

Earthquake Measures

Manual about the origin of the earthquake when it occur

Earthquake occur

1-2 mins

The 1st big tremors approximately 1 min

- Make sure to secure yourself.

When the tremors stop

- Check the source of the fire, and extinguish the fire in the early stages if it starts.
- Make sure your family is in secure.
- Be careful of shards of glass, and wear shoes or thick slippers.
- In case you'll evacuate be careful the roofing tiles, concrete blocks, vending machine and others.



3 mins

Check if everyone is safe Prevent to occur fire

- Help each other and your neighbor.
- Check for injuries and missing persons.
- Be careful about electric leakage • gas leak.
- Be careful about after shock.



5 mins

Get correct information on the radio

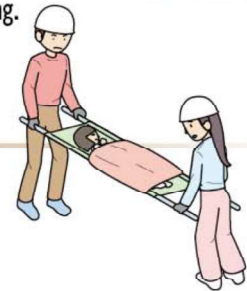
- Check information from disaster prevention related organizations.
- Avoid confusing in false rumors. ● As much as possible don't use car when evacuating.
- Phone calls prioritize emergency calls.



10 mins

Cooperate with them in rescue • relief activities

- Supply water and food with what you have stored.
- Collection of disaster • damage information. ● Confirm safety, rescue • first aid.
- Do not enter to the house that was broken.



A few hours

3 days

Securing safety during an earthquake

If you were indoors

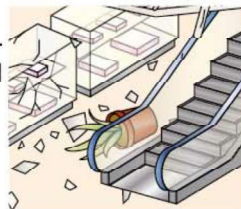
Inside the house

- Get down under a sturdy table or desk and wait until the shaking subsides.
- Protect your head with a cushion or seat cushion.



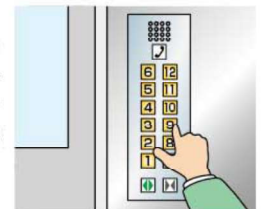
Department stores • Supermarket • Theaters • Halls

- Protect your head with a bag or similar item and move away from show windows and merchandise. In theaters and halls, hide yourself between the seats. If there is no space to hide yourself, move to a pillar or a wall.
- Listen to the instructions of the staff and act calmly.



Elevator

- Press the buttons on all floors and get off at the floor where the elevator stops.
- If you are trapped, keep pressing the emergency button and use the emergency call to ask for help.
- Do not use the elevator until the shaking has subsided and the safety of the equipment has been confirmed.



If you were outdoors

On the street

- Protect your head with a bag, etc. to protect your head from falling objects such as window glass and signboards.
- Take shelter in a vacant lot or park.
- Stay away from block walls and vending machines.
- Be careful of telephone poles and hanging electric cables that may fall.

While driving

- Hold the steering wheel firmly and slow down gradually.
- Make room for emergency vehicles and other traffic, pull over to the left side of the road, and turn off your engine.
- Stay in the car until the tremors subside and listen to the car radio for information.
- When evacuating, leave the key on and do not lock the door. Evacuate on foot, taking your vehicle inspection certificate and other documents with you.

In trains and buses

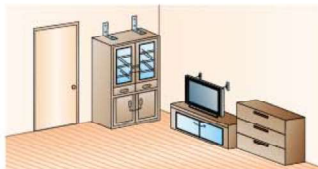
- When standing, hold onto the strap or handrail with both hands.
- When sitting, keep your posture low and protect your head.
- Even if the train stops in the middle of a station or bus stop, do not open the emergency stopcock, get out of the train without permission, or jump out of the window.
- Follow the instructions of the crew and act calmly.

Earthquake measures for your home

Earthquake measures in buildings

Create safe spaces · Passageways

- Place furniture together in a room with few people coming and going.
- If this is not possible, rearrange furniture to create as much safe space as possible.
- To secure an evacuation route, avoid placing furniture and other Objects in the passageway leading to the entrance or other entrances.



