

LIVING GUIDE MORIOKA

MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

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Earthquake survival tips -for living in a quake-prone country, Japan-

In Japan many earthquakes occur each year. In the last five years a sequence of powerful earthquakes struck Mid Niigata Prefecture, northwestern Japan. In 2008 the strong earthquake, which was named the 2008 Iwate-Miyagi-Nairiku Earthquake, hit the Tohoku area and caused heavy damage to the regions of southern Iwate and northern Miyagi Prefectures. This quake is still fresh in our minds.

No one can tell when the next big earthquake may strike our region of Morioka. Experts predict the occurrence of a big quake whose epicenter is off the coast of Miyagi Prefecture. Its probability is said to be about 70% within 10 years and 99%, 30 years.

In recent years, various inland earthquakes by active faults have occurred and this makes it more difficult to predict the major quake.

Earthquakes happen with no warning. A strong quake destroys the buildings, roads, water and gas facilities in an instant.

To minimize the damage when a big earthquake occurs, let's prepare for it on a routine basis.



▼ Prepare an emergency survival pack.

- ◇ Equip essential items and keep the pack in a safe and accessible place.

Contents of Survival Pack

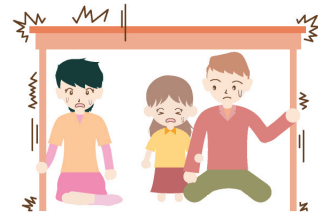
photocopies of your passport and identification card, valuables, cash, medicines, radio, helmet, flashlight, dry-cell batteries, goggle, work gloves, masks, rain apparel, underwear, towel, matches, protection against cold, cigarette lighter, emergency food, drinking water (2~3 liters per person a day), etc.



- ◇ Secure the furniture with braces and do not put breakables on high places.
- ◇ Do not block the hallways and doorways by putting various things.
- ◇ Write down in case of emergency numbers or contact information of the person whose language you understand.

▼ During the earthquake

- ◇ Inside the building
 - Take cover- under desks or tables.
 - Turn off the gas supply and all the heaters.
 - Open the door to secure a means for escape.
 - Turn off the breaker when you evacuate the building.
- ◇ Outside the building
 - Cover your head with bag (to protect from falling glasses)
 - Stay away from cement block walls, dry walls and gateposts.
 - Move over to a large space
- ◇ Inside the car
 - Slow down and pull into left side of the road.
 - Stay in the car until the quake is over.
 - Turn off the engine.
 - Leave the key in the ignition (unlocked).



◇ Other

- Get information via television or radio.
- Leave a note of your refuge area for your family members.
- In case you take refuge, make contact with your embassy or consulate in Japan and your company or school to let them know your refuge area and your family condition.

▼ Refuge area

◇ Designated refuge area

In Morioka city, there are 113 designated refuge areas for evacuating temporarily due to the natural disasters. The schools and public facilities are designated as the refuge areas when a disaster strikes. Please find and confirm your nearest designated refuge area in advance of the next crisis.



◇ Refuge accommodations

On an as-needed basis, the refuge accommodations are set up at the public facilities, such as the school gymnasium, the community center, etc. According to the damaged condition, food and blankets are provided.



▼ Refuge accommodations for foreign residents

Two public facilities in Morioka are set up as the refuge accommodations for foreign residents.

1. International Exchange Center
("aiina", Morioka Eki-nishi Dori 1Chome)
2. Ueda Public Hall
(Ueda 4 Chome)



Officers from the city and fire stations will lead the foreign residents to the facilities. Please follow their directions promptly.

▼ Emergency messaging service (phone number 171)

After the disaster, poor connection can happen in the telephone network. In this case, using the emergency messaging service is recommended. It enables you to easily contact a large number of people in an emergency.

If you record a message from any phone according to the Japanese guidance, your recorded message will be replayed when people who want to reach you dial your number, and vice versa. Both sides have to dial 171 first. You will be notified when this service is available via television and radio. Also you can use the internet message board (web 171).

◇ Emergency messaging service

[record] 171+ 1 + telephone number (start from area code)

[replay] 171+ 2 + telephone number (start from area code)



◇ Internet message board (web 171)

URL → <http://www.ntt-east.co.jp/saigai/web171/index.html>

* reference

The Council of Local Authorities for International Relations (CLAIR)

<http://www.clair.or.jp/>

▼ Web Morioka Disaster information

City Morioka will provide the disaster information such as the disaster generation status, evacuation instructions.

Accessible via personal computers and cell-phones

[via personal computers]

URL → <http://www.city.morioka.iwate.jp/dtl/disasterdb.nsf>

[via cell-phones]

URL → <http://www.city.morioka.iwate.jp/i/index.html>

