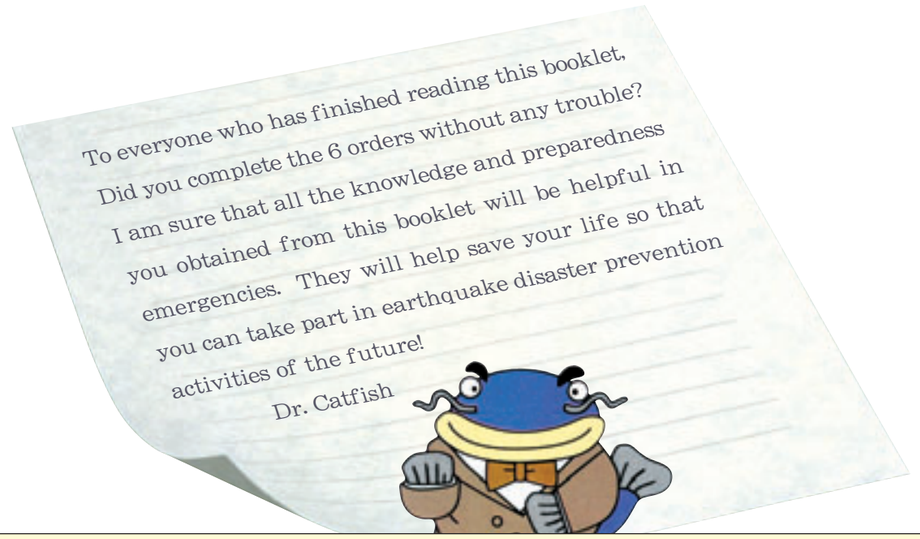


Earthquake Disaster Prevention Knowledge Test

How much did you learn about earthquake disaster prevention?

			Check every year. 2006	2007	2008
Q1.	I understand what causes earthquakes and tsunamis.	P. 5～9	☐	☐	☐
Q2.	I understand the damages that will occur when the Tokai, Tonankai and Nankai earthquakes occur at the same time.	P.10～11	☐	☐	☐
Q3.	I have periodical family meetings concerning disaster prevention.	P.12～15	☐	☐	☐
Q4.	I know the roles of local disaster prevention organizations.	P.16～18	☐	☐	☐
Q5.	I know how to evacuate safely at any time when an earthquake occurs.	P.19～25	☐	☐	☐
Q6.	I can imagine how post-disaster life could be.	P.26～28	☐	☐	☐
Q7.	I know what to do when a tokai earthquake emergency declaration has been announced.	P.29～30	☐	☐	☐
Q8.	I carry my filled out disaster prevention card at all times.	P.32～33	☐	☐	☐

If there is an item you could not answer, check it again on its corresponding page!

We provide information about disaster prevention on our web site as well as through e-mail.

BOSAIMIE.jp

http://www.bosaimie.jp

You can access this site from your cellular phone or personal computer.

Cabinet Office Disaster Prevention Information: http://www.bousai.go.jp/
Central Disaster Management Council http://www.bousai.go.jp/chubou/chubou.html
Ministry of Land, Infrastructure and Transport -Disaster Prevention Information Center http://www.bosaijoho.go.jp/

Mie Prefecture Emergency Management Department・Mie Prefecture Lifeline Companies Liaison Council
〒514-8570 13 Komei-cho, Tsu, Mie-Pref. Phone: 059-224-2184 Fax: 059-224-2199

Editorial Supervisor: Mie Prefecture Disaster Prevention Program Promotion Committee
University of Mie -Disaster Damage Project Group
Published: March, 2006

Emergency Order From Dr. Catfish

Protect Yourself From Earthquakes!

A REFERENCE GUIDE FOR EARTHQUAKE EMERGENCIES.

Mie Prefecture Earthquake Disaster Prevention Guidebook

(英語版)

Earthquake!

