

# How to protect your life from natural disasters (Heavy rain/flood/landslide)

Issued by Higashine-City Internationalization Committee (August, 2021)  
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Japan is a country that experiences many natural disasters. It is important to keep "protecting yourself" in mind on a daily basis. Please read this handbook and make sure you are prepared for when a disaster strikes.

## Heavy rain/flood

During the rainy season from June to July and the typhoon season from August to October, we have a lot of rain. When rain falls a lot, it can result in flooding onto the streets and houses due to river flooding and river banks bursting.

Be sure to stay away from the river when it is raining heavily.



## Landslides

When there is a lot of rain, it is dangerous because the mountains or cliffs collapse and a lot of dirt and rocks slide like a river.

Be sure to stay away from the mountains and cliffs when it is raining heavily.



## Weather advisory/warning

Be sure to check for the news on when the typhoon comes and rain/wind becomes strong on TV and radio.

Term	Explanation
Advisory	Notice issued when a disaster is anticipated. Be sure to check for the news and survey the situation outside. Be sure to check where to seek shelter and your route to that place.
Warning	Notice issued when a significant disaster is anticipated.
Emergency warning	Notice issued when a major disaster is anticipated. It is a very dangerous situation.



## Evacuation information/alert level

Be sure to check for the news on TV, radio and website if evacuation is necessary.

Alert level	Evacuation information	Your action
1~2	Advisory, etc.	Watch the news on TV and check where to seek shelter and your route to that place on the hazard map.
3	Evacuation for the elderly and other high-risk persons	People who need time to evacuate such as elderly people and children should evacuate immediately. Other people, Start preparing for evacuation.
4	Evacuation directive	Evacuate immediately. If it is dangerous to go outside, go to the safest place nearby or a higher place such as the 2nd floor of your house.
5	Emergency safety measures	A disaster is occurring in your neighborhood. Save your life. If it is dangerous to go outside, go to the safest place nearby or a higher place such as the 2nd floor of your house.

## Emergency supplies

Electricity, gas and water can be shut off when a disaster occurs. Be sure to prepare foods, beverages and commodities for at least 3 days so that you can live without needing to buy anything.

Beverages/foods	<input type="checkbox"/> Drinking water (3L/day for one person) <input type="checkbox"/> Foods (that can be stored for quite a while such as canned foods, ready-to-eat meals, instant noodles, candies, chocolates, etc.)	
Commodities	<input type="checkbox"/> Clothes(outerwear/underwear) <input type="checkbox"/> Towels <input type="checkbox"/> Cotton gloves <input type="checkbox"/> Masks <input type="checkbox"/> Flash lights <input type="checkbox"/> Lighters <input type="checkbox"/> Candles <input type="checkbox"/> Batteries <input type="checkbox"/> Portable radio <input type="checkbox"/> Tissues <input type="checkbox"/> Wet tissue <input type="checkbox"/> Toilet paper <input type="checkbox"/> Plastic bags <input type="checkbox"/> Sanitary goods <input type="checkbox"/> Baby formula and diapers <input type="checkbox"/> Diapers for the elderly <input type="checkbox"/> Portable gas stove and gas canisters	

## Items to bring during evacuation

Be sure to pack the following items in a bag beforehand and bring it to the evacuation shelter.

