

Revised/Special Edition

Issued in August 2021

Protecting the lives of you and your loved ones  
from floods and landslides

# My Evacuation

## Plan Booklet

Fukushima Prefecture



# What used to be OK can now be dangerous

In recent years, floods caused by typhoons and rainstorms were seen all over Japan. In Fukushima, Typhoon Hagibis, followed by torrential rains two weeks later, occurred in 2019. They caused severe damage, with the floods claiming 32 lives, and the maximum number of evacuees was about 26,000.



Sukagawa City, inundated as a result of Typhoon Hagibis, 13 Oct. 2019.  
Photo by: Fukushima Drone School

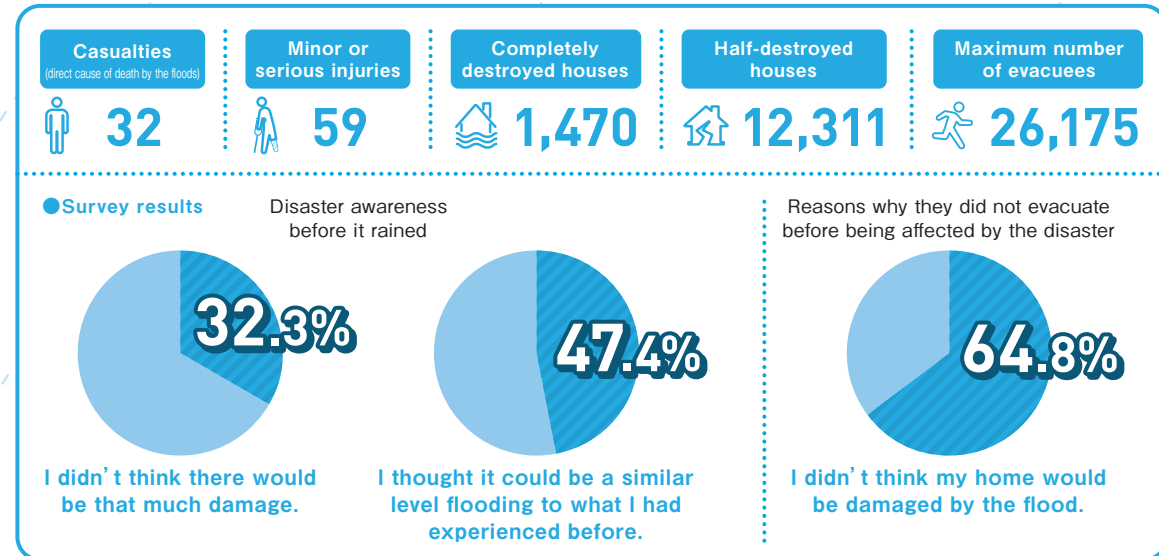


Photo by: Fukushima Central Television



Photo by: Fukushima Central Television

A survey was conducted targeting those who had suffered damage by Typhoon Hagibis and heavy rains. The results showed that quite a few people were not worried about the disaster before it started raining, and they only evacuated after they felt they were in imminent danger. Many suffered unexpected damage due to the record-high heavy rainfall, even though they had thought that the damage wouldn't be so bad. based on their own experience.



Source: "Disaster response verification report regarding Typhoon Hagibis and heavy rains, etc." by Fukushima Prefecture Disaster Response Verification Committee regarding Typhoon Hagibis and heavy rains

In recent years, there have been several instances of once-in-a-decade heavy rainfall and precipitation that has never been experienced before. Based on what we have learned from Typhoon Hagibis and heavy rains, you should stay vigilant and avoid the mindset that everything's been OK until now while preparing your own evacuation plan (My Evacuation). This is in order to respond to an emergency quickly. Please go through this booklet and think about your evacuation plan. Floods are no longer someone else's problem.

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### Important points regarding the verification results of Typhoon Hagibis and heavy rains in 2019

- ① Alert Levels**  
It was found that a high percentage of people who had a concrete evacuation plan evacuated earlier. They thought that they should evacuate before the impact of the typhoon gets bigger, even before the rain started. It is essential to make an evacuation plan beforehand, in accordance with the alert levels.
- ② Hazard Map**  
It was found that a high percentage of people who were aware about and understood the hazard map evacuated earlier. It is crucial to check the hazard map regularly, and know the threat that disasters pose to your area, including your home.
- ③ Evacuation Sites**  
It is important to make sure you know where to evacuate during a disaster; not only shelters, but also houses of relatives and acquaintances.
- ④ Gathering Information**  
The main source of disaster information is television, followed by the disaster/evacuation information sent out by municipalities (Area Messages). In times of disaster, information is sent out from a variety of media, so it is essential to understand how to obtain these information.

# 1 Alert Levels

## -Know the guidelines for evacuation-

Municipalities will issue the five alert levels along with residential evacuation information. In the event of a disaster, pay attention to the information provided by your local government or prefecture (emergency radio system, local government homepage, TV, radio, etc.).

