# Urasoe City Disaster Prevention Map

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# Emergency Go Bag Checklist

## Checklist on Emergency Items

Be prepared for trouble during disasters.

**Let's start "Running Stock"!** "Running Stock": stockpile while using

This is a method of stockpiling larger quantities of familiar foods and packaged items that are typically eat / consume on a daily basis. Replenish these stocks as you use them so that you always have a constant amount on hand. The key is to stockpile while using it in your daily meals. It keeps your stockpiled item fresh and allows you to eat similar food to your daily meals in an emergency.

## Emergency Go Bag (Example)

**Be prepared and check your supplies regularly so that you can take them with you in an emergency. Mark the boxes ☑ to check if you are prepared.**

### Portable radio

- ☐ Radio
- ☐ Batteries (with some spares)

### First-aid kits

- ☐ Household medicines
- ☐ Ointment
- ☐ Pain killers
- ☐ Bandages
- ☐ Alcohol hand sanitizer

### Flashlight

- ☐ Flashlight (1 per person if possible)
- ☐ Batteries (with some spares)

### Valuables

- ☐ Cash
- ☐ Inkan seal
- ☐ Health insurance card
- ☐ Bankbook
- ☐ Driver's license

### Emergency food items

Ready-to-eat foods, dishes, etc.

- ☐ Emergency food
- ☐ Can opener
- ☐ Paper dishes
- ☐ Canned food
- ☐ Mineral water
- ☐ Paper cups

### Other

- ☐ Clothes (underwear, outerwear)
- ☐ Sanitary goods
- ☐ Baby food
- ☐ Face mask
- ☐ Bar soap/hand soap
- ☐ Thermometer
- ☐ Wrap films (to stop bleeding or cover dishes)
- ☐ Towels
- ☐ Baby supplies
- ☐ Rain wear
- ☐ Lighter
- ☐ Charger for mobile phones
- ☐ Wet tissue paper
- ☐ Writing utensils
- ☐ Notebook
- ☐ Plastic bags (large and small)
- ☐ Disaster Prevention Map (this handbook)

## Emergency Stockpiles (Example)

**Prepare items to survive for several days (at least seven days) until the disaster recovery process begins. Mark the boxes to see if you're prepared.**

### Drinking water

- ☐ Bottled or canned mineral drinking water (approximately 3 L per person per day)
- ☐ Emergency water storage tanks and other stored water supplies

### Emergency food

- ☐ Rice (retort-pouch rice and pregelatinized rice are also convenient)
- ☐ Canned food, ready-to-eat food
- ☐ Umeboshi pickles, seasonings, etc.
- ☐ Dry food, chocolate, candy (snacks, etc.)

### Fuel

- ☐ Portable cooking stove
- ☐ Gas cylinders
- ☐ Solid fuel

### Other

- ☐ Water for daily use (store water in the bathtub, washing machine, etc.)
- ☐ Blankets, sleeping bags, toiletries, dry shampoo, etc.
- ☐ Cooking utensils (pots, kettles, etc.)
- ☐ Buckets, camping equipment, etc.



# Precautions for Evacuation & Preliminary Knowledge of Disaster

## Make door lock, gas, fire, and electricity checks

**In case of evacuation,make sure to extinguish any flames, turn off the circuit breaker, and lock the doors and windows. Further,take only essential items during the evacuation.**

## Do not use cars for evacuation!

They will hinder the passage of emergency vehicles. It is dangerous because you will not be able to move if cars are flooded.

## Evacuate quickly!

Wear comfortable clothes for evacuation. Two or more people should evacuate themselves together. Do not return home for lost items as this may endanger your life.

## Immediate Measures on the Path of a Typhoon:

### Outdoors

- Lay down laundry poles and clothes racks and tie bicycles to pillars to prevent them from being blown away by the wind.
- Set up supports for garden trees, and keep flowerpots, building boxes, etc. indoors because they can be blown away by the wind.
- Remove the accumulated fallen leaves from the gutter and improve drainage. Clean the gutters and rainwater basins.
- Close windows and shutters tightly and reinforce them with boards from outside.
- Reinforce roof tiles and galvanized iron roof so that they will not be blown off.
- Always prepare sandbags and the like if there is a danger of flooding.

### Indoors

- Pay close attention to weather information on TV and the radio.
- In preparation for flooding, move household items such as household appliances, food, clothing, and bedding to a higher place and prepare emergency items, including valuables, to be taken out.
- Prepare flashlights and spare batteries.
- Prepare drinking water in anticipation of a water supply suspension. Secure water for daily use, such as toilet flushing water, by watering the bathtub.
- Close the curtains and blinds in preparation for flying objects from outside.

## Method of Evacuation from Disasters

### Be careful of the walking depth!

The average walking depth is about 50 cm. Call for help and wait for rescue at a high place if the water reaches your knees.