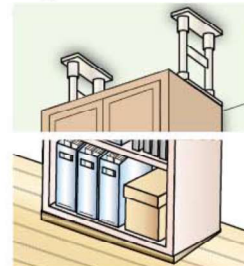
Do not place furniture in bedrooms, etc.

- Earthquakes are dangerous if they occur while you are sleeping. Furniture should not be placed in bedrooms or in rooms with children or elderly people.
- To prevent injury from shards of glass, keep a pair of thick slippers or similar items close at hand.



Prevent furniture from tipping over

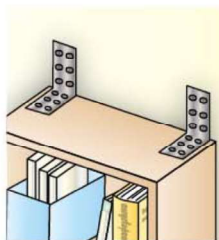
- Furniture is more likely to fall over if there is play between the furniture and the wall or pillar. Insert a small board or similar object under the furniture and secure it so that it rests against the wall or pillar.
- Take measures to prevent furniture from tipping over by using metal fittings and fixing devices.



Points to prevent furniture from tipping over and falling

Chest of drawers · Bookcase

- Fix furniture to the wall with L-shaped brackets, support rods, belt-type devices, etc.
- For two-tiered furniture, use connecting fixtures to unite the top and bottom pieces.



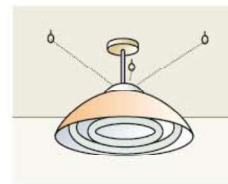
Cupboard

- Fix the shelves with L-shaped brackets fittings, etc.
- Cover the shelves with a sheet of non-slip material or a dish towel.
- Place heavy dishes at the bottom.
- Install a metal stopper to prevent the door from opening.



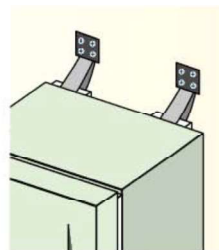
Light

- Use chains and metal fittings to fasten in several places.
- For fluorescent lamps, use heat-resistant tape on both ends of the fluorescent tube.



Refrigerators

- Fix the refrigerator to the wall with a support rod or belt-type device.



Televisions

- Use bolts, strap-type devices, adhesive mats, etc. to secure the TV set to the TV stand.
- Avoid placing the TV on top of furniture and place it as low as possible.



Furniture with casters

- Lock the casters when not in use.
- If the TV is not moved frequently, secure it by installing a lower tray or pole-type device.



Earthquake measures outside buildings

Roof

- Antennas should be firmly fixed.
- Repair any damaged, corroded or misaligned roof tiles and tin roofing.

Windows

- Put protecting film in the window glass so that it will not scatter.

Propane Gas

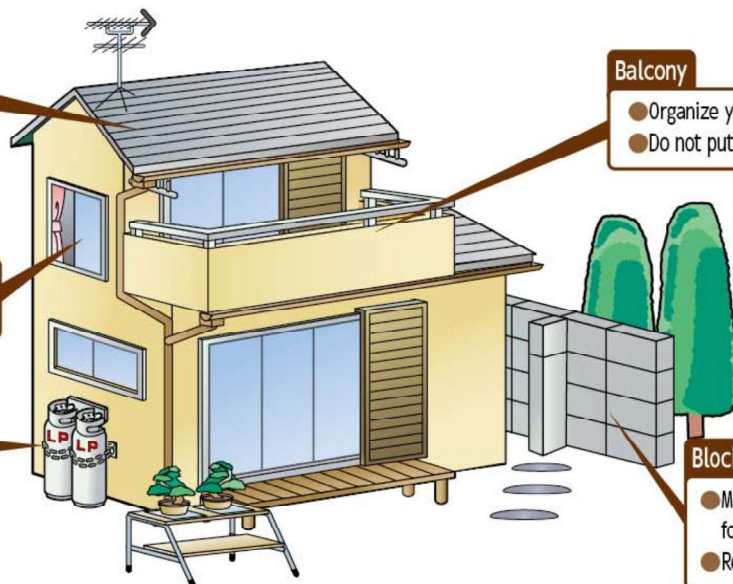
- Secure permanently the propane gas cylinder.

Balcony

- Organize your flower pots, etc.
- Do not put to the place that can easily fall down.

