

Disaster Prevention Handbook for Foreign Residents

Be prepared for a natural disaster

Please highlight the area
where you live



Yamaguchi
Prefecture



Shimane Prefecture



Shimane International Center

Introduction

A “natural disaster” ^{さいがい} [災害] (SAIGAI) is when a person suffers damage because of a natural event, such as heavy rain or an earthquake. Action to stop or reduce such damage is called “disaster prevention” ^{ぼうさい} [防災] (BŌSAI).

There are many natural disasters in Japan, including in Shimane Prefecture. There are many different types of natural disaster. Depending on the type of disaster, its size, the terrain, etc., the method to protect yourself can be different.

We do not know when a disaster will happen. In order to protect yourself and your family, and to reduce damage, it is important to know about disasters, disaster prevention, living in Japan, information about your town, and what Japanese to use in an emergency.

This handbook contains information about preparing for a disaster, types of disasters, and what to do in a disaster. If a disaster happens, remember to “**protect yourself**” first. Using this handbook as a guide, please think about disaster situations with your family and friends, in order to save lives.

Also, it is important to help each other in a natural disaster. Let’s keep in contact with people who live around us. In a natural disaster, let’s help each other to protect our lives and livelihood.

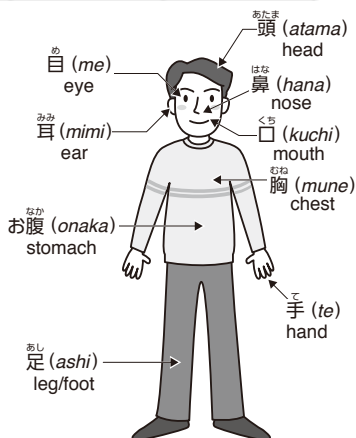
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Japanese for Emergencies & How to Call

Let's prepare for emergencies by learning Japanese!

- 火事です (Kaji desu) There is a fire
- 助けてください (Tasukete kudasai) Please help
- 救急車 / 消防車 / 警察を呼んでください (Kyūkyūsha / shōbōsha / keisatsu o yonde kudasai) please call an ambulance / a fire truck / the police
- 避難所はどこですか? (Hinanjo wa doko desu ka?) Where is the evacuation shelter?
- 避難所へ連れて行ってください (Hinanjo e tsurete itte kudasai) Please take me to the evacuation shelter
- 今、何が起きていますか? (Ima, nani ga okite imasu ka?) What is happening now?
- ○○が痛いです (○○ ga itai desu) My ○○ hurts
- けがをしました (Kega o shimashita) I am injured
- ここはどこですか? (Koko wa doko desu ka?) Where am I? What is this place?
- 英語が話せる人いますか? (Eigo ga hanaseru hito imasu ka?) Does anyone speak English?
- トイレ (toire) toilet、病院 (byōin) hospital、コンビニ (konbini) convenience store
- 公衆電話 (kōshū denwa) public telephone



Who to Call in an Emergency (Telephone Numbers)

Ambulance / Fire truck

119

Police

110

When an ambulance, fire truck, or police car is sounding its siren and trying to pass, please move your car to the left side of the road.

How to Use a Public Telephone

- When calling for an ambulance, fire truck, or the police

Telephones with no emergency call button

- ① Lift the telephone
- ② Dial 119 or 110

Telephones with an emergency call button

- ① Lift the telephone
- ② Press the emergency call button
- ③ Dial 119 or 110



emergency call button

- When calling someone in Japan during a large disaster

* When there is a large disaster, you may be able to use public telephones for free.

Telephones with no emergency call button

- ① Lift the telephone
- ② Dial the phone number

Telephones with an emergency call button

- ① Lift the telephone
- ② Insert a coin (¥10 or ¥100) or a telephone card
- ③ Dial the phone number

* When calls are free, your coin or telephone card will be returned after the call.

About Japan and Shimane

About Japan

Japan is surrounded by the sea. Approximately 70% of the land has mountains and forests. Because there are many mountains and valleys, flooding is common after heavy rainfall. With four distinct seasons, natural disasters such as typhoons and heavy snowfall are also common.

In addition, there are four tectonic plates under Japan, so earthquakes can happen easily. There are many hot springs in Japan which are heated from volcanic activity—evidence that Japan also has many volcanoes.

