and sliding doors

- Curtains and sliding doors can serve as pathways for fire to spread.
- It is crucial to extinguish the fire before it spreads.
- Tear down curtains and kick down sliding doors before attempting to extinguish them.

First Aid You Should Know

Bleeding

① Apply pressure to the wound

Place gauze or a clean handkerchief directly on the wound and press firmly.



② Avoid direct contact with blood

To prevent infection, use plastic bags or trash bags to avoid direct contact with blood.



③ Raise the wound above heart level

If the wound is on a finger or arm, raising it above the level of your heart will reduce the amount of bleeding.



Burns

① Cool it immediately with water

Fill a basin with running tap water and soak your hands and feet – or any other burned areas – in it.



② Apply gauze to the affected area

After cooling the area, gently wrap the burn with a clean cloth or gauze and seek medical attention immediately.



③ Do not pop blisters

Popping a blister increases the risk of infection. Leave it alone and see a doctor as soon as possible.



※How to cool a burn under clothing

After cooling the burned area while the clothing is still on, carefully remove the clothing while pouring water over it. If it's hard to remove, cut it with scissors. However, if the skin is stuck to the clothing, do not try to peel or force it off.

Fractures

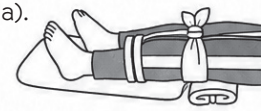
① Treat any wounds or bleeding without moving the injured body part

※How to recognize a fracture

- The injured area is unnaturally deformed.
- There is severe swelling and pain.
- Bone is protruding out.
- Even without any external symptoms, treat a wound as a fracture if there is any suspicion of one.

② Immobilize the injured area

Apply a splint to immobilize the joints above and below the fracture site, preventing the bone from shifting. If you don't have a splint, use any available substitute (such as an umbrella).



Evacuating Pets

Let's Practice Crate Training!

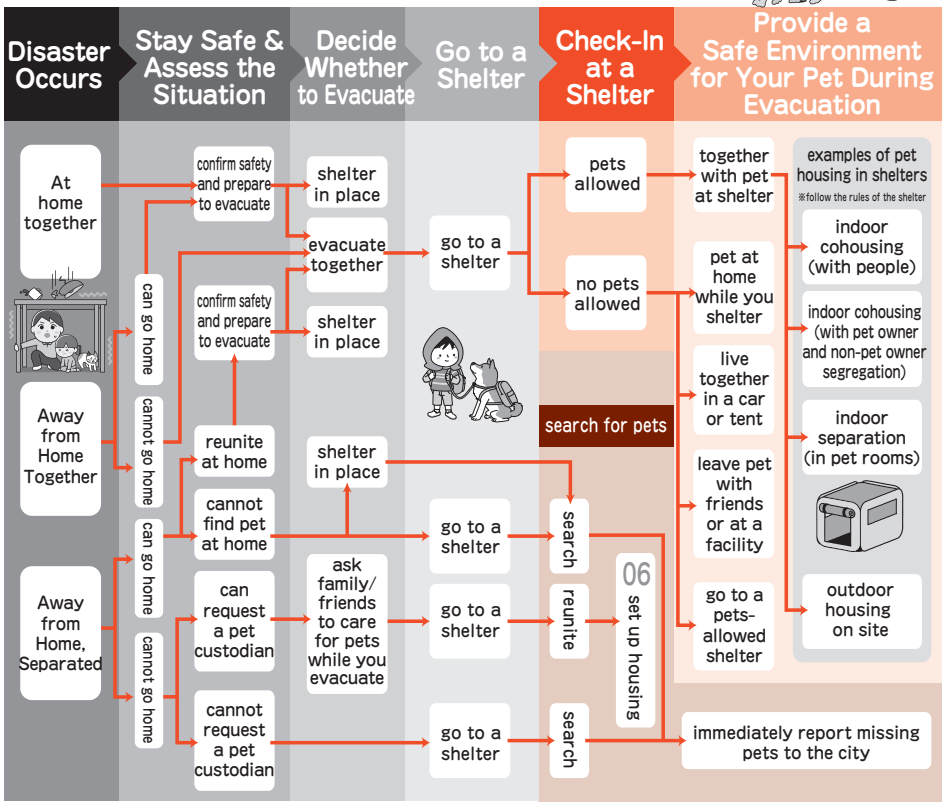
Train your pet to stay in a crate on a regular basis. It will surely come in handy both during evacuation and at a shelter. It is important to make the crate a safe and comfortable place for your pet.

The Importance of Regular Training for Evacuating a Pet

You never know when a disaster might strike. To ensure that your family and pets can evacuate safely and continue living together in an emergency, start getting ready now for an sheltering lifestyle through routine training.



Flowchart for Evacuating with Pets



Emergency Supplies Checklist

Stock enough provisions to last until utilities are restored after a disaster.

Store items without waste using the rolling stock method

This is a method of maintaining a constant supply of food and daily necessities by repeating the cycle of “stocking,” “consuming,” and “replenishing.” You should keep a supply of at least three days’ worth, and ideally one week’s worth.

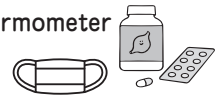
Food and water

- [ ] water (drinking and household use)
- [ ] food (rice such as instant rice, retort-packed meals, biscuits, chocolate, hardtack, etc.)