Upper: Showa Tonankai earthquake Photo provided by Mr. Kinten Ohta
Lower: Hyogo Pref. Nanbu earthquake Photo provided by Kobe shi

Upper: Niigata Pref. Chuuetsu earthquake Photo provided by Niigata-Pref. Sediment Control Division
Lower: Sumatra offshore earthquake Photo taken by Mie Pref.

Protect Yourself From Earthquakes!

It´s an Earthquake!

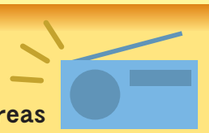
3 seconds

- Remain calm
- Protect yourself from falling objects

Prepare for an emergency, imagine an earthquake is occurring.

Dr. Catfish

Earthquake has stopped.



3 minutes

- Evacuate from tsunami danger areas
- Do not use your car
- Extinguish all open flames
- Check on your family
- Turn on your portable radio for emergency updates
- Put your shoes on

Is everybody all right?

3 Hours

- Be on the lookout for aftershocks
- Join forces with your neighbors to rescue those in need
- Stay clear of concrete block walls and piles of rubble
- Watch out for downed electric lines and/or gas line leaks

Work within your means, do not over exert yourself.

3 Days

- Use your own food and water
- Gather disaster information
- Place a note on your front door stating where you are
- Do not enter into collapsed structures
- Give and take -- help when possible

To those living
in Mie Prefecture,
I am "Dr. Catfish", and I know everything about earthquakes in Mie Prefecture. I have decided to give an "Emergency Order" to protect you from sudden earthquakes. Be informed about earthquakes so you can remain calm and take proper action whenever an earthquake occurs.

Dr. Catfish

Contents

PRINTED WITH SOY INK R100
This book is made by recycled papers and inks made of soybeans for the preservation of environment.

Order ! Be Informed about Earhquakes

A Massive Earthquake Once Struck Mie Prefecture

On December 7, 1944, the "Tonankai Earthquake (Magnitude 7.9)" occurred with the epicenter at Kumanonada. The earthquake caused a tsunami with a height of 9m and seriously damaged cities, towns and villages along the coast of Kumanonada. Damages recorded in Mie Prefecture: 144 Deaths, 55 Injured, 445 Missing, 1,918 Houses washed away, 832 Houses completely collapsed, 585 Houses partially collapsed.

Reference: Mie prefecture Area Disaster Management Plan

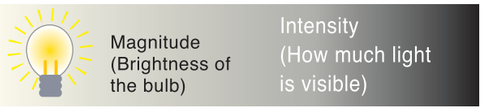
Town destroyed by the tsunami that resulted from the Tonankai earthquake in 1944. (Owase-shi) photo provided by Mr. Kinten Ohta

It is predicted that a large-scale earthquake will occur again near or in Mie prefecture.
It is important to understand the basic causes of earthquakes and tsunamis and know accurate information about earthquakes.

Magnitude and Intensity

Magnitude indicates the strength of an earthquake while intensity indicates the quakes level in a specific location. When we compare this to a light bulb, as seen in the figure below, the more distance from the epicenter the smaller the quake.

Relation between magnitude and intensity.



◆Quake Intensity and Effects

Scale of Intensity	People	Condition Indoors	Condition Outdoors	Low Quake-Resistant Wooden Structure
Lower 5	Try to take protective action	Tableware in racks may fall	Concrete block walls may collapse	Walls and pillars may be damaged
Upper 5	Frightening Difficult to move	Heavy furniture may fall	Most concrete block walls collapse.Many tombstones fall over	Walls and pillars may be damaged considerably and some may slant
Lower 6	Difficult to remain standing	Some heavy furniture moves and falls over	Wall tiles and windowpanes of many buildings break and fall	Some collapse
Upper 6	Impossible to stand. Movement is only possible by crawling	Almost all heavy furniture moves and falls over. Some doors may come off their hinges	Almost all concrete block walls collapse	Many collapse
7	Impossible to control your own movement	Most furniture moves about considerably and may jump about	Wall tiles of nearly all buildings break and fall	Even high quake-resistant houses may slant and collapse

Japan Meteorological Agency's Feb 1996

The Tokai, Tonankai and Nankai earthquakes are expected to have a magnitude of more than 8 and a maximum intensity in the upper 6th range, they are expected to be powerful earthquakes.