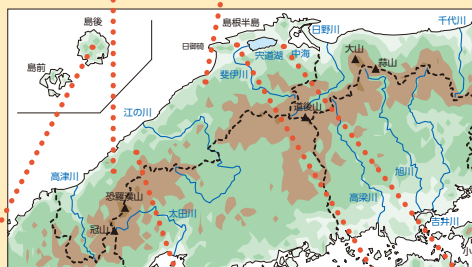
About Shimane

Shimane Prefecture is the area between the Chūgoku Mountains to the south and the sea to the north, as well as the Oki Islands. In the past, Shimane has experienced damage from natural disasters such as large earthquakes, heavy rainfall, and typhoons. In Shimane, there are more than 20,000 locations with a landslide risk, which is the second highest number in Japan. There are also active faults here, which can cause earthquakes. In 2017, the Coordinating Committee for the Prediction of Volcanic Eruptions reported that there are 111 active volcanoes in Japan. One of these active volcanoes is Mt. Sanbe, located in Shimane.

Terrain and Natural Disasters in Shimane Prefecture



Heisei 25 (2013)
Western Shimane Heavy Rain



Earthquake hypocenter in
Western Shimane
(Heisei 30, 2018)



Heisei 19 (2007) Oki Heavy Rain



Shōwa 63 (1988) Heavy Rain



Heisei 18 (2006) Heavy Rain



Heisei 18 (2006) Heavy Rain

There is a nuclear power plant in Shimane Prefecture. In case of an accident, please follow government directions.

Natural Disasters

台風 (TAIFŪ) Typhoon

Typhoons are large rain clouds that form over the sea south of Japan. Most typhoons come to Japan from the west/southwest, and move towards the northeast. Typhoons often appear from August to October. It rains heavily and there are strong winds. You must also be careful about landslides, high tides (sea levels rise, so normally dry places may be flooded), and high waves. At the center (eye) of the typhoon, there is almost no rain or wind. However, there is rain and wind around the center, so you must be careful until the typhoon completely passes. You can learn about a typhoon's strength and movement through TV or the Internet.



Preparing for a Typhoon

- If objects near your house will blow away in the wind, bring them inside the house.
- Lock any windows.
- There may be power outages, so prepare a flashlight.

Typhoon Forecast Map



- ① 25+ m/s storm area
- ② 15+ m/s strong wind area
- ③ storm hazard area
- ④ forecast path

(Japan Meteorological Agency homepage)

大雨 (ŌAME) Heavy Rain

Rain can fall for a long time, or it can fall heavily in a short time period. Rivers can flood in heavy rain, and houses may also flood or be swept away. If heavy rain falls in one area for a few hours, it is called "torrential rain" [集中豪雨]

(SHŪCHŪGŌU). If heavy rain falls in one area for a few minutes, it is called "localized heavy rain" [局地的大雨] (KYOKUCHITEKI ŌAME). Heavy rain is common at the end of the rainy season (from June to July) and during typhoons.

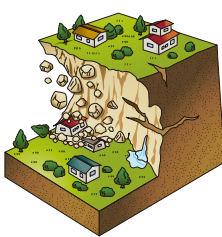
In heavy rain, it may be dangerous to go to an evacuation shelter. When it is dangerous to go outside, please evacuate to the highest and safest room possible.



Sloped land can collapse when weakened in heavy rain or earthquakes. Landslides can include rockfall from cliffs, debris flow, and landslips. Sometimes there are warning signs before a landslide, such as cracks in cliffs, small falling rocks, rivers becoming muddy, and cracks in the ground. If there is heavy rain or you see these warning signs, do not go near mountains or cliffs.



Rockfall



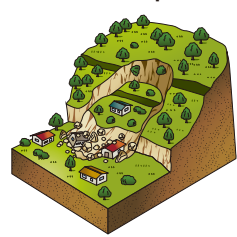
Cliffs suddenly collapse

Debris flow



Sediment flows in a large volume of water

Landslip



Earth and sand slowly slips downward

About Alert Levels and Evacuation During Landslides or Heavy Rain

Alert Level	What to Do	Evacuation Information
1	Listen for new information	
2	Check your evacuation plan	
3	Prepare for evacuation; Evacuation of people who need extra time (elderly, disabled, etc.)	Evacuation Preparation & Evacuation of the Elderly, Etc. (Please see pg. 17)
4	Evacuation of everyone; Quickly go to an evacuation shelter or safe place nearby	Evacuation Order (Emergency) & Evacuation Advisory (Please see pg. 17)
5	Protect your life	Disaster Occurrence Information

*** At Alert Level 4, everyone should evacuate.**

If you decide that the route to the evacuation shelter is dangerous and life threatening, please escape to a safe location/building, or move to the safest room in your current location (a high room far from cliffs).