Beverages/foods	<input type="checkbox"/> Drinking water (bottled) <input type="checkbox"/> Foods (that can be stored for quite a while such as canned foods, candies, chocolates, etc.)	
Commodities	<input type="checkbox"/> Clothes(outerwear/underwear) <input type="checkbox"/> Towels <input type="checkbox"/> Cotton gloves <input type="checkbox"/> Masks <input type="checkbox"/> Cellphone and charger <input type="checkbox"/> Disinfectant/thermometer <input type="checkbox"/> Toiletries <input type="checkbox"/> Extra eye glasses/contact lens <input type="checkbox"/> Regular medicine <input type="checkbox"/> Tissues <input type="checkbox"/> Wet tissues <input type="checkbox"/> Toilet paper <input type="checkbox"/> Plastic bags <input type="checkbox"/> Portable toilet <input type="checkbox"/> Sanitary goods <input type="checkbox"/> Baby formula and diapers <input type="checkbox"/> Diapers for the elderly <input type="checkbox"/> Protection against the cold	
Valuables	<input type="checkbox"/> Money <input type="checkbox"/> Bank Passbook <input type="checkbox"/> Name seal <input type="checkbox"/> Passport <input type="checkbox"/> Residence card <input type="checkbox"/> Health insurance card	
Items to use during evacuation	<input type="checkbox"/> Flash lights <input type="checkbox"/> Lighter <input type="checkbox"/> Candles <input type="checkbox"/> Batteries <input type="checkbox"/> Portable radio <input type="checkbox"/> Helmet <input type="checkbox"/> Whistle	

## Services/organizations for getting information about disasters

Email distribution service (registration needed)	Information on disasters is emailed by Higashine-City. Be sure to register by your smartphone (cell phone) beforehand. <a href="https://www.city.higashine.yamagata.jp/12870.html">https://www.city.higashine.yamagata.jp/12870.html</a>	
NHK WORLD-JAPAN	News of Japan and Asian countries is available in several languages. Be sure to register for the program/app on your smartphone (cell phone) beforehand. <a href="https://www3.nhk.or.jp/nhkworld/">https://www3.nhk.or.jp/nhkworld/</a>	
Japan Meteorological Agency	Information on disasters is available in several languages. <a href="https://www.jma.go.jp/jma/indexe.html">https://www.jma.go.jp/jma/indexe.html</a>	
Disaster information service app Safety tips	Information on disasters is available in several languages. Be sure to register for the app on your smartphone (cell phone) beforehand. <a href="https://www.jnto.go.jp/safety-tips/eng/app.html">https://www.jnto.go.jp/safety-tips/eng/app.html</a>	
Life information in multi languages CLAIR	Useful information for life in Japan is available in several languages. <a href="http://www.clair.or.jp/tagengo/">http://www.clair.or.jp/tagengo/</a>	
Multilingual speech translation app Voice Tra (National Institute of Information and Communications Technology)	What you say is translated into other languages. Be sure to register for the app on your smartphone (cell phone) beforehand. <a href="https://voicetra.nict.go.jp/index.html">https://voicetra.nict.go.jp/index.html</a>	
Association for International Relations in Yamagata Counselling Help Desk for Foreign Residents	You can receive counselling in English, Chinese, Portuguese, Korean, Tagalog or Vietnamese when you're in trouble. TEL:023-646-8861 EMAIL:soudan@airyamagata.org <a href="https://www.airyamagata.org/">https://www.airyamagata.org/</a>	

## Disaster prevention memo

Be sure to check and write down the following information beforehand such as emergency contact, evacuation shelter, place to gather when family are split.

Name		Company/school name		Evacuation shelter	
Home address		Company/school phone number	TEL	Place to meet family	
Phone number	TEL	Name of family member		City hall/headquarters for disaster control	TEL 0237-42-1111
Birthday		Phone number of family member	TEL	Police station	TEL 110
Blood type		Contact in your country	TEL	Fire department	TEL 119
Country		Japanese friend's name		Ambulance	TEL 119
Native language		Phone number of Japanese friend	TEL	Phone number of your home country's embassy	TEL

# Higashine-City flood hazard map

Where do you evacuate to in the event of a disaster?

## About Designated Evacuation Shelter

- When a disaster is occurring, those who are in a dangerous area should evacuate to a safe place such as an evacuation shelter.
- Evacuation shelters are public facilities such as schools and community centers.
- Do not use a car, evacuate on foot as much as possible.
- Be sure to check the location of the evacuation shelter beforehand.
- Evacuation shelters are places to live for a while when you can't live in your own house.
- You can receive food, beverages, blankets and get necessary information.
- You can use them for free.
- People from the local community use the shelter together, so be sure to follow the rules.