**Alert Level 4** Starting from 20 May 2021, evacuate when an evacuation order is issued!

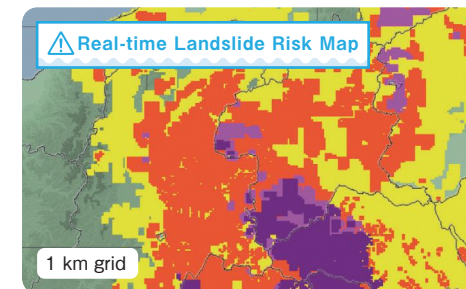
| Alert Level   | New Evacuation Information   | Action  |
|---|--|---|
| <b>5</b>  | Disaster occurrence/ Disaster impending <b>Secure your safety immediately</b> <sup>*1</sup>            | It is a life-threatening situation. Protect yourself at once!               |
| <b>Make sure to evacuate by the time Alert Level 4 has been reached</b> |  |   |
| <b>4</b>  | High risk of a disaster <b>Evacuation Order</b> <sup>*2</sup>  | Everyone must evacuate immediately from high risk areas.                    |
| <b>3</b>  | Risk of a disaster <b>Evacuation of the Elderly, etc.</b> <sup>*3</sup>                                | Begin evacuation for those needing time or assistance from high risk areas. |
| <b>2</b>  | Weather is worsening <b>Heavy Rain, Flood, or Storm Surge Advisories</b> (Japan Meteorological Agency) | Check how to evacuate using the hazard map, etc.                            |
| <b>1</b>  | Risk of weather worsening <b>Early Warning Information</b> (Japan Meteorological Agency)               | Be on alert for a disaster to occur.  |

Note 1: An Alert Level 5 is not always issued due to a number of reasons, such as when municipalities are unable to accurately grasp the severity of the disaster.  
 Note 2: Evacuation Advisories are no longer issued. Instead, Evacuation Orders will be issued.  
 Note 3: Alert Level 3 indicates that even people other than the elderly, etc. who are living in the evacuating area should stop their usual activities depending on the conditions. They should prepare to evacuate or proceed to evacuate themselves if they feel that they are already in danger.

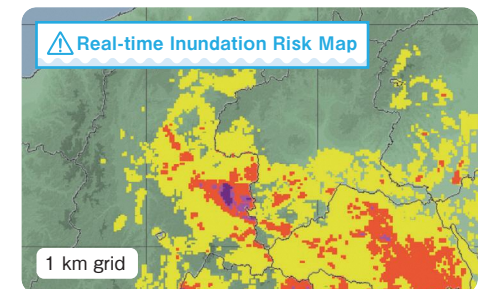
- !** Elderly citizens, those with disabilities, and others who may need more time to evacuate, should evacuate from affected areas when an **Alert Level 3 (Evacuation of the Elderly, etc.)** is issued.
- !** Evacuation Advisories are no longer in effect. From now on, all residents should evacuate from affected areas when or before an **Alert Level 4 (Evacuation Order)** is issued.
- !** Alert Level 5 (Emergency Safety Measures) indicates a life-threatening situation in which you can no longer safely evacuate. Please evacuate before an Alert Level 5 is issued.
- !** Evacuating outdoors is dangerous during heavy rains. Also, please refrain from evacuating by car.
- !** Evacuate early to a safe location or go to the safest place possible inside your home, such as the 2nd floor.

### Evacuate early by using the river level and rain information as reference

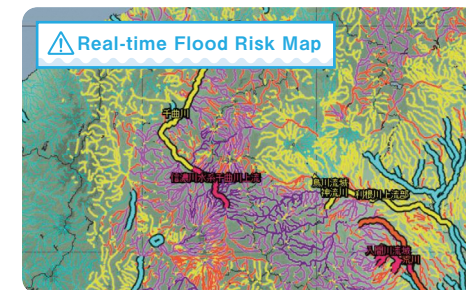
In addition to the alert levels (pictured left) issued by municipalities, use the river level and weather information provided by the Ministry of Land, Infrastructure, Transport and Tourism, the Japan Meteorological Agency, prefectural governments etc., as reference. Check the detailed information on the Real-time Risk Map which tells you about the conditions of the area you live. **Purple indicates high danger.**



**Purple: Danger near cliffs and mountain streams**



**Purple: Danger in low-lying areas**



**Purple: Danger along rivers**

Information released by individual municipalities includes heavy rain emergency warnings, landslide alerts, and flood warnings.

If you register your address, there is a Real-time Risk Map alert service which will automatically send notifications to your smartphone when there is danger in the area you live.

Real-time Risk Map alert service





# 2

## Evacuation Decision Flowchart

-Check the actions you should take-

You should have the mindset of protecting your own life. Use the Evacuation Decision Flowchart together with the hazard map to determine your home's disaster risk and decide which actions to take.