Block walls · Gateposts

- Make sure that block walls have a solid foundation and reinforcing bars.
- Repair any cracks or rust on the rebar.



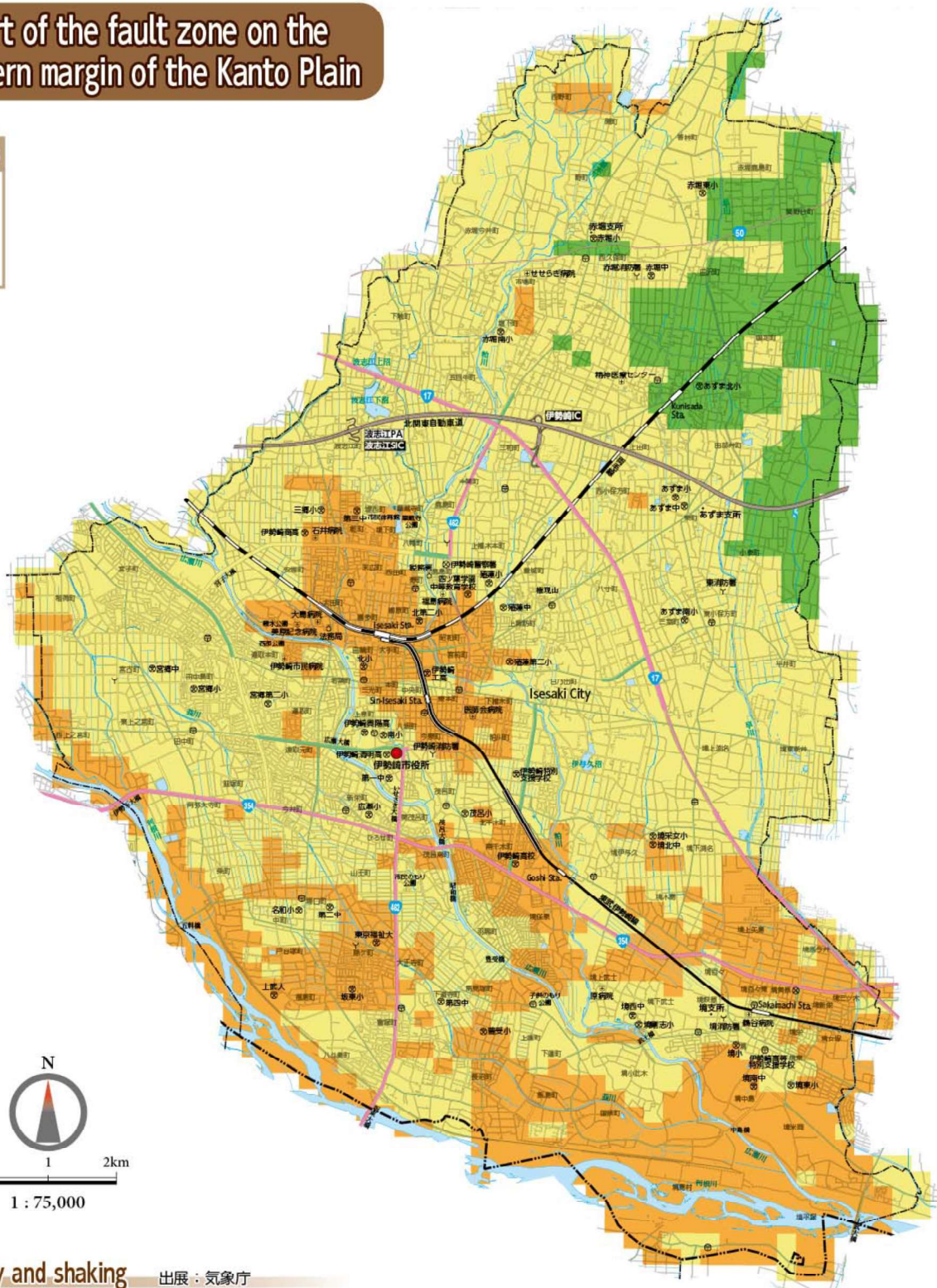
Seismic Intensity Distribution Diagram

This map shows the distribution of seismic intensity based on the Gunma Prefecture Earthquake Damage Survey (released in June 2012).