### Be careful of block walls.

Keep yourself away from old buildings and structures, such as block walls and gateposts on roadside houses, which are likely to fall over.

### In case of an avalanche of sand and stone

**Be careful about how to escape!**

An avalanche of sand and stone will flow fast and catch up with you if you try to escape in the direction of the flow. Be careful about how to escape (e.g., escaping at right angles to the course of the flow).

**Use proper footwear!**

Bare feet and boots are forbidden. Sneakers that can be tightened with strings are good.

## Know the Sign of Danger

### Signs of landslides

- Mountain stream and well water become turbid.
- The ground cracks.
- Water blows out from slopes.

### Signs of avalanches of sand and stone

- There are rumblings in the mountain.
- River water suddenly becomes turbid with driftwood seen in the flow.
- Despite the continued rain, the river water level drops.

### Signs of cliff failures and earthflows

- Cliff cracks are visible.
- Swelling water springs from the cliff.
- Pebbles fall from the cliff.

**Be especially careful if the amount of rain exceeds 20 mm per hour or if the total amount of precipitation exceeds 100 mm.**



# For the Safety of People in Need during Disasters & Voluntary Disaster Prevention Organizations

## If Anyone Needs Help:

### 《Elderly and People with Illnesses》

Elderly people, children, and people with illnesses need to evacuate first. Everyone should cooperate during the evacuation.

### 《Hearing-impaired People》

When speaking, face straight on and move your mouth clearly. Use sign language, writing, gestures, etc. to convey information accurately.

### 《Blind People》

Speak clearly and slowly in a loud voice. In the case of guiding a blind person, have the person lightly hold your elbow and walk half a step ahead at a slow speed.

### 《Disabled People》

In the case of a person who uses a wheelchair, be sure to have at least three people on the stairs for assistance! Have the person facing forward in the case of going upstairs and face backward in the case of going downstairs.

## Voluntary Disaster Prevention Organization《Regional Disaster Prevention Capabilities》

Human and material damage can be reduced by coordinating self-help, mutual help, and public help if a disaster occurs. Once a large-scale disaster has occurred, the assistance activities of public institutions may not be able to respond sufficiently due to disruptions in the traffic network or simultaneous multiple fires. Therefore, it is essential not only to prepare for disasters by yourself (self-help) but also to help the local community by helping each other (mutual assistance).

You should start activities for strengthening mutual assistance and strengthening local disaster prevention capabilities. You can do this through the organizational activities of voluntary disaster prevention to reduce disaster damage and create a disaster-resistant community.

### <Local Disaster Prevention Capabilities>

- **Self-help**: Activities to protect yourself, your family, and your property.
- **Mutual assistance**: Activities in which local and neighboring people cooperate.
- **Public assistance**: Rescue and aid activities conducted by the fire department, police, and government

### 1. What is a voluntary disaster prevention organization?

- ○ A voluntary disaster prevention organization enables local people to work together for disaster prevention activities daily, not to mention in times of disaster.
- ○ Typically, a voluntary organization for disaster prevention conducts disaster prevention drills and public relations activities. However, in times of emergencies, the organization performs activities, including initial firefighting, rescue and first-aid operations, collective evacuation, and the supplying of food and water to shelters.

### 2. Why do we need a voluntary disaster prevention organization?

- ○ In the event of a large-scale disaster, it may not be possible for a public disaster prevention organization, such as the fire department, to respond sufficiently. In such a case, it will be possible for residents to mitigate damage by cooperating in sending information on disasters and evacuation, providing evacuation guidance and safety confirmation, and conducting rescue and first-aid activities. Furthermore, to promote these activities quickly, it is practical to decide in advance the division of roles in the region in a relationship "where people can see each other." Preparations (with structural planning) are essential for a variety of more practical activities.



# Disaster Emergency Message Dial 171

In the event of a disaster, the usual home phone and mobile phone lines will be congested. To make sure your family is safe, use NTT's disaster message dialing service.

| How to message | How to listen to messages |
|---|---|
| ① Call 171 *Guidance will be given in Japanese. | ① Call 171 *Guidance will be given in Japanese. |
| ② Press 1 to message *Guidance will be given in Japanese. | ② Press 2 to listen to messages *Guidance will be given in Japanese. |
| ③ (□□□□□)□□□□-□□□□ Press your phone number or the phone number of the person you want to contact. | |
| 1 Record a message. | 1 Listen to messages. |

## Emergency Contacts

Fire Dept./Ambulance : 119　Police Dept. : 110

**■ Weather Information**

| Name | Phone |
|---|---|
| Okinawa Regional Headquarters, JMA | 098-975-5771 |

**■ Public Administration**

| Name | Phone |
|---|---|
| Urasoe City Disaster Prevention and Crisis Management Division | 098-876-1190 |
| Okinawa Prefecture Crisis Management Division | 098-894-7890 |