地震 (JISHIN) Earthquake

The ground will shake. In a large earthquake, you will not be able to stand. Depending on where you are (in a house, in an elevator, outside, etc.) methods to protect yourself and evacuate are different. After a large earthquake, there may be aftershocks. Sometimes, the aftershocks are larger than the original earthquake.

What to Do in an Earthquake

[In your house]

During shaking

① **Protect yourself**

Hide under a strong table or desk and protect your head.



② **Do not go outside in a hurry**

It may be dangerous to go outside immediately. Objects may fall on you.



When shaking has stopped

③ **Turn off the gas**

Extinguish any flames.

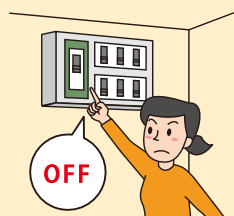


④ **Open doors and windows to make an escape route**

Be careful—in an earthquake, it can become difficult to open doors.



⑤ **When evacuating, turn off the circuit breaker before leaving your house.**



[In an elevator]

- **Press the buttons of all floors. Get out when the elevator stops. If the door does not open, press the emergency button.**



[In a crowded building]

- **Rushing to an exit can cause a dangerous panic. Follow the instructions of people in charge.**



[When outside]

- **Do not go near narrow roads, walls, cliffs, or rivers.**

Walls, glass windows, signs, etc. may fall down. Protect your head, and escape to a safe building or open area. Quickly move away from cliffs that may fall down. There may be a tsunami (**please see pg. 10**); if you are near the sea, escape to a high area.



[When driving]


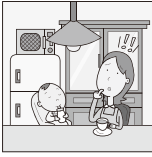


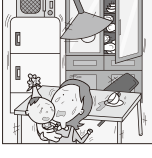





- **Stop your car on the left side of the road.**

Do not stop in the middle of the road. Do not lock your car; leave the keys inside the unlocked car.



Earthquake Intensity and Shaking

「震度」(SHINDO) Earthquake intensity is the size of ground shaking in a specific area.

SHINDO 0	You do not feel shaking.	
SHINDO 1	When indoors, some people feel minor shaking.	
SHINDO 2	When indoors, many people feel shaking. Hanging objects shake slightly.	
SHINDO 3	When indoors, almost everyone feels shaking. Cutlery may make a noise.	
SHINDO 4	Unstable objects may fall over. Hanging objects shake intensely.	
SHINDO 5 JAKU (lower)	Unstable furniture falls over. Objects such as cutlery, books, etc. fall down. Walls may collapse.	
SHINDO 5 KYŌ (upper)	Heavy furniture may fall over. Driving a car is difficult.	
SHINDO 6 JAKU (lower)	You cannot stand. Building walls and windows break. Most unsecured furniture moves around.	
SHINDO 6 KYŌ (upper)	You cannot move without crawling. Some houses fall down.	
SHINDO 7	You cannot move. Many houses fall down. Roads break.	

* When intense shaking is predicted, an Earthquake Early Warning 「緊急地震速報」 (KINKYŪ JISHIN SOKUHŌ) will appear on TV and radio. People in the area will receive an automatic “Area Mail” 「エリアメール (ERIA MĒRU), 緊急速報メール (KINKYŪ SOKUHŌ MĒRU)」 on their cell phones. A few seconds after these warnings, an earthquake may occur. If these warnings appear, protect yourself immediately.

Understanding Earthquake Information

〈Earthquake Vocabulary〉

● マグニチュード (MAGUNICHŪDO) **Magnitude**

● ^{しんど}震度 (SHINDO) **Earthquake intensity**

In the same earthquake, intensity is different depending on location.

● ^{しんげん}震源 (SHINGEN)

Location of hypocenter (underground)

● ^{しんおう}震央 (SHIN'Ō)

Location of epicenter (ground level)

Earthquake information (Map of earthquake intensity & epicenter)

✕ is the epicenter; the numbers are the intensities in those areas.