Main part of the fault zone on the northwestern margin of the Kanto Plain

Seismic intensity class

- 6-upper
- 6-lower
- 5-upper



Seismic intensity and shaking 出展：気象庁

Seismic intensity of 5-lower



- Most people will be surprised.
- Hanging objects such as electric lights shake a lot.
- Ornaments that are not sitting well may fall over.



Seismic intensity of 5-upper



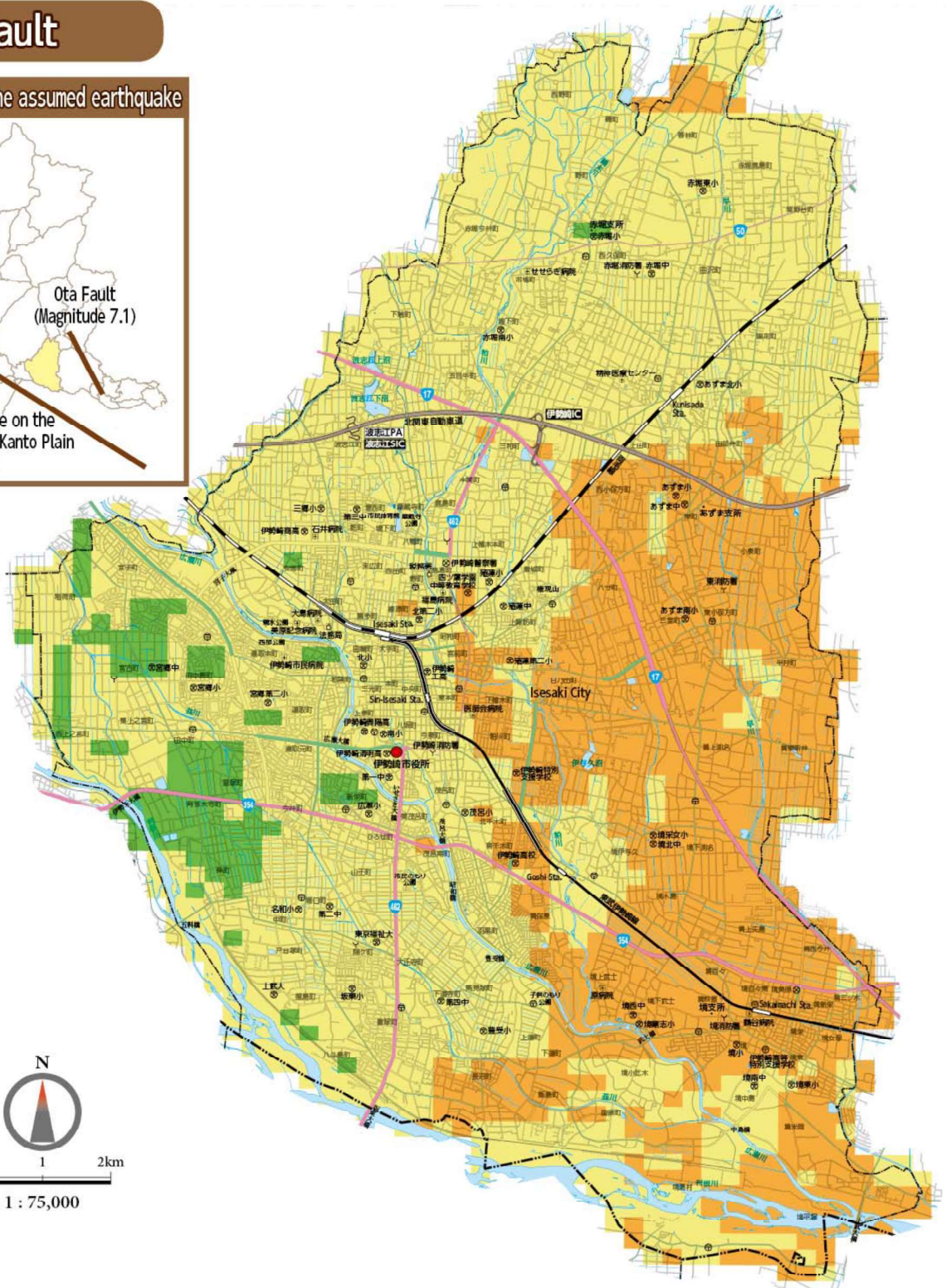
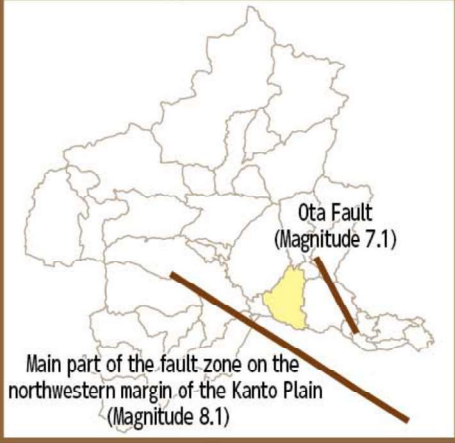
- It will be difficult to walk without holding on to something.
- Many dishes and books on shelves may fall over.