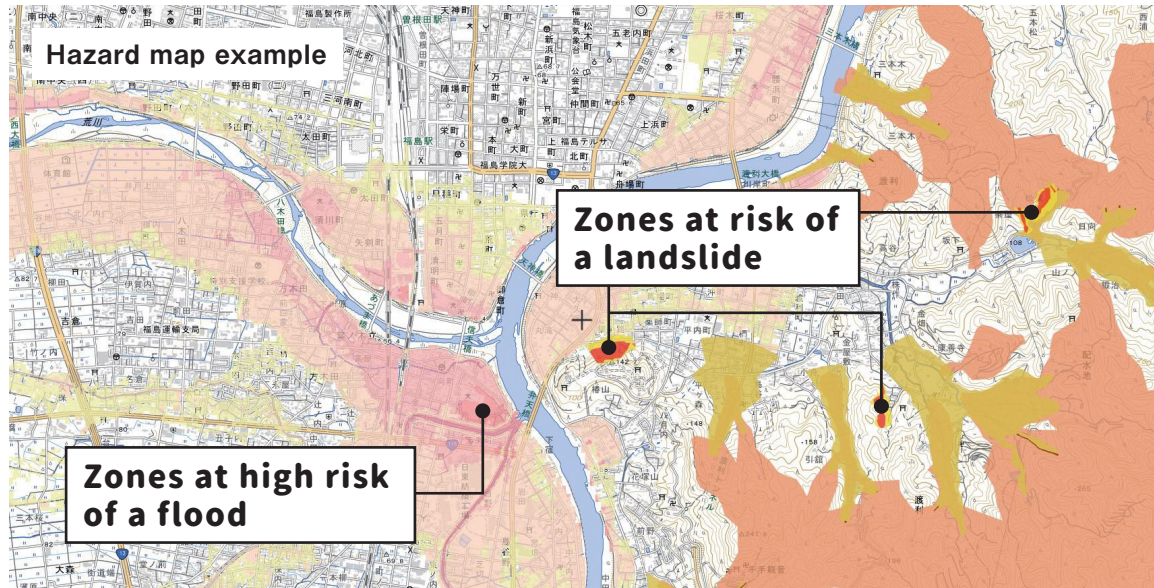
| Process (example)               | Weather worsening  | Risk of disaster  | High risk of flood and landslides   | Disaster occurrence  |  |
|---------------------------------|--|---|---|--|--|
| Alert level (as of August 2021) | <b>Early Warning Information</b><br>(Japan Meteorological Agency)<br><b>Alert Level 1</b>  | <b>Heavy Rain, Flood, or Storm Surge Advisories</b><br>(Japan Meteorological Agency)<br><b>Alert Level 2</b>  | <b>Alert Level 3</b><br><b>Announcement</b><br><b>Evacuation of the Elderly, etc.</b>  | <b>Alert Level 4</b><br><b>Announcement</b><br><b>Evacuation Order</b>    | <b>Alert Level 5</b><br><b>Announcement</b><br><b>Secure your safety immediately</b> |
|                                 | <b>Gather information and confirm evacuation procedures.</b>   | <b>Begin evacuation for those needing time or assistance.</b><br>Elderly citizens, those with disabilities, as well as infants and their caretakers, should also begin to evacuate.<br><b>For others, please be prepared to evacuate at any time.</b><br>Make arrangements for evacuation while paying attention to the "Information for Severe Weather Preparation" and the water level information of rivers. | <b>Immediately evacuate to an evacuation site.</b><br>All people who are in hazardous areas should evacuate immediately.  | <b>Take the best action you can to protect your life.</b><br>It is a life-threatening situation, as the disaster is already occurring or impending.<br>Take actions to secure your safety as much as possible; for example, going to the upper floor of a house and moving to a room located furthest from a cliff (if you are situated near a cliff). |  |
| Evacuation Decision Flowchart   | <b>What evacuation action should you take?</b>   |   |   |  |  |
|                                 | <p><b>Start!</b> Find your home on the hazard map and mark it.</p> <p>Is your home in an area that is colored?</p> <p><b>No:</b> Even if the area is not colored, if your home is in an area that is lower than the surrounding land or near a cliff, etc., evacuate as necessary using the evacuation information from your municipality as a guide.</p> <p><b>Yes:</b> There is the danger of a disaster, so in principle*, you need to evacuate to somewhere outside your home.</p> <p><b>Exceptions:</b></p> <p>*Even if there is a possibility of flooding, it is possible to remain in your home and stay safe if:<br/>                     (1) Your home is outside the zone at high risk of homes being destroyed in a flood.<br/>                     (2) You are in a place higher up than the flood depth.<br/>                     (3) You can wait until the water recedes, and have enough food, water, and other supplies.<br/>                     * Even if there is a possibility of a landslide, those who live in the upper floors of sturdy apartments may be able to ensure their safety at home.</p> <p>Do you or someone you are with need extra time to evacuate?</p> <p><b>Yes:</b> Do you have a relative or an acquaintance who lives in a safe place where you can go?</p> <p><b>Yes:</b> When an Alert Level 3 is issued, evacuate to the safe home of your relative or acquaintance (discuss your plans regularly with them).</p> <p><b>No:</b> When an Alert Level 3 is issued, evacuate to the designated emergency evacuation shelter operated by your municipality.</p> <p>Do you have a relative or an acquaintance who lives in a safe place that you can go to?</p> <p><b>Yes:</b> When an Alert Level 4 is issued, evacuate to the safe home of your relative or acquaintance (discuss your plans regularly with them).</p> <p><b>No:</b> When an Alert Level 4 is issued, evacuate to the designated emergency evacuation shelter operated by your municipality.</p> <p><b>Note 1:</b> Time needed to walk 500 m<br/>                     It is important to know the time it takes to evacuate.<br/>                     ● Adult ..... Approx. 6-8 min.<br/>                     ● The elderly ..... Approx. 10 min.</p> <p><b>Note 2:</b> The depth of water when walking becomes difficult<br/>                     It becomes difficult to walk in water that is above the knees.<br/>                     ● Adult woman ..... Water level 50cm<br/>                     ● Adult man ..... Water level 70cm</p> <p><b>Note 3:</b> Caution in the case of flooding<br/>                     When evacuating, avoid the flood water as much as possible. Due to the murkiness of the water, you may be unable to see hazards such as gutters, steps, or opened manhole covers.</p> |   |   |  |  |
| Action                          | <b>Gather information and confirm evacuation procedures!</b>   | <b>The elderly and others should evacuate from hazardous areas!</b>   | <b>Everyone evacuates from dangerous places!!</b>   | <b>It is a life-threatening situation. Protect yourself at once!</b>   |  |

# 3

## Hazard Map

-Identify the flood risk of your home and the neighborhood-

Hazard maps use colors to designate areas at risk of flooding or landslides. As a general rule, it is necessary to evacuate from your home if you reside in an at-risk area. Hazard maps are provided by your town or city, and can be checked by visiting your municipality's homepage.