Infection prevention supplies

- [ ] masks
- [ ] rubbing alcohol
- [ ] soap, hand soap
- [ ] wet wipes
- [ ] thermometer



Household goods

- [ ] portable toilet
- [ ] clothing and underwear
- [ ] toothbrush and toothpaste
- [ ] toiletries
- [ ] towels
- [ ] disaster helmet
- [ ] rainwear
- [ ] slip-on shoes
- [ ] flashlight
- [ ] portable radio
- [ ] spare batteries and portable charger
- [ ] matches and candles
- [ ] first aid supplies
- [ ] disposable heat packs
- [ ] blanket
- [ ] work gloves

Households with elderly members

- [ ] adult diapers
- [ ] absorbent pads
- [ ] intimate wash
- [ ] medication for chronic conditions
- [ ] copy of medication record
- [ ] cane
- [ ] hearing aids
- [ ] special dietary food
- [ ] dentures and denture cleaner

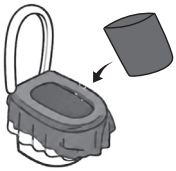
How to use a portable toilet※

※ A set that includes a waste bag and a coagulant

1 Lift the toilet seat and place a large trash bag (45L) over the toilet bowl
Make sure the waste bag does not come into contact with the water in the toilet bowl



2 Place the portable toilet waste bag over the toilet seat



3 .Add the coagulant and use the toilet



Some portable toilets require the coagulant to be added after use

4 Remove the waste bag, squeeze out the air, and tie it tightly



Store it in a large trash bag until garbage collection services resume

Disaster Preparedness for Women

Challenges woman may have at evacuation shelters

While living in evacuation shelters, people unintentionally tend to show a lack of consideration towards women and children.

- The laundry drying area may be shared by both men and women.
- When there is no changing room you may have to change under a blanket.
- Men may undress and change clothes in plain view.
- Men may undress and change clothes in plain view.
- There may be no nursing room.



Countermeasures

Set up separate spaces for men and women
Changing rooms and laundry drying areas should be separated by gender.

Prepare nursing rooms and kids' spaces
Set up a room where mothers can breastfeed comfortably and children can play.

Make sure women actively participate in shelter management
Appoint female staff to handle consultations on women's issues and to distribute underwear or menstrual products.

Be mindful that you are living with other people!
Let's keep sharing our perspectives as women!

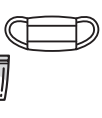
☑ Prepare disaster supplies from a woman's perspective

Emergency bag

If you put items from your "emergency supplies" into a bag that you always carry with you, you'll feel more secure if you're caught in a disaster away from home.

- ☐ whistle (to call for help)
- ☐ menstrual products
- ☐ opaque plastic bags
- ☐ portable toilet
- ☐ menstrual underwear
- ☐ hair ties
- ☐ face masks
- ☐ first aid supplies
- ☐ medications
- ☐ convenient snacks (candy, chocolate, etc.)
- ☐ small flashlight
- ☐ wet wipes





Preparations for pregnant women and young children

In addition to your "emergency supplies," it's a good idea to prepare items tailored to your specific situation for added peace of mind.

- ☐ baby formula, baby food
- ☐ children's tableware
- ☐ baby bottles (disposable)
- ☐ nursing cover, gauze cloth
- ☐ diapers, baby wipes, plastic bags (at least one week's supply)
- ☐ maternal and child health handbook, maternity badge
- ☐ baby carrier
- ☐ blankets, thermal blankets, and shawls
- ☐ Thick Floor Mats or Bath Towels
- ☐ wet wipes
- ☐ children's shoes

Get disaster preparedness information



①City Website

Supporting residents' daily lives. We provide the latest information on administrative procedures, disaster preparedness, events, and other topics useful for everyday life.

②City Emergency Email

Automatically receive urgent information categorized as "disaster preparedness," "roads," "bears," or "other."

③Official City LINE

Featured information from the city is delivered automatically about once a week.

④Official City X

You will automatically receive the latest city news, local event information, and community updates.

Participate in events and training sessions

Start by just trying out events

Every year, we hold the "Disaster Prevention Festival" at Aeon Mall Tonami. This hands-on event allows families to have fun while learning useful disaster preparedness skills. The day is packed with fun activities, including displays of cool fire trucks and Self-Defense Forces vehicles, as well as disaster preparedness coloring pages! Why not take this opportunity to think together about how to prepare for an emergency?

Participate in disaster preparedness training



Neighborhood disaster preparedness training

Each neighborhood holds disaster preparedness training once a year. The timing and contents vary by neighborhood, and anyone living in that neighborhood is welcome to participate. Let's get to know our neighbors and build a community network that can help each other during disasters.

Tonami City Disaster Preparedness Day & Tonami City Comprehensive Disaster Preparedness Training

Every year around the end of September, we hold Tonami City Disaster Preparedness Day & Tonami City Comprehensive Disaster Preparedness Training. The venue changes each year, and we set up disaster preparedness exhibitions as well as hand-on activities that are open to everyone. We encourage the whole family to come and participate.

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