- Furniture that has not been secured may fall over.
- Unreinforced block walls may collapse.

Ota Fault

Fault location map of the assumed earthquake



Seismic intensity of 6-lower



High seismic resistance Low seismic resistance

- Standing will be difficult.
- Most furniture that is fixed in place will move, and some will topple over. Doors may not open.
- Wall tiles and window glass may break or fall.
- Wooden buildings with Low Seismic Resistance may have roof tiles fall or lean. Some may even collapse.

Seismic intensity of 6-upper



High seismic resistance Low seismic resistance

- You can't move unless you crawl. Sometimes it gets blown away.
- Most furniture that is not secured will move, and many will fall over.
- Wooden buildings with Low Seismic Resistance are more likely to lean.
- Large land cracks may occur, or large landslides and slope failures may occur.

Snow Damage Measures

Preparing for and Responding to Heavy Snowfall

Obtain weather information

- Weather information on heavy snowfall is released several days in advance. Check the latest information and take precautionary measures.
- Avoid going out unnecessarily when traffic is expected to be disrupted.



Check snow removal · Cold protection goods, etc.

- Check for snow removal tools (shovels, snow melting agents, ice melt spray, etc.) and cold protection goods · Equipment (disposable body warmers, boots, etc.).
- If there is a possibility of snowfall, be aware that you may not be able to obtain these items if you try to purchase them at the last minute.



Points to keep in mind if you have no choice but to go out

Going out on foot

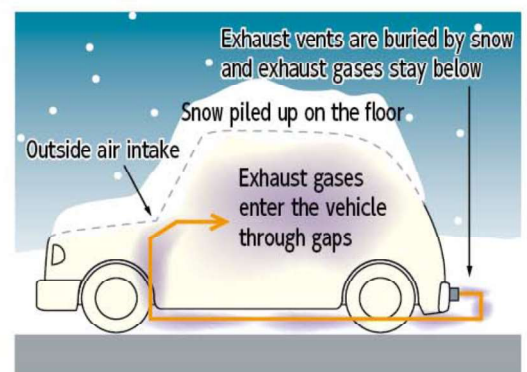
- Wear non-slip shoes and walk with a small step.
- Wear gloves so that you can use both hands.
- Be careful on sidewalks where cars are going in and out, as they may become slippery.

Going out by car

- Install stud-less tires or chains.
- Drive slower than usual, keep a safe distance between vehicles, and avoid sudden steering or braking.
- Slow driving at curve place. Avoid the traffic difficult steep hill place.
- Be careful of accidents caused by slipping on icy roads or poor visibility.