\*The colors and legends on hazard maps may vary according to your municipality.

Source: Hazard Map Portal Site

### Legend

#### Flood disaster

Expected flood zone (flood depth)

|                     |  |
|---------------------|--|
| 3rd/4th floor       | 5m- under 10m<br>(above 3rd floor to under the eaves of the 4th floor) |
| 2nd floor           | 3m- under 5m<br>(above 2nd floor level to under the eaves)             |
| 1st floor           | 0.5m- under 3m<br>(above 1st floor level to under the eaves)           |
| Below the 1st floor | Under 0.5m<br>(below the first floor)                                  |

#### Landslide

- Landslide hazard zone  
Zone at risk of a landslide
- Landslide special hazard zone  
Zone with considerable danger of destruction to buildings and of loss of life/physical harm to people occurring.

## How to read hazard maps

- Hazard maps can be viewed through the “Disaster Prevention Information in Fukushima” website, and through the Hazard Map Portal Site (ハザードマップポータルサイト) operated by the Ministry of Land, Infrastructure, Transport and Tourism. Or please use the hazard maps if they have been distributed to you by your municipality.
- Check to see if your home, workplace, and/or neighborhood are in any of the colored areas on the map.
- Assess the expected damage, using the map legend as a reference.

\*The colors and legends on hazard maps may vary according to your municipality.



“Disaster Prevention Information in Fukushima” website



Hazard map portal site (Japanese Only)

### Checking hazard maps via the “Disaster Prevention Information in Fukushima” website

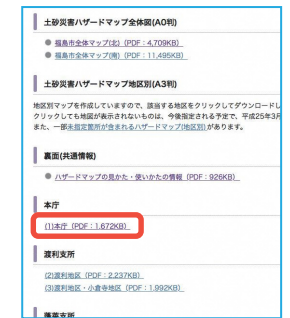
Example: Fukushima City



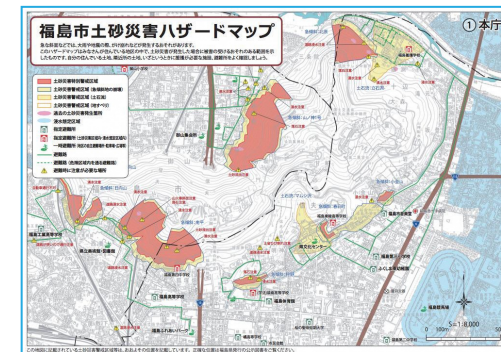
Select your city or town



Select the map you want to view



Select the map's PDF file



\*There are many kinds of hazard maps, such as those for floods, landslides, volcanic disasters, etc.

Check the expected damage in your area

# 4

## Evacuation sites

-Make sure you know where to evacuate in advance-

Your municipality determines your evacuation destination. Use the hazard maps and confirm the location of the closest evacuation destination. **If you have a relative or an acquaintance who lives in a safe place, consult with them about using their residence as an evacuation destination during an emergency.**

### Designated emergency evacuation site



The site is intended for emergency evacuation from dangers such as floods or tsunamis, in order to protect your life. Evacuees should not expect to stay long at the site.

- Examples: Parks, school grounds, buildings, etc.

### Designated Evacuation Shelter



Evacuees may stay at the shelter until the danger has passed, and those whose homes have been damaged may stay temporarily.

- Examples: School gymnasiums, community centers, etc.

Public facilities that have been designated as emergency evacuation sites or evacuation shelters are marked with pictograms. Check for the nearby facilities available for evacuation.

### Welfare evacuation shelter



This is a facility that accepts the elderly, those with disabilities, pregnant women, infants, and others who are unlikely to be able to stay in an ordinary shelter because they need assistance with activities of daily living. Most of these facilities have an easily accessible environment and staff members who provide consultation and other support.

\*There is a limit on the number of people a welfare evacuation shelter can accept. People who are fine with staying at a general shelter cannot stay here.  
\*These shelters are not always made available from the first day of a disaster occurrence.

## Decentralized evacuation

“Evacuation” does not mean simply going to an evacuation shelter/site. In order to avoid overcrowding in shelters, it has become important to implement measures such as decentralized evacuation depending on the situation.

### Evacuate to a shelter/site if:

- Your home is at high risk of flood or landslide damage.
- You are unable to evacuate to the home of a relative or acquaintance.

Go to the evacuation shelter/site operated by your city or town.