◆Those who would like to use the earthquake simulation vehicle should contact the Mie Prefecture Disaster Prevention Risk Management Bureau-Disaster Mitigating Office. Phone number 059-224-2189

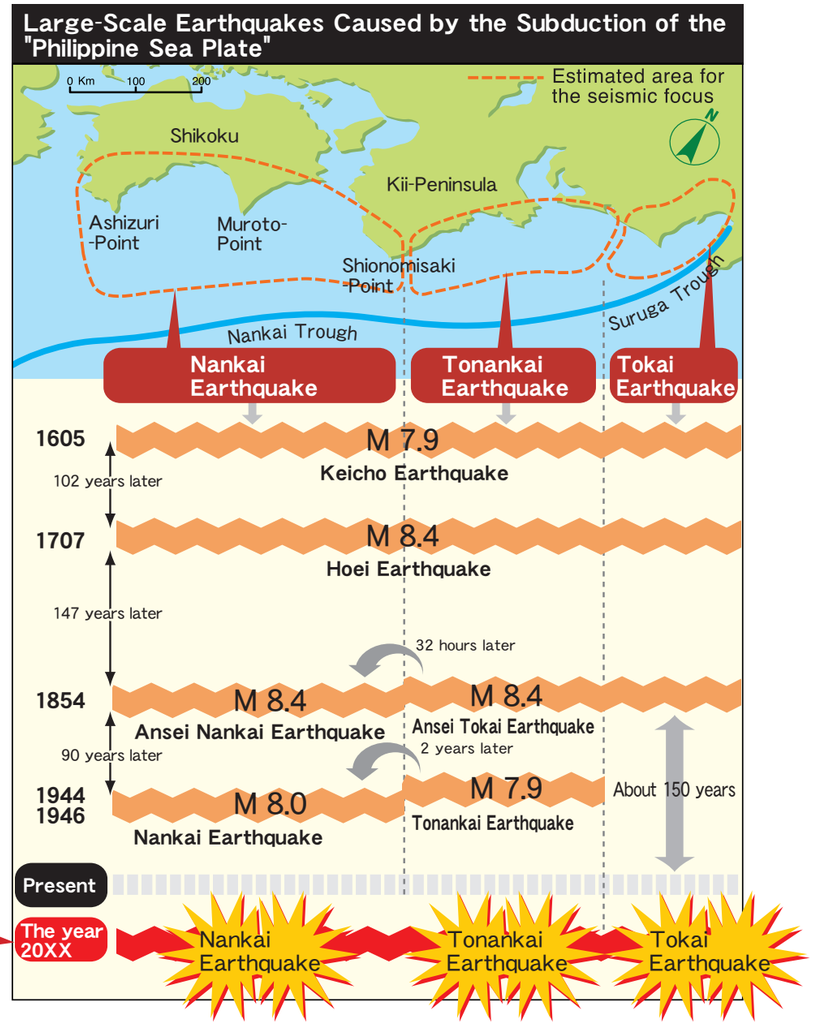
Tokai, Tonankai and Nankai Earthquakes

On the Pacific coast, from the Tokai region down through the Kii-Peninsula and Shikoku, large-scale ocean trench earthquakes have occurred several times in the past and have caused heavy damages. These earthquakes are historically classified into 3 categories by their different seismic focus. They are refered to as Tokai, Tonankai and Nankai earthquakes.

A "trough" is a depression contour at the bottom of the sea.

The earthquake expected to occur in the area from Suruga Bay to Enshuunada, along with the Suruga Trough, is referred to as the "Tokai Earthquake". The earthquake expected to occur along the Nankai Trough, which is off the south-east coast of the Kii Peninsula, is referred to as the "Tonankai Earthquake." The earthquake expected to occur from the Kii Peninsula to the Nankai Trough, offshore of Shikoku, is referred to as the "Nankai earthquake".