If you are stuck in your car

- If the muffler is buried in snow, exhaust fumes may fill the car, resulting in carbon monoxide poisoning.
 - If you have no choice but to start the engine, remove the snow so that the exhaust port of the muffler is not covered with snow.
 - Be aware of Economy class Syndrome if you stay in the car for long periods of time.
- *Take measures such as moving your legs and hands regularly and drinking plenty of water.



Points to keep in mind when shoveling · Clearing snow

- Wear helmets and non-slip shoes, and have at least two people working together.
- When the weather is sunny and warm, the snow melts and becomes slippery, so be careful.
- When clearing snow from high places, use a lifeline and take care not to fall.



Emergency Supplies · Stockpiles

Emergency Supplies (example)

- Check that you have prepared these items in advance.
- Put emergency supplies in a bag that can be carried on your back, such as a disaster prevention rucksack or backpack.
- Add to your emergency supplies for each person (glasses · contact lenses · dentures · hearing aids, etc.).
- Don't forget to take items that you carry with you on a regular basis (cash · smart phone · driver's license, etc.).

Food for emergency

- Drinking water
- Dry bread
- Canned food
- Alpha rice
- Milk powder
- Baby food



Disaster prevention supplies

- Portable radio
- Flashlight
- Batteries (prepare more)
- Lighter
- Can opener
- Bottle opener
- Paper plates
- Paper cups
- Wrap film (to stop bleeding or to cover dishes)
- Wet tissues
- Disaster preparedness general map (this book)



Clothing, etc.

- Clothing (Underwear · Jacket, etc.)
- Sanitary items
- Towel
- Raincoat
- Helmet
- Diapers



Emergency medical supplies

- Household medicine
- Analgesics
- Band aid
- Wound medicine
- Gastrointestinal medicine
- Bandage
- Cold medicine
- Medicine notebook



Infectious disease preventive products

- Mask
- Alcohol disinfectant
- Gloves
- Thermometer



Other

- Pet-related supplies (Food · Toilet · Cage, etc.)

Stockpile (example)

- Check that you have prepared these items in advance.
- Prepare enough stockpiles to last for several days (minimum 3 days, recommended 7 days) until disaster recovery.
- Periodically check the expiration date of foodstuffs and carry-out supplies for any deficiencies.

Drinking water

- Drinking water (For 1 day 3 liters for each person)
- Reserve water tank, etc.



Food for emergency

- Rice
- Can goods · Retort food
- Umeboshi · Seasoning, etc.
- Dry foods · Chocolate · Candies (Snack food, etc.)



Fuel

- Portable gas range
- Gas cylinder
- Solid fuel



Others

- Domestic water (Keeping water inside the bath tub)
- Blanket · Sleeping bag · Toilet things, etc.
- Kitchen utensils (Saucepan · Kettle, etc.)
- Bucket · Outdoors goods, etc.



Things useful for prolonged evacuation

- Portable toilet
- Disposable body warmer
- Sewing kit
- Duct tape
- Map
- Sarashi (Bleached cloth)
- Writing utensils (Magic marker, etc.)
- Shovel



Items that were useful in the Hanshin · Awaji Great Earthquake

- Polyethylene tank
- Whistle
- Vinyl sheet
- Newspaper
- Auxiliary tools (Rope · Shovel · Crowbar · Hammer · Saw · Jack, etc.)



Stockpiling with Rolling Stock

Rolling stock is a method of keeping stockpiles by repeatedly **Eating emergency food in daily life** → **Replenishing only what you eat.**

Example of rolling stock implementation (Emergency food stockpiling method)

- 1 Prepare emergency rations of 3 meals x 4 days (total of 12 meals).
- 2 Eat one emergency ration every month and buy more for each meal eaten.
- 3 Repeat 2 every month to replace 12 meals in a year.



Support for People Requiring Special Care

In the event of a disaster, it may be difficult for people requiring special care (the elderly, handicapped, patients with intractable diseases, pregnant and nursing mothers, infants, foreign nationals, etc.) to evacuate quickly or to secure means of livelihood. Let's work together to support them. In addition, make use of the support system for persons requiring assistance for evacuation action and establish a support system in the event of a disaster.