Earthquake in western Shimane Prefecture (2018)
(Yahoo! JAPAN Weather & Natural Disasters homepage)

^{つなみ}津波 (TSUNAMI) **Tidal Wave**

After an earthquake, there may be a tsunami (tidal wave). Sometimes a tsunami occurs immediately after the earthquake. Even in a 20-30 cm tsunami, people cannot stand. Some tsunamis are very fast. When you are near a coast or river, evacuate to high ground immediately. A tsunami comes in many waves; the first wave of the tsunami may not be the biggest. Until any “major tsunami warning,” “tsunami warning,” or “tsunami advisory” is stopped, do not go near coasts or rivers. Even if an earthquake occurs outside Shimane, the tsunami may reach Shimane.



Masuda City



2011 Tōhoku earthquake (Great East Japan Earthquake), Ishinomaki City, Miyagi Prefecture

📍 Near the sea, signs show the height above sea level. Please check the height around you.

Preparing for a Disaster

1. Checking a Hazard Map

A hazard map shows areas where cliffs may collapse in heavy rain, areas near rivers that may flood, areas where a tsunami may occur in an earthquake, evacuation shelters, and more. Cities, towns, and villages make hazard maps; you can receive a hazard map at your town hall. You can also see hazard maps on your town's website.

[How to Use a Hazard Map]

Looking at a hazard map, first see where you live and work; check nearby dangerous areas and evacuation shelters. Plan a safe route to the evacuation shelter, checking which roads to use, and confirming that there are no dangerous places (rivers, cliffs, etc.) on the route. When there is no disaster, try walking along the route. With your family, please plan evacuation procedures, meeting places, and contact methods. Also, confirm the location of nearby hospitals, convenience stores, and public telephones.

⇒“Make your own map!” template (<https://www.sic-info.org/en/support/prepare-disaster/handbook/>)

2. 避難所 (HINANJO) Evacuation Shelters

An evacuation shelter (for example, a school or community center) is a place to go if there will be a disaster, or if a disaster has occurred. The municipal government designates evacuation shelters. You can find evacuation shelters on a “hazard map.” If you feel danger, or if the government announces evacuation information (pg. 6 & 17), please go to an evacuation shelter. If it is difficult to live in your house (because of damage, etc.), you can temporarily live at an evacuation shelter.

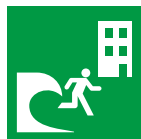
Evacuation shelters are different depending on the type of disaster (e.g. the shelter for an earthquake and the shelter for heavy rain are different locations).

Evacuation shelter symbols used on hazard maps, etc.

Evacuation Shelter



Tsunami Evacuation Shelter



Emergency Evacuation Spot



You can go to these places to escape from danger

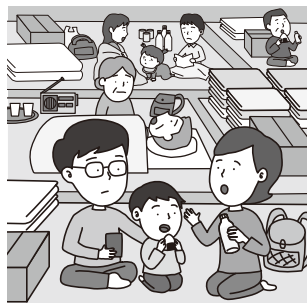
Example evacuation shelter sign



3. What Is an Evacuation Shelter Like?

Use them without worry

- Anyone can go to a shelter (Japanese, foreigners, tourists, etc.)
- You can receive food and drink. Depending on the shelter and conditions, you may not be able to receive food or drink immediately; therefore, please bring a small amount of food and drink when you evacuate.
- There are places to sleep with blankets (some shelters may not have blankets). Sometimes the area to sleep is a hard floor.
- You can use evacuation shelters for free (no cost).
- You can receive information about the disaster and living conditions.



Inside an evacuation shelter

Evacuation Shelter Manners & Rules

- There is a reception area; please write your name at the reception. Before changing shelters or going home, please notify the reception.
- Many people use the shelter—cooperation is important.
- Please use toilets with care, and separate garbage correctly.
- The time to receive food and the amount of food is fixed. Please wait in line to receive food.
- There may not be appropriate food for allergies or religious restrictions.
- Items that you can receive and use are limited; please bring items that you need.
- There may be places where you must remove shoes.
- Do not speak in a loud voice.
- You must not use fire inside the building.
- There are areas to use your cell phone to talk. Inside other areas, turn your phone to silent mode.
- There are specific locations for evacuating with a pet. The owner must care for the pet.
- Please be kind to the elderly, disabled, small children, etc.

☞ Before a natural disaster occurs, please proactively research if you have questions or concerns.