Will these 3 large-scale earthquakes occur one after another!?



In the near future, it is predicted that Mie prefecture will have 3 large-scale earthquakes, namely, Tokai, Tonankai and Nankai.

Percentage of Occurrence
(as of January 1, 2005)
and
Assumed Scale
(magnitude)

●Tokai Earthquake·····Could occur anytime now. M8.0
In Mie prefecture, the maximum intensity would be in the upper 5 region and the maximum height of the tsunami would be more than 5m.
●Tonankai Earthquake…60% chance in the next 30 years. Around M8.1
●Nankai Earthquake·····50% chance in the next 30 years. Around M8.4
When the Tonankai and Nankai earthquakes occur at the same time, the magnitude is predicted to be 8.6. On the coast, the intensity will be more than the upper 6 range and the maximum height of the tsunami will be 9m.

It is possible that all 3 earthquakes will occur at the same time.
In this case, the magnitude is predicted to be 8.7 and the tsunamis' maximum height will be around 9m.

The Causes of Earthquakes

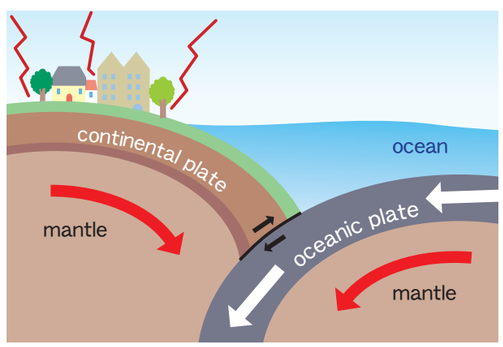
In the Japanese archipelago and its surroundings, the continental plate (Eurasian Plate) and the oceanic plate (Pacific Plate and Philippine Sea Plate) are moving toward each other due to the movement of the mantle in the earth. The plates press against each other forcing the rock underground. The crushed rock creates gaps along the plates causing the plates to slip violently. The violent action of the plates slipping causes an earthquake.

Trench Earthquakes

The oceanic plates that are submerged beneath the continental plates and occassionally, the continental plates themselves, try to return to their original positions. This action causes trench earthquakes.

- Horizontal quake
- The duration of earthquakes can be rather long (more than 1 minute)
- Possible risk of a large scale tsunami
- An earthquake may occur every ten years to one hundred years, they are difficult to predict

Examples:
Ansei Tokai earthquake, Tonankai earthquake.
Nankai earthquake, Hokkaido Nanseioki earthquake, Sumatra offshore earthquake

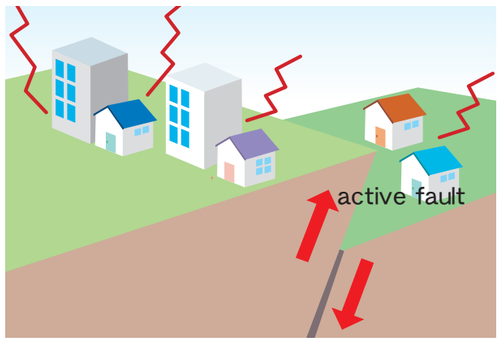


Inland Epicentral Earthquake

An earthquake caused by the slide of an active fault underground (inside of the Eurasian plate)

- Vertical quake
- Duration of quake is short
- High risk of occurring beneath a city
- Occurs once in a thousand to 10 thousand years

Examples:
Tensho earthquake, Igaueno earthquake, Noubi earthquake, Mikawa earthquake, Hyogo-Prefecture Nanbu earthquake, Niigata-Prefecture Chuetsu earthquake