Support System for Persons Requiring Assistance for Evacuation

This system is aimed at people who have difficulty evacuating on their own in the event of a disaster. By applying in advance, the person in question will be registered on the "List of persons requiring assistance for their evacuation" and will be notified by relevant organizations including voluntary disaster prevention organizations. By distributing lists and sharing information, we can respond quickly.

【Caution】

We do not promise rescue or other assistance, as it is possible that supporters may also be affected by a disaster and that support activities may become difficult.

Those who wish to register should also be prepared to "protect their own lives by themselves" rather than just waiting to be rescued by evacuation supporters. From normal times, be sure to actively communicate with the local community and inform them of the support you need.



Eligible persons

- ① People who are certified as requiring nursing care or support by long-term care insurance
- ② Persons with Level 1 or 2 of the Physical Disability Certificate
- ③ Persons who have the Ryoiku Techou
- ④ Persons who have the Seishin Shogaisha Hoken Fukushi Techou
- ⑤ Patients with intractable diseases
- ⑥ People who are 65 years old or older and live alone, or people who are 65 years old or older and live in a household with only elderly people
- ⑦ Others, people who need support for evacuation actions

【Caution】 Since the program is intended for people at home, people who are long-term residents • hospitalized in institutions • hospitals are not eligible.

Provision of information on persons requiring assistance for evacuation action

Information on persons requiring support for evacuation action for those who have given their consent will be provided to the following organizations, and the information will be shared during normal times. We will work to ensure confidentiality so that the information will not be leaked to anyone other than the organization to which it is provided.

- Voluntary disaster prevention organization (Administrative district)
- Civil welfare committee · Children's committee
- Council of Social Welfare
- Fire station
- Fire brigade
- Police station

How to apply

Please fill out the "Isesaki City Application for Registration on the List of Persons Requiring Support for Evacuation Action and Individual Evacuation Plan" and submit it to the Safety and Security Section. If you have difficulty in obtaining or submitting the application form, please contact us.

In addition, family members or relatives can fill in the application form on your behalf, but personal information of the applicant and others will be shared with the provider, so you need to confirm your consent to provide the information.

*If there are any changes to the details of the application, please submit a "Notification of Registration (Change/Cancellation) of the List of Persons Requiring Assistance for Evacuation Action".

Isesaki City "Support System for Persons Requiring Assistance for Evacuation Action"
*You can download an application form for registration.



Local Disaster Prevention Measures

Voluntary Disaster Prevention Organizations

A voluntary disaster prevention organization is an organization in which citizens work together to carry out disaster prevention activities in order to create a town where people can live safely and with peace of mind, based on the philosophy of "protecting our own community". In our city, each administrative district has its own organization.

Activities During Normal Times

1. Dissemination of disaster prevention knowledge

Disaster prevention events at local festivals, sports days, etc. awareness-raising through circulars, etc.

2. Maintenance of disaster prevention materials and equipment

Maintenance and management of disaster prevention materials and equipment such as helmets, fire extinguishers, stretchers, hammers and other work tools, first-aid medicine, food for emergency, and stockpiles, etc.



3. Disaster prevention patrols and inspections

Inspections of flammable items, block walls, signboards, and other items in the community that are prone to collapse, etc.

4. Conducting disaster drills

Information gathering and communication drills, firefighting drills, evacuation guidance drills, rescue and relief drills, water and food supply drills, evacuation center operation drills, etc.



Activities During Disasters

1. Collection · Dissemination of information

Collection and dissemination of correct information on disasters from the city, fire department, and other public disaster prevention related organizations



2. Firefighting

Preventing fires from breaking out and extinguishing them with fire extinguishers, bucket relays, etc.

3. Evacuation guidance

Confirming the safety of local residents, guiding evacuation to shelters and other safe locations, and providing assistance to those in need

4. Rescue and first aid activities

Rescue of injured people and people trapped under collapsed houses, etc. First aid treatment for the injured, transport to first aid stations, etc.