**■ Lifeline**

| (For information on electricity) | Phone |
|---|---|
| Okinawa Electric Power Company Call Center | 0120-586-601 |
| **(For information on water and sewage)** | **Phone** |
| Urasoe City Water and Sewerage Department | 098-877-0420 |

# Your Disaster Prevention Memo

| Name | Blood type | Nationality | Birthday |
|---|---|---|---|
| | | | |
| Address | | Telephone number | |

| Fire and Emergency 119 | Police 110 | Disaster Emergency Message Dial 171 |
|---|---|---|

- ● Contact information on your country's embassy
- ● Evacuation sites and shelters

● Contact information of your acquaintances and family members

| Name | Address | Telephone | Memo |
|---|---|---|---|
| | | | |
| | | | |
| | | | |

- ● Fill it out beforehand and remember the addresses.
- ● Ask people around you for advice.
  - ○私はどうしたらいいのですか? (What should I do?)
  - ○どこに行けばいいのですか? (Where should I go?)
  - ○助けてください。(Please help me.)

# About Disaster Information

Regarding flooding and landslide disasters, evacuation information issued by municipalities, as well as disaster prevention weather information issued by the Japanese government and prefectural governments, is organized into five levels.

| Alert Level | Situation | New Evacuation Information |
|---|---|---|
| 5 | Disaster has occurred or is imminent | Emergency Safety Measures ※1 |
| ～～～ Be sure to evacuate by Alert Level 4 ～～～ | | |
| 4 | High risk of disaster | Evacuation Instruction ※2 |
| 3 | Risk of disaster | Evacuation of the Elderly, etc. ※3 |
| 2 | Weather worsening | Heavy Rain Advisory, Flood Advisory, Storm Surge Advisory (Japan Meteorological Agency) |
| 1 | Risk of weather worsening | Early Advisory Information (Japan Meteorological Agency) |

※1 Alert Level 5 is not always issued due to a number of reasons, such as municipal authorities being unable to accurately grasp the severity of the disaster.
※2 Evacuation Instructions will be issued at the same time as when Evacuation Advisories used to be issued.
※3 At Alert Level 3, everyone should adjust their daily activities as needed and prepare to evacuate. If they feel that their safety is threatened, they should evacuate

## Estimated Rainfall and Types and Standards of Weather Information

Announcement standards of information on heavy rain advisories, heavy rain warnings, and record-breaking short heavy rain

- **Heavy rain advisory**: Issued if it is predicted that heavy rain may cause a disaster. [Announcement criteria] Surface rainfall index: 13 or over; Soil rain index: 134 or over
- **Heavy rain warning**: Issued if it is predicted that a big disaster may occur due to heavy rain. [Announcement criteria] Surface rain index: 25 or over; Soil rain index: 192 or over
- **Information on record-breaking short heavy rain**: If there is intense rainfall that could lead to avalanches of sand and stone, floods, and overflowing of small and medium-sized rivers. [Announcement criteria] One-hour rainfall: 110 mm or more

The surface rainfall index indicates an increase in the risk of flood damage due to short-term heavy rain. In addition, the soil rainfall index shows an increase in the risk of sediment disasters caused by rainfall.

Starting in late May 2026, new disaster prevention weather information services are scheduled to begin. For details, please visit the Japan Meteorological Agency website. QR code attached.

## Torrential rain

**Torrential rain is heavy rain that suddenly concentrates in a limited area in a short period, and often occurs at the end of the rainy season. An outbreak of torrential rain is relatively difficult to predict and can cause major damage by the flooding of small- and medium-sized rivers, avalanches of sand and stones, and cliff failures. Therefore, it is necessary to pay close attention to weather information and take thorough measures.**

- Pay attention to weather information on the radio and TV.
- Listen carefully to public announcements from towns and disaster prevention agencies.
- Prepare a flashlight and portable radio in preparation for a power outage.
- Prepare emergency take-out belongings.
- Go home early, contact your family, and prepare for an emergency.
- Reserve drinking water and food for several days.
- Move household goods to high places in case of flooding.
- Prepare to evacuate yourself from dangerous areas at any time.