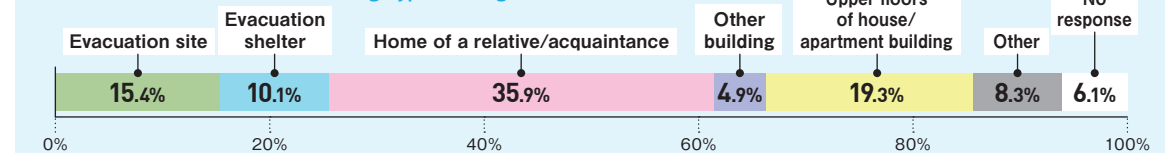
### Evacuate to a hotel or the home of a relative or acquaintance if:

- The hotel or home in question is at low risk of flooding or landslide.
- The home of a relative or acquaintance is available.

Go to a hotel or home of a relative or acquaintance. Make sure to consult with your relative or acquaintance beforehand.



The final evacuation destination during Typhoon Hagibis



Reference: "Disaster response verification report regarding Typhoon Hagibis, etc." by Fukushima Prefecture Disaster Response Verification Committee regarding Typhoon Hagibis

### You do not need to evacuate from your home if:

- You are not in an expected flood zone with the risk of homes being destroyed.
- Rooms in your home are higher than the flood water depth.
- You can wait until the water recedes and have enough food, water and other supplies.

Stay home.

(Go to a safe place inside your home.)



## Evacuation by Car

Evacuating by car is dangerous when there is an imminent risk of flood or landslide. When you evacuate after thinking that it is still safe, the water levels can rise rapidly, which can potentially make it impossible to exit the vehicle.



In the case when evacuating by car or staying overnight in your car is unavoidable:

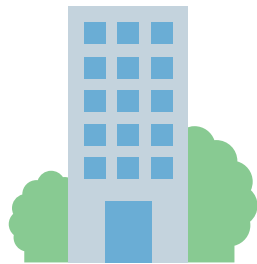
- Go to a safe place outside of the flood zones during daylight and before heavy rainfall begins.
- It is necessary to prepare portable toilets because restrooms may be inaccessible.
- Do light exercise, and make sure to drink water and stay hydrated in order to prevent traveler's thrombosis (economy class syndrome) and heatstroke.

# 5

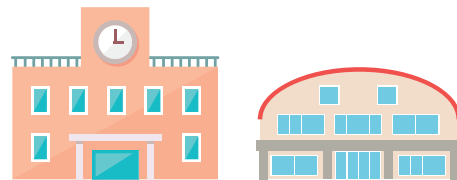
## Countermeasures for COVID-19

-Think about evacuation and infection prevention during the pandemic-

Even though the COVID-19 pandemic has not yet been contained, in principle, you need to evacuate if you are in a dangerous area during a disaster.



Consider evacuating to the safe home of a relative or acquaintance. This will also help avoid overcrowding in evacuation shelters.



There is a possibility that the number of evacuation shelters/sites designated by your municipality has increased. In the case of a disaster, check your municipality's homepage.



Carry your own masks, disinfectant, and thermometer.



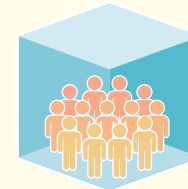
To evacuate means avoiding danger. If there is a low risk of flooding or landslide near your home and you can ensure your safety, you may be able to remain inside, such as on the second floor of your home.

### Main countermeasures for infectious diseases at evacuation shelters

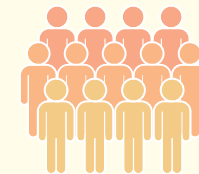
#### Avoid the Three Cs

(closed spaces, crowded places, close contact)

Closed spaces with poor ventilation



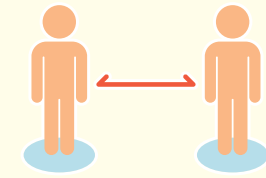
Crowded places with large gatherings



Close-contact settings such as close-range conversations



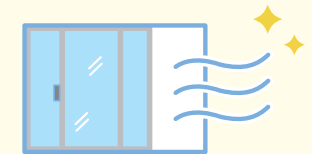
Wear a mask at all times and practice cough etiquette



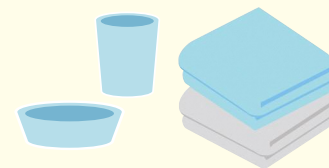
Stay 1-2 meters away from others



Wash and sanitise your hands after touching any common surfaces such as railings or doorknobs



Ventilate regularly by opening windows



Avoid sharing tableware, toiletries, and towels with others



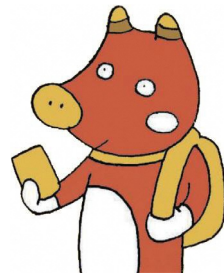
Work together to keep the area clean and organized

# 6

## Disaster Kit

-Figure out what is necessary during an evacuation-

Prepare the necessary items for evacuation beforehand and keep them in a backpack which you can quickly bring in an emergency. Additionally, prepare an emergency supply of food and water in your home in case you stay. Use this checklist to help prepare your disaster kit.