☞ If you require special assistance (e.g. elderly, disabled, etc.), please notify the evacuation shelter.

4. Evacuation Clothes and Warnings

- Please evacuate in safe, non-restrictive clothes, and wear comfortable shoes. In a flood, long boots are dangerous.
- Do not use dangerous roads. Use a safe route as much as possible.
- If you use a car to escape a tsunami, roads will become congested, and your evacuation may be slowed.
- In heavy rain, cars can become stuck in water, blocking emergency vehicles. Please do not use a car if possible. If you must use a car, slowly drive to high ground, avoiding flooded areas.
- Be careful of your surroundings when evacuating. In an earthquake, glass or other dangerous objects may fall. In heavy rain, there may be holes or ditches in the ground. At night, or in heavy rain, please walk with a long pole/rod to check ground safety.
- Evacuate early. If possible, evacuate when there is light outside; in the dark, it is difficult to see around you.

Clothes for evacuation

In an earthquake

Protect your head with a helmet, etc.

Carry items in a backpack

Wear long sleeves & trousers

Wear gloves

Wear clothes that will not burn easily

Wear shoes with a thick sole



In heavy rain

Do not use an umbrella.
Wear a raincoat

Carry items in a backpack

Wear gloves

Walk with a long pole/rod to check ground safety

In a flood, wear sports shoes



5. Knowing and Helping People in Your Community

In a disaster, mutual help and cooperation is important. Please help people who need it (the elderly, disabled, or people asking for help). Keep regular contact with neighbors, and help each other if there is a problem.

- Let's greet neighbors and talk to people in the community.
- Let's participate in community events.
- Let's participate in community disaster prevention practice.

6. Emergency Supplies

There are two types of emergency supplies: ① portable emergency supplies (to take when evacuating), and ② emergency reserve supplies (to live for a few days if there is no electricity, gas, or running water).

☞ Please occasionally check emergency supplies; food and drinks have an expiration date. To avoid expired food, please occasionally eat emergency food and replace it with new food.

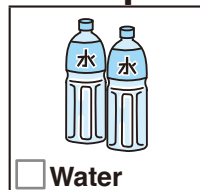
☞ Some outdoor equipment, such as sleeping bags, emergency blankets, lanterns, etc. are also useful emergency supplies.

① Portable Emergency Supplies

Please pack these supplies in a backpack, etc. to be carried quickly when evacuating.

☞ Pack only essential items, and try walking with the bag to check the weight.

▼Food products

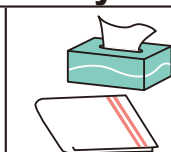


☐ Water



☐ Food

▼Daily essentials



☐ Towel, tissues

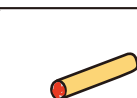


☐ Clothes

▼Valuables



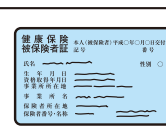
☐ Passbooks for the bank, etc.



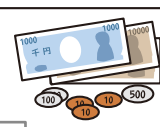
☐ Name seal (inkan/hanko)



☐ Passport, residence card, etc.

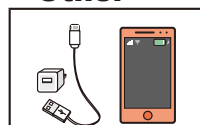


☐ Copy of health insurance card

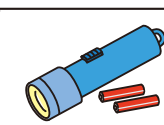


☐ Money
(¥10 and ¥100 coins can be used in public telephones)

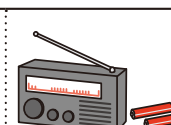
▼Other



☐ Cell phone & charger



☐ Flashlight, spare batteries



☐ Portable radio



☐ Prescription medicine



☐ First-aid items




▼Other (please write anything else that you need here)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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② Emergency Reserve Supplies

▼Food products

▼Other

 <input type="checkbox"/> Water (Approx. 3 L. per person per day)	 <input type="checkbox"/> Food	 <input type="checkbox"/> Portable stove, spare gas canisters	 <input type="checkbox"/> Shovel, crowbar	 <input type="checkbox"/> Prescription medicine
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▼Other (please write anything else that you need here)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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③ Other

Necessary emergency supplies are different for each person.
Prepare necessary supplies for yourself and family.