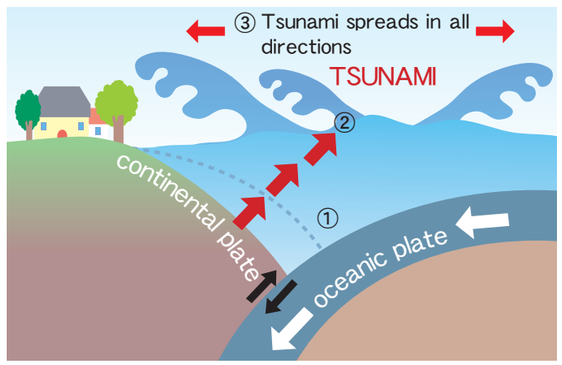
An earthquake may occur even in places where no active faults have been found.

An earthquake may even occur in places where no active fault is known to exist, as seen in Fukuoka prefecture during the Seiho Oki Earthquake on March 20, 2005.

The Causes of Tsunamis

Tsunamis may occur after an earthquake. Records indicate that many people have died due to of tsunamis following large-scale earthquakes in Mie prefecture. Make sure to evacuate to high ground when you feel an earthquake at the seashore, even if the quake is small.

①The oceanic plates submerged beneath the continental plates.
②When an earthquake occurs, the violent uplifting and subduction of the ocean floor moves the sea water .
③The sea water rises in to large waves creating a tsunami that spreads in all directions. The traveling speed and height of the tsunami differs according to the depth of the sea. The deeper the sea the faster the tsunami travels. The shallower the sea the higher the tsunami grows.



◆Characteristics of a Tsunami

◎ Tsunami are fast !
The speed of a tsunami is around 10m/second at the seashore.
◎ A tsunami does not always start with the ebb tide.
◎ The height of a tsunami differs according to the terrain.
Tsunamis may become extremely high at the head of a bay or in the tip of a cape.
◎ Tsunamis can occur continuously and the first wave is not always the most powerful.
Once you evacuate to a safe place, do not return home until the tsunami watch and evacuation announcement has expired.

◎ Tsunamis can flow upstream along rivers and channels.
◎ You can not remain standing even with a 50cm high tsunami.
Even 50cm high tsunamis may sweep a person away.
A One(1) meter high tsunami may partially destroy a house and a 2 meter high tsunami can destroy it completaly.

Sumatra offshore earthquake- Damages were multiplied due to people´s lack of knowledge concerning earthquakes and tsunamis.

An earthquake offshore of Sumatra, Indonesia, took place on December 26, 2004. This earthquake resulted in more than 220,000 dead and missing in Indonesia, Thailand and surrounding areas. This was reiorded as one of the worlds deadliest disasters ever. One reason for such high casualties was the lack of knowledge concerning earthquakes and tsunamis.

The Active Faults in Mie prefecture

The north-central part of Mie prefecture belongs to the "Kinki Triangle" in which many active faults were found. For this reason, Mie prefecture needs to be prepared not only for trench earthquakes (Tokai, Tonankai and Nankai earthquakes) but also for inland epicentral earthquakes.

The reverse fault caused by the Taiwan Shushu Earthquake (M7.7) in 1999. (2 meter vertical ground slippage occured at this primary play ground)

About 2,000 active faults have been found on land and along the coastal areas of Japan. The principal active faults in the Mie area are shown below:

① Yourou-Kuwana-Yokkaichi fault zone
Yourou fault, Kuwana fault, Yokkaichi fault
② Suzuka touen fault zone
③ Nunobiki Sanchi touen fault zone
④ Tongu fault
⑤ Kizugawa fault zone
⑥ Isewan fault zone
Isewan fault, Suzukaoki fault, Shiroko-Noma fault, Utsumi fault