# Tsunami / Storm Surge

**The Japan Meteorological Agency (JMA) will issue a major tsunami warning, tsunami warning, or tsunami advisory approximately three minutes after an earthquake if it is expected to cause a disaster. Furthermore, the JMA will issue a storm surge warning, storm surge advisory, high-wave warning, or high-wave advisory if a storm surge or wave is expected to cause a disaster.**

## Types of tsunami warnings and advisories

*A major tsunami warning is a special warning.

| Type | Announcement criteria | The height of the tsunami announced: Numerical announcement (Tsunami height prediction category) | The height of the tsunami announced: Announcement in case of a huge earthquake | Possible damage and actions to take |
|---|---|---|---|---|
| Large tsunami warning | The expected tsunami height peaks higher than 3 m. | Over 10 m (10 m < Expected height) | Megatsunami | Wooden houses will be destroyed or washed away, and people can be caught up in the tsunami flow. **People along the coast or rivers should immediately evacuate to safe places, such as hills and evacuation buildings.** |
| | | 10 m (5 m <Expected height ≤ 10 m) | | |
| | | 5 m (3 m < Expected height ≤ 5 m) | | |
| Tsunami warning | The expected tsunami height is over 1 m and less than 3 m. | 3 m (1 m < Expected height ≤ 3 m) | High tsunami | At low altitudes, a tsunami hits and causes flood damage, and people are often involved in the flow of the tsunami. **People along the coast or river should immediately evacuate to safe places, such as hills and evacuation buildings.** |
| Tsunami Advisory | The expected tsunami height is over 0.2 m and less than 1 m, and there is a risk of disaster due to the tsunami. | 1 m (0.2 m ≤ Expected height ≤ 1 m) | (Not specified) | People are caught in fast currents, aquaculture rafts, are washed away, and small boats capsize. **Anyone in the sea should immediately return and leave the shore.** |

## Types of storm surge and wave warnings

| Type | Contents |
|---|---|
| Storm surge warning | An announcement will be made when it is anticipated that a serious disaster may occur as a result of an abnormal rise in tide due to a typhoon or low pressure. |
| Storm surge advisory | An announcement will be made if it is anticipated that a disaster may occur as a result of an abnormal rise in tide due to a typhoon or low pressure. |
| High sea warning | An announcement will be made if it is anticipated that a serious disaster, including damage to coastal facilities, may occur as a result of high waves. |
| High sea advisory | An announcement will be made if it is anticipated that a disaster, including distress by high waves and damage to coastal facilities, may occur as a result of high waves. |

### Evacuate quickly to high places

Promptly evacuate yourself to a higher place that is farther away from the sea.

### Evacuate yourself on foot if possible

Evacuate yourself on foot as much as possible because cars can lead to traffic jams and dangerous situations.

### Get the right information

Get the right information from the emergency radio system and TV and radio broadcasts.

### Keep away from rivers and coasts

Coasts and rivers are dangerous if an earthquake occurs or a tsunami warning or advisory is issued. If you are fishing or swimming, leave the beach immediately and evacuate yourself to a higher place.

### Follow evacuation instructions

If an evacuation order is issued, make an individual decision at that moment and evacuate yourself to a safe and high place immediately.



# Floods / Earth and Sand Disaster

**The amount of river water may increase, or the water may seep into the ground, causing serious disasters due to heavy rains. Understand the disaster mechanism in advance and respond to disasters that may occur nearby.**

## River flooding

There are two types of inundation caused by increased rainfall. One of them is inundation by river water, which occurs when water overflows from a river or when a levee breaks down. The other one is inundation inside a levee that overflows from waterways because draining water in the city is not possible at that time.

### Inundation by river water

Inundation by river water occurs when a large amount of heavy rainwater flows into the river. This raises the river water level, and the river water crosses over the levee or breaks the levee and floods. When flooding occurs, the water level rises at a stretch, so be extremely careful.

### Inundation inside a levee

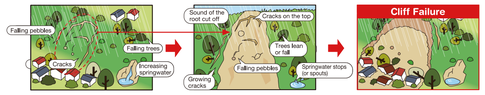
Inundation inside a levee occurs from rainwater falling inside the levee, or when water that has flowed in from around the levee stays and exceeds the draining capacity inside the levee. The public needs to pay attention because it is difficult to determine the timing of a warning based on a specific water metering level of the river.

## Sediment disaster

You may notice a different situation, e.g., a sign of a landslide disaster, even if no landslide warning information has been released. In such a case, immediately evacuate yourself to a safe place with people around you. Furthermore, it is also essential to check danger points, evacuation sites, and evacuation routes daily.

### Cliff failure

Water that soaks into the ground weakens the soil's resistance. The crumbling of cliff slides can also occur suddenly due to rain or earthquake. Many people will be left behind if it occurs near to homes, and the percentage of victims will be high.




### Avalanche of sand and stone

An avalanche of sand and stone on hillsides and riverbed occurs as a result of prolonged rain or heavy rain, and sand and stone are flushed downstream all at once. The speed of the flow varies depending on the scale, but usually at a rate of 20 to 40 km/h, and it will destroy houses and fields in an instant.

### Landslide

A landslide is a phenomenon in which all or part of a slope slowly moves down due to the influence of groundwater and gravity. In general, the amount of moving soil mass is large, causing severe damage. Also, once the ground starts moving, it is difficult to stop it completely.

*The above shows general precursory phenomena, which do not always occur. If you feel anything is unusual or any danger, try to evacuate yourself.