- E.g. :** **Babies:** milk powder, baby bottle, diapers, baby food
Pregnant women: items for childbirth, skincare products, etc.
People who need nursing care: diapers, etc.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please write anything else that you need here

7. Disaster Information and Where to Find It

Almost all disaster information is in Japanese. Let's learn Japanese vocabulary used in disasters. (please see pg. 17)

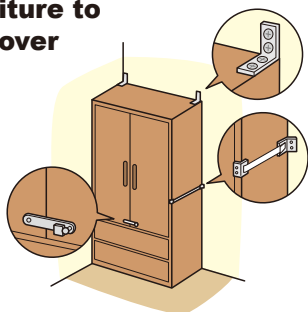
In a disaster, false rumors mix with official information. Please check TV, radio, and the Internet for new correct information. Some regions have outdoor "government emergency broadcast" speakers; these speakers may play emergency information.

Before a natural disaster occurs, please research and read disaster information, and multilingual living/community information (please see pg. 18)

8. Keeping Your Home Safe

Please prepare for a disaster by checking the safety of your home, inside and outside.

① Fix furniture to not fall over



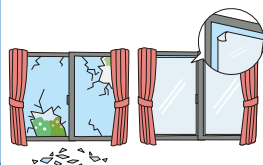
② Do not put objects in hallways or near entrances

→ Make an escape route



③ Put shatter-resistant film on glass windows

→ Stop broken glass from scattering



④ Check to see if your roof or any walls are broken



9. Other

In a building, this sign shows emergency exits. In an emergency, please escape using doors with this sign.

Emergency exit sign



Japanese for Disasters & Disaster Prevention

Please remember these important words.

Disaster Information (from the Japan Meteorological Agency)

<p>ちゅういほう 注意報 (CHŪIHŌ) Advisory</p>	<p>A disaster may occur. Please be careful. E.g. 「大雨注意報」 (ŌAME CHŪIHŌ) “Heavy Rain Advisory” (there may be heavy rain; please be careful), 「洪水注意報」 (KŌZUI CHŪIHŌ) “Flood advisory.”</p>
<p>けいほう 警報 (KEIHŌ) Warning</p>	<p>A large disaster may occur. Please be alert. E.g. 「大雨警報」 (ŌAME KEIHŌ) “Heavy Rain Warning” (there will be torrential rain; a large disaster may occur), 「洪水警報」 (KŌZUI KEIHŌ) “Flood Warning.”</p>
<p>とくべつけいほう 特別警報 (TOKUBETSU KEIHŌ) Emergency Warning</p>	<p>A very large disaster will probably occur. Please be alert. A severe disaster like this may occur once every few decades. E.g. 「大雨特別警報」 (ŌAME TOKUBETSU KEIHŌ) “Heavy Rain Emergency Warning,” 「大雪特別警報」 (ŌYUKI TOKUBETSU KEIHŌ) “Heavy Snow Emergency Warning.”</p>

Evacuation Information (from the municipal government)

<p>ひなんじゅんび・高齢者等避難開始 (HINAN JUNBI・KŌREISHA TŌ HINAN KAISHI) Evacuation Preparation & Evacuation of the Elderly, Etc.</p>	<p>A disaster may occur. Please prepare to evacuate. Please evacuate now if you require extra time (elderly, disabled, etc.)</p>
<p>ひなんかんこく (HINAN KANKOKU) Evacuation Advisory</p>	<p>There is a high possibility of disaster. Please evacuate. ※</p>
<p>ひなんしじ (緊急) (HINAN SHJI - KINKYŪ) Evacuation Order (Emergency)</p>	<p>There is a very high possibility of disaster. Please evacuate immediately. ※</p>
<p>さいがいほっせいじょうほう (SAIGAI HASSEI JŌHŌ) Disaster Occurrence Information</p>	<p>A disaster is occurring. Please take the best actions to protect your life.</p>

※Go to an evacuation shelter. If you decide that the route to the evacuation shelter is dangerous and life threatening, go to a safe location/building nearby; stay in a high room away from cliffs. (please see pg. 6)