Designated evacuation shelter ※Be sure to check a place to seek shelter beforehand.			
Facility name	建物の名前	Phone number	Things to beware of
1 Higashine Elementary School	東根小学校	0237-42-1200	
2 Higashine Chubu Elementary School	東根中部小学校	0237-43-8000	
3 1st Junior High School	第一中学校	0237-42-0114	
4 Central Sports Park	中央運動公園体育館	0237-53-1910	
5 Sakuranbo Tantokuru Center	ざくらぼんたんとくろセンター	0237-43-1155	
6 Civic gym	市民体育館	0237-42-2311	
7 Togo Elementary School	東郷小学校	0237-44-2224	
8 3rd Junior High School	第三中学校	0237-44-2120	
9 Togo Community Center	東郷公民館	0237-44-2223	
10 Takasaki Elementary School	高崎小学校	0237-44-2320	
11 Takasaki Community Center	高崎公民館	0237-44-2530	
12 Jimmachi Elementary School	神町小学校	0237-47-0035	
13 Jimmachi Community Center	神町防災センター(神町公民館)	0237-47-0149	
14 Otomi Junior High School	大宮中学校	0237-47-0409	
15 Nagatoro Community Center	長瀬公民館	0237-42-0301	
16 Higashine Community Center	東根公民館	0237-42-0107	You can't evacuate when a flood is occurring.
17 Jimmachi Junior High School	神町中学校	0237-48-3375	You can't evacuate when a flood is occurring.
18 Otomi Elementary School	大宮小学校	0237-47-0404	You can't evacuate when a flood is occurring.
19 Otomi Community Center	大宮公民館	0237-47-0401	You can't evacuate when a flood is occurring.
20 Odashima Elementary School	小田島小学校	0237-43-4449	You can't evacuate when a flood is occurring.
21 2nd Junior High School	第二中学校	0237-42-0343	You can't evacuate when a flood is occurring.
22 Odashima Community Center	小田島公民館	0237-43-4450	You can't evacuate when a flood is occurring.
23 Nagatoro Elementary School	長瀬小学校	0237-42-0321	You can't evacuate when a flood is occurring.
24 Omori Elementary School	大森小学校	0237-48-3500	You can't evacuate when a flood is occurring.

### Designated evacuation shelter

- Designated evacuation shelters (schools, community centers)
- These are places to seek shelter, however, they can't be used when a flood is occurring because water may come inside.
- Stairs to escape to higher place when a flood is occurring

### Places with a risk at evacuation

- Do not use underpasses when a flood is occurring and during evacuation.

### Inundation and house collapse risk zone (area that river water can overflow from banks and collapse or drift houses)

- Flood inundation (area that water overflowed from banks runs fast and can drift houses)
- Bank erosion (area that river water erodes banks and can drift houses)

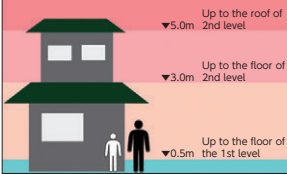
### Landslide disaster-prone zone

- Area with a risk of landslide
- Area with a risk of a severe landslide
- Streams and rivers with a risk of mudflow (stones and muds suddenly flood with water due to heavy rain)

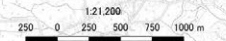
### Inundation depth (estimated)

- 0.0m-0.5m
- 0.5m-3.0m
- 3.0m-5.0m
- 5.0m-10.0m

### Inundation depth (image)



If you have any questions about this map, contact Crisis Management Office in Higashine City Hall.  
TEL: 0237-42-1111



This map displays flood-prone areas and anticipated inundation depth, based on the maximum expected precipitation designated by provisions of the Flood Prevention Law, when floods occurred at rivers in the relevant zones. (Map created in July, 2019)

Designated date  
 -Mogami River January 20th, 2017  
 -Midare River March 26th, 2019  
 -Murayamano River March 26th, 2019  
 -Shiromizu River March 26th, 2019  
 -Nitto River March 26th, 2019