5. Water and meal supply activities

Feeding meals from stockpiled food, transporting and distributing relief supplies to shelters, etc.



6. Shelter management

Cooperate with city staff in charge of shelters and evacuees, and play a central role in shelter management

What are Self-help · Mutual Assistance · Public Assistance?

"Self-help" "Mutual Assistance" "Public Assistance" are the concepts of "Helping · Acting on one's own" "Helping each other in the community · neighborhood" "Government support" in response to disaster prevention and mitigation. Mutual cooperation and coordination is essential for "Self-help" "Mutual Assistance" "Public Assistance".

Examples of Self-help Activities	<ul style="list-style-type: none"> ● Earthquake-proofing homes, preventing furniture from toppling over ● Stockpiling drinking water, food, emergency supplies ● Securing means of communication in the event of a disaster
Examples of Mutual Assistance Activities	<ul style="list-style-type: none"> ● Conduct disaster drills and disaster prevention training sessions ● Establishment and operation of voluntary disaster prevention organization ● Support activities for people in need
Examples of Public Assistance Activities	<ul style="list-style-type: none"> ● Study and implementation of disaster prevention measure ● Support for self-help and mutual assistance



Contact information for my home

Name	Telephone number · E-mail address	Company · School	Blood type	Chronic illnesses · Allergies	Regular medicine	Preferred medical institution

Meeting place for my family	1	How to contact my home
	2	
	3	

Notes

Disaster prevention related organizations

No.	Name of facility	Address	Telephone number
1	Isesaki City Hall	Isesakishiimaizumicho 2-410	0270-24-5111
2	Akabori Branch Office	Isesakishinishikubocho 1-64-5	0270-62-1151
3	Azuma Branch Office	Isesakishiazumacho 2668-1	0270-62-1311
4	Sakai Branch Office	Isesakishisakai 637	0270-74-1111
5	Isesaki City Fire Department	Isesakishiimaizumicho 2-895	0270-25-3510
6	Isesaki Police Station	Isesakishikashimacho 534-1	0270-26-0110
7	Isesaki-Administrative Prefectural Taxation Office	Isesakishiimaizumicho 1-236	0270-25-0782
8	Isesaki Health and Welfare Office	Isesakishishimouekicho 499	0270-25-5066
9	Isesaki Public Works Office	Isesakishianboricho 247-1	0270-25-4010

Let them know you are safe Trial use date : "Every day on the 1st and 15th", "The third day of the New Year", "Disaster Prevention Week", "Disaster Prevention and Volunteer Week"

Disaster Message Dial (171)

This service is provided when an earthquake or other disaster occurs and calls to the affected area are difficult to get through.

For details, check "NTT East Disaster Message Dial (171)"



How to Record messages

171 → 1

Please follow the voice guidance.

(0270) ■■ - ■■■■

Please dial your home phone number if you are in the disaster-stricken area, or the phone number of the person on the day of the disaster if you are not in the disaster-stricken area, starting from the area code.

Leave a message (within 30 seconds)

How to Play back messages

171 → 2

Please follow the voice guidance.

(0270) ■■ - ■■■■

Please dial your home phone number if you are in the disaster-stricken area, or the phone number of the person on the day of the disaster if you are not in the disaster-stricken area, starting from the area code.

Listen to the message

Disaster Message Board (web171)



This is a message board for safety confirmation using the Internet. It can be used with PCs, smartphones, and cell phones.

How to Use

Access **web171**
<https://www.web171.jp>



Enter the phone number of the person in the disaster area from the area code

Register · Confirm the message

Disaster Message Board by Mobile Phone Companies



This is a message board for safety confirmation that allows users to register their safety information from smartphones, cell phones, etc. and confirm it by Internet, etc.

*Rakuten Mobile recommends using the Disaster Message Board (web171).

NTT DOCOMO

<http://dengon.docomo.ne.jp/>



au

<http://dengon.ezweb.ne.jp/>



Softbank

<http://dengon.softbank.ne.jp/>