### Emergency supplies for evacuation

These are items to bring when evacuating. Have them packed and ready in a bag, such as a backpack.

|   |   |  |
|---|---|--|
| <b>Food, etc.</b> <input checked="" type="checkbox"/><br><br>Emergency food and water | <b>Infectious disease protection</b> <input checked="" type="checkbox"/><br><br>Masks | <input checked="" type="checkbox"/><br><br>Alcohol-based hand sanitizer                      |
| <b>Clothes, etc.</b> <input checked="" type="checkbox"/><br><br>Raincoat              | <input checked="" type="checkbox"/><br><br>Undergarments                              | <input checked="" type="checkbox"/><br><br>Blankets  |
| <b>Disaster kit items</b> <input checked="" type="checkbox"/><br><br>Portable radio   | <input checked="" type="checkbox"/><br><br>Flashlight                                 | <b>Daily necessities</b> <input checked="" type="checkbox"/><br><br>Glasses/Contact lenses   |
| <input checked="" type="checkbox"/><br><br>Whistle                                    | <input checked="" type="checkbox"/><br><br>Headlamp                                   | <input checked="" type="checkbox"/><br><br>Towels  |
| <input checked="" type="checkbox"/><br><br>Batteries                                  | <input checked="" type="checkbox"/><br><br>Battery charger and batteries              | <input checked="" type="checkbox"/><br><br>Toothbrush, Mouthwash                             |
| <b>Medical supplies</b> <input checked="" type="checkbox"/><br><br>Medication         | <input checked="" type="checkbox"/><br><br>First aid kit                              | <b>Valuables</b> <input checked="" type="checkbox"/><br><br>Bank books, personal seal, cards |

### Emergency supplies for home

These are the minimum supplies needed to stay at home for several days following a disaster and until essential utilities are restored. Prepare supplies for one week (minimum 3 days) if you can.

|   |  |   |   |  |
|---|--|---|---|--|
| <b>Food, etc.</b> <input checked="" type="checkbox"/><br><br>Emergency food and water<br>(Drinking water per person:<br>3 liters/day×3 days = 9 liters) | <input checked="" type="checkbox"/><br><br>Portable stove and fuel | <b>Daily necessities</b> <input checked="" type="checkbox"/><br><br>Wet tissues | <input checked="" type="checkbox"/><br><br>Body wipes                                       | <input checked="" type="checkbox"/><br><br>Toilet paper                  |
| <input checked="" type="checkbox"/><br><br>Plastic wrap, paper plates, disposable chopsticks  | <input checked="" type="checkbox"/><br><br>Lighter                 | <input checked="" type="checkbox"/><br><br>Portable toilet                      | <input checked="" type="checkbox"/><br><br>Newspaper<br>(for insulation, or as a mat/cover) | <input checked="" type="checkbox"/><br><br>Towels                        |
|   |  |   | <input checked="" type="checkbox"/><br><br>Batteries  | <input checked="" type="checkbox"/><br><br>Battery charger and batteries |

### Preparation for the family

Necessary items may vary during a disaster. Please prepare according to your family's needs.

#### Households with persons requiring care

- Adult diapers
- Reading glasses
- Hearing aids
- Collapsible cane
- Disability certification
- Pension book
- Denture soap
- Easy-to-chew-foods, such as porridge

#### Households with pregnant women and/or infants

##### Pregnant women

- 'Maternity mark' (a heart-shaped keychain bearing the image of a mother and baby; a symbol for expectant mothers).
- Cotton wool
- Feminine hygiene products
- Gauze
- Disposable hand/body warmers
- Bleached cotton cloths
- Newborn supplies (for late pregnancy)
- T-shaped belt
- Mother-child health handbook

##### Infants

- Diapers
- Disposable hand/body warmers
- Baby wipes
- Baby carrier
- Baby bottles
- Toys/books
- Water bottle
- Snacks
- Baby food
- Mother-child health handbook
- Spoons, paper cups/plates
- Powder/liquid baby formula

#### Households with pets

- Owner's emergency contact information/location address
- Therapeutic food/medication
- Pee pads
- Pet food (enough for over 7 days)
- Food/water bowls
- Carrying bag/cage
- Towels/brushes
- Extra collar/leash (non-retractable)
- Toys
- Pet waste supplies

Pets are also a member of your family. Consider your pet's evacuation in your evacuation plans.

Ensure that your pet has had basic training and is vaccinated. They should also be used to being in a cage.

You may not be able to take your pet with you to an evacuation shelter if there are many people there. Consult the rules of the nearby evacuation shelter of your municipality beforehand. Furthermore, if you leave your pet at your relative's or acquaintance's house, it is important to discuss it with them in advance.



# 7 Gathering Information

-How to obtain information during a disaster and an emergency evacuation-

Gather information from municipalities via TV, radio, internet, etc.

## Weather/Evacuation Information, etc.

- TV, radio
- NHK "d" button
- Municipality homepage
- Local government emergency radio
- Information from PR vehicles and fire departments
- Emergency news messages

### NHK "d" button (Japanese Only)

Press the "d" (data broadcasting) button of your remote controller. After the menu of the data broadcasting is displayed, choose the disaster information you want to check, and press OK.

Press the "d" button



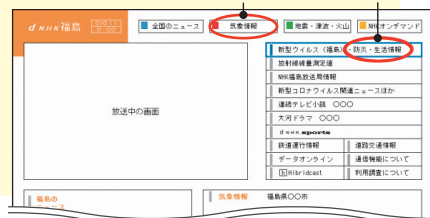
### 1 When you want to check weather information

Choose "Weather information" and press "OK", or the red button of the controller.