About Wind, Rain, and Earthquakes

<p>ふうそく 風速 (FŪSOKU) Wind speed</p>	<p>The strength of the wind, measured in m/s</p>
<p>さいだいしはんかんふうそく 最大瞬間風速 (SAIDAI SHUNKAN FŪSOKU) Maximum Instantaneous Wind Speed</p>	<p>The highest wind speed in a set time period</p>
<p>きょうふういき 強風域 (KYŌFŪIKI) Strong wind area</p>	<p>Areas where wind strength is (or is predicted to be) 15 m/s</p>
<p>ばうふういき 暴風域 (BŌFŪIKI) Storm area</p>	<p>Areas where wind strength is (or is predicted to be) 25 m/s</p>
<p>ばうふうう 暴風雨 (BŌFŪ'U) Storm</p>	<p>When it is raining with strong winds</p>
<p>らいう 雷雨 (RAIU) Thunderstorm</p>	<p>When it is raining with thunder</p>
<p>こうずい 洪水 (KŌZUI) Flood</p>	<p>A disaster when rain or melted snow causes water levels to increase greatly.</p>
<p>しんすい 浸水 (SHINSUI) Inundation</p>	<p>When a building is flooded with water. E.g. 「床上浸水」 (YUKA UE SHINSUI) “Inundation above floor level” (when water rises above floor level)</p>
<p>はんかい 半壊 (HANKAI) Partial destruction</p>	<p>When approximately half of a building is destroyed.</p>
<p>ぜんかい 全壊 (ZENKAI) Complete destruction</p>	<p>When a building is almost completely destroyed</p>

Useful Websites and Apps

Web Sites

Shimane Disaster Prevention Information (Japanese, Tagalog, Portuguese, English, Korean, Chinese (simplified)) **[Shimane Prefecture]**

Disaster/Weather information for Shimane Prefecture

<https://www.bousai-shimane.jp/>



Apps

Safety tips (14 languages) **[Japan Tourism Agency]**

A disaster information app for foreign tourists

Android <https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

iPhone <https://apps.apple.com/app/id858357174>



Android



iPhone

VoiceTra (31 languages)

[National Institute of Information and Communications Technology (NICT)]

Multilingual translation app with sound

Android <https://play.google.com/store/apps/details?id=jp.go.nict.voicetra>

iPhone <https://apps.apple.com/app/id581137577>



Android



iPhone

Information about other useful websites and apps is available on the Shimane International Center website.

Shimane International Center Prepare for Disaster

English: <https://www.sic-info.org/en/support/prepare-disaster/>



Disaster Prevention Memo

Name		
Nationality		
Blood type		
Allergies		
Prescription medicine		
Passport Number/Residence card number, etc.		
Address in Japan		
Telephone number		
Names of people living with you		
Workplace/ training/school contact information	Name	
	Address	
	Telephone number	
Contact information of friend, etc. in Japan	Name	
	Address	
	number	
Overseas contact information	Name	
	Telephone number	
Immigration Services Branch		
Embassy/Consulate		

City/Town hall	
Gas	
Electricity	
Water services	
Other contact information	

Family meeting place	
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Please decide a method to contact your family members

Safety Confirmation Methods

In a disaster, it may be difficult to make a telephone call. In order to confirm safety of family and friends, it is good to have many communication methods. (e.g. social media, etc.)

Disaster Voice Mail Service

You can record voice mail, and hear other people's recordings. You can record voice mail using a landline phone, cell phone, or public phone.

How to Use	To record 1 7 1 → 1 → Your telephone number → 1 → Record a message
	To listen 1 7 1 → 2 → Telephone number of the other person → 1 → Replay (listen)

Disaster Message Board web171

A service where you can post a message online, and other people can read your message. You can register and post a message from a computer, smartphone, etc.

How to Use	https://www.web171.jp → Your telephone number (or telephone number of the other person)
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Disaster Message Board Services

You can post a message using your cell phone, and other people can read your message.

How to Use	Post a message and check other people's messages using your telephone company's online "Disaster Message Board."
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☞ Services are different depending on your telephone company.

☞ On the 1st and 15th day of each month, and during "disaster prevention weeks" etc., you can try the "Disaster Voice Mail Service," "Disaster Message Board web171," and "Disaster Message Board services." Please try them.

Person Finder

A service to confirm and post safety status information. Has multilingual support.

<https://www.google.org/personfinder/japan/>

* J-anpi (searchable safety status information)

(Japanese, English, Chinese [simplified, traditional], Korean)

You can search messages from "Disaster Voice Mail Service," "Disaster Message Board web171," "Disaster Message Board services," and "Person Finder."

How to Use	https://anpi.jp → Enter the name or telephone number of the person you are searching for.
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Disaster Prevention Handbook for Foreign Residents ~Shimane Prefecture~

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