### 2 When you want to check "Evacuation/Evacuation Shelter" information

Choose 「新型コロナウイルス(福島)・防災・生活情報」(Novel Virus (Fukushima)/Disaster Prevention/Living Information) and press "OK". The menu list of the pre-set municipality will be displayed. If the municipality has distributed information regarding 「避難・避難所」(Evacuation/Evacuation Shelter), then 「避難情報」(Evacuation Information), and 「開設避難所」(Opened Evacuation Shelter) will be displayed in red. Choose the information you want to check, and press "OK".

Screen image of the data broadcasting



Check these websites and apps in advance for gathering information

- Weather information ..... Weather warnings/advisories by JMA (English)
- Safety confirmation during a disaster ..... Disaster message board (English/Japanese)
- Evacuation information ..... NHK Evacuation information in each area (Japanese)
- Yahoo! JAPAN disaster prevention newsflash ..... Yahoo! disaster prevention app (Japanese)

Fukushima Prefecture official disaster prevention Twitter account @Fukushima\_Bosai



"Disaster Prevention Information in Fukushima" Hazard map



## After you have evacuated

- Evacuation shelter bulletin boards
- Disaster Emergency Message Dial 171
- Disaster Message Boards

### Instructions

**How to record messages**

171 Dial 171

When recording 1

If you are in the affected area, enter your phone number. If not, enter the phone number of the person in the affected area whom you wish to contact.

(X X X) X X X - X X X X

1 #

Record your message.

**How to play back a message**

171 Dial 171

When playing back 2

1 #

Play back a message.

### Disaster Emergency Message Dial 171

When a disaster occurs, the communication traffic to the disaster-stricken area increases, making it difficult to get through. Disaster Emergency Message Dial 171 is a voice message service where people in the affected areas record messages confirming their safety. The message can then be played back by others anywhere in Japan (Explanation is in Japanese).

### Disaster Message Boards (Mobile phones/smartphones)

By using mobile internet, people in the affected areas can leave a text message, and everyone can confirm the safety of each other using their mobile phone numbers. For smartphone users, please check your carrier's website.

#### Instructions (Screen image examples)

**MENU**

- Disaster Message Board
- Safety confirmation...

1 My menu

2 Weekly guide Recommendation...

3 Menu list

**Disaster Message Board**

Only those in affected areas can register their message.

Register Confirm Delete

**Disaster Message Board**

Only those in affected areas can register their message.

Register Confirm Delete

**Register your message**

▼Your current situation/condition

Safe.

There's damage

At home

At an evacuation shelter

▼Comment (up to 100 characters)

I'll be back tomorrow.

\*When checking your registered message, your mobile phone number and the registered date are displayed. \*From the tenth message onwards, the previous messages will be removed in order, starting with the oldest one.

Register

**Confirm your message**

Enter the mobile phone number of the person whose safety you want to confirm, and press "Search."

Mobile phone number

XXX XXX XXXX

Search

Let's create

## Fukushima My Evacuation Plan Sheet



### Create a "My Evacuation Plan Sheet" on the computer/smartphone.

You can make a "My Evacuation Plan Sheet" on the computer/smartphone. For details, search for 福島マイ避難シート(Fukushima My Evacuation Plan Sheet) (Japanese only).




福島マイ避難シート (Fukushima My Evacuation Plan Sheet)

# My Evacuation Plan Sheet

-Consider the best evacuation plan for you-

My Evacuation Plan Sheet is an evacuation plan that should be shared with family members. You need to make plans regarding how/when/where to evacuate based on the possible risk of flood, both for your home and your workplace. To evacuate safely from the danger of flood, create these plans together with your family members and colleagues.

### Example



Check the risk of disasters at your home by using a hazard map.

**Expected inundation zone**

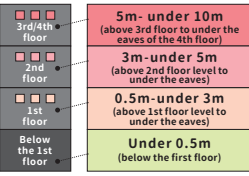
Expected flood zone

0.5m  1.0m  2.0m  3.0m  5.0m

N/A

**Danger of Landslide**

Landslide hazard zones  Landslide special hazard zones  None



|                        | Risk of weather worsening   | Weather worsens   | Risk of disaster  | High risk of disaster            | Disaster occurrence/impending  |
|------------------------|---|---|---|----------------------------------|--------------------------------|
| Alert level            | 1   | 2   | 3   | 4                                | 5                              |
| Evacuation Information | Early Warning Information<br><small>(Japan Meteorological Agency)</small>   | Heavy Rain, Flood, or Storm Surge Advisories<br><small>(Japan Meteorological Agency)</small>  | Evacuation of the Elderly, etc.<br>   | Evacuation Order<br>             | Secure your safety immediately |
| Action: Who does what  | (Father) Pay attention to the weather information on TV.<br><br>(Father) Check the schedules of all family members.<br><br>(Mother) Prepare a disaster kit<br><br>(Mother) Go to the hospital to get a week's worth of necessary medications.<br><br>(Me) Pay attention to the rainfall and the condition of rivers on TV, the internet, etc.<br><br>(Father) Make sure of the location of the evacuation sites and how to evacuate using a hazard map. | (Grandparents) Evacuate to xx Health Center with the caregiver by car. (15 min.)<br><br>(Me) Monitor the water level of rivers on the internet. Monitor the flood warnings on TV. | (Father, mother and I) Evacuate to the gymnasium of xx High School on foot (20 min.). | Take action to protect your life |                                |

When you make an evacuation plan, you should write how to evacuate, who will evacuate, where to evacuate and with who.



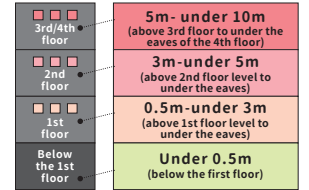
Check the risk of disasters at your home by using a hazard map.

### Expected inundation zone

- Expected flood zone
- 0.5m  1.0m  2.0m  3.0m  5.0m
- N/A

### Danger of Landslide

- Landslide hazard zones  Landslide special hazard zones  None



|                        | Risk of weather worsening   | Weather worsens  | Risk of disaster                    | High risk of disaster | Disaster occurrence/impending    |
|------------------------|---|--|-------------------------------------|-----------------------|----------------------------------|
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| Action: Who does what  |   |  |                                     |                       | Take action to protect your life |

### Contact information of your family and loved ones

| Name | Phone number |
|------|--------------|
|      |              |
|      |              |
|      |              |
|      |              |

### Contact information of acquaintances/relatives whose house can be used as a place for evacuation

| Name | Phone number |
|------|--------------|
|      |              |
|      |              |

### Check sheet for items you need to take

**Food, etc.**

Emergency food and water

**Infectious disease protection**

Masks  Alcohol-based hand sanitiser

Thermometer  Wet tissues

**Clothes, etc.**

Raincoat  Blankets

Undergarments

**Daily necessities**  Glasses/Contact lenses

Towels  Feminine hygiene products

Toothbrush and Mouthwash

Portable toilet  Plastic bags

**Disaster kit items**

Portable radio

Flashlight  Batteries

Whistle  Headlamp

Battery charger and batteries

**Medical supplies**

Medication

First aid kit

**Valuables**

Bank books, personal seal, cards



# “Insurance and Mutual Aid (Kyosai)”

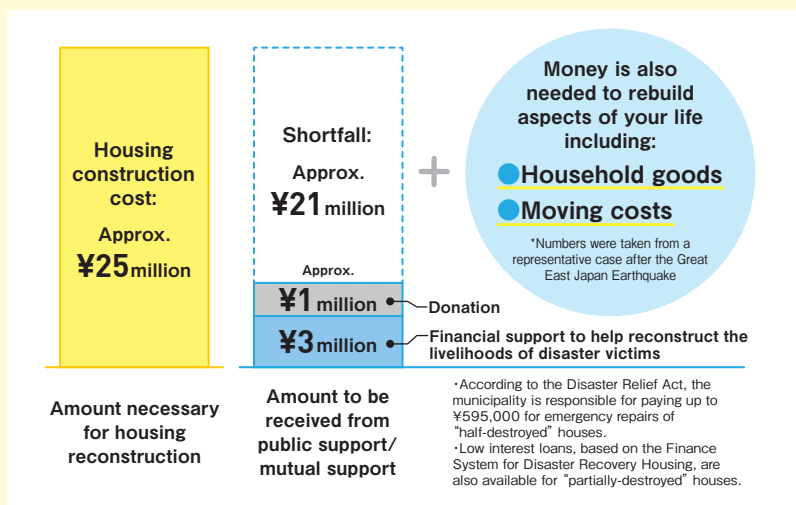
## Get insurance for when you have to rebuild your life

In cases where a large-scale flood disaster causes extensive damage to your home, it will be costly to repair and rebuild. Public support funds alone will not suffice for housing/living reconstruction.

It is important to be prepared for disasters, such as having insurance and mutual aid, in case you have to rebuild your home/life. Even if you have already have it, you should review your coverage to make sure whether it is adequate.

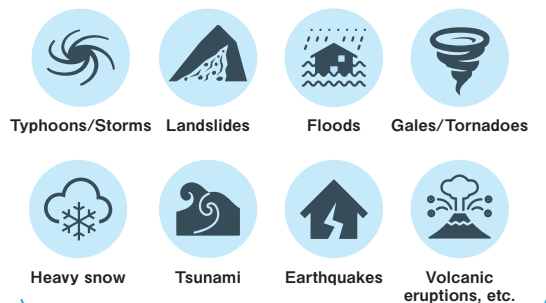
This is how much it costs to rebuild your house after it is completely destroyed.

The reconstruction costs of a completely destroyed house by the Great East Japan Earthquake amounted to be about ¥25 million on average, while the costs covered by public funds amounted to only about ¥4 million, even with goodwill donations included.



### Make sure your home is properly covered for a disaster.

By enrolling in insurance/mutual aid, damage from floods/high tides/landslides caused by typhoons/storms, or damage from earthquakes/tsunamis/volcanic eruptions to your house and household goods will be compensated. There are different types of insurance/mutual aid for disasters, such as those added and attached to your fire insurance (or Kyosai) for disaster-related damage, or included it in basic compensation. Be aware of the possible disaster risk to your house and make sure you are properly covered by your insurance. Furthermore, regardless of the extent of damage to the building, household goods may also be considerably damaged, and therefore need to be repurchased. Homeowners are recommended to prepare both for building compensation and for household property compensation.



### The scope of coverage depends on which insurance /Kyosai you take out.

For details, please check with your insurance company/Kyosai organization.

As for Kyosai, you typically need to pay a one-time investment fund (share) to become a member of a Kyosai organization, so please check with each organization.

Source: The Cabinet Office "Protect Our Home from Flood Disaster and Earthquake-Recommendations for having insurance or mutual aid"