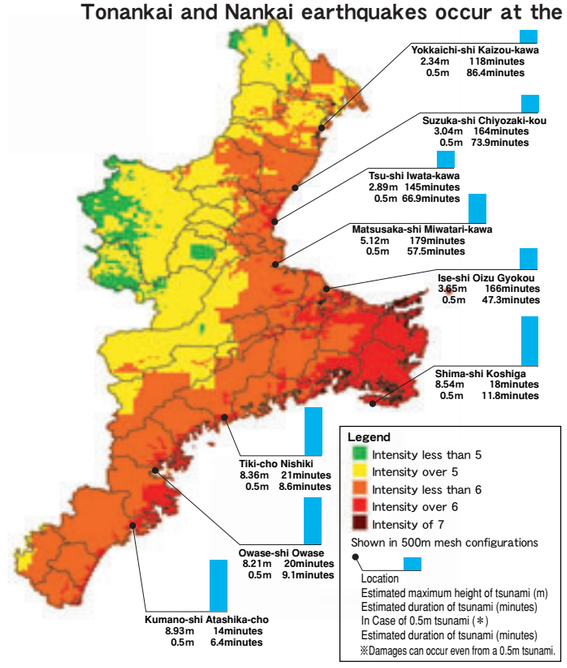
(The numeric map with 50m altitude mesh published by Geographical Survey Institute and Kashmir 3D are used.)

Order 2 A Big Earthquake Could Strike Tomorrow

What happens when the Tokai, Tonankai and Nankai Earthquakes occur at the same time.

If the Tokai, Tonankai and Nankai earthquakes occur at the same time, the quake is expected to have a maximum intensity of over 6 in the Ise-Shima area and Higashi Kishuu area. In certain areas, the resulting tsunami is predicted to have a height over 5m.

◆Estimated maximum intensity and height of tsunamis and their arrival times when the Tokai, Tonankai and Nankai earthquakes occur at the same time.



◆ Important!

As an example, in Atashika-cho, Kumano-shi, a 9m tsunami is expected to reach shore within 14 minutes after the earthquake occurs. However, this simply indicates when the peak of the first wave will reach shore, and does not guarantee safety for that period of time.
In order to protect yourself, be sure to evacuate to high ground when you feel an earthquake on the seashore, do not return home until the tsunami watch and evacuation announcement has expired.

◆Estimated human and building damages when the Tokai, Tonankai and Nankai earthquakes occur at the same time.

	Early morning (5：00am)		
	Death	Injured	Collapsed Buildings (partially collapsed)
Quake	About 1,300	About 11,100	About 39,000 (About 84,000)
Tsunami	High awareness of disaster prevention: About 1,000 Low awareness of disaster prevention: About 3,100	—	About 10,000 (About 6,100)
Fire	About 40 to 80	About 150 to 300	About 2,900 to 5,800
Flooding	—	—	About 10,800
Landslide	About 340	About 420	About 3,400 (About 8,000)
Total	About 2,700 to 4,800	About 11,700 to 11,800	About 66,100 to 69,000 (About 98,000)

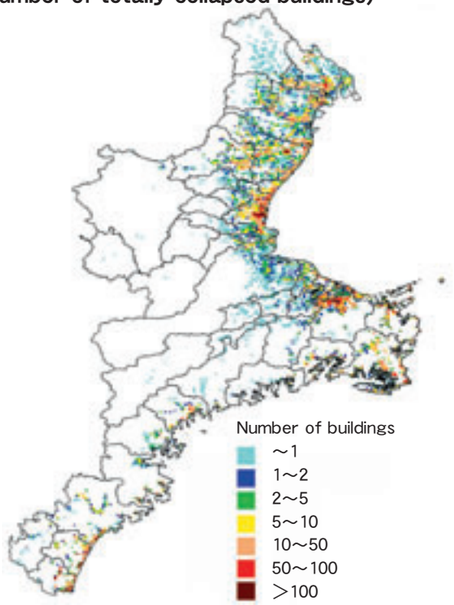
Note: The figures in the "tsunami" column show the damages under the condition that river and coastal facilities are functioning properly.
The figures in the "Fire" column show damages with wind velocity of 3m/second to 15m/second.

Mie Prefecture Area Disaster Prevention Planning-Damage Estimation Survey Report March, 2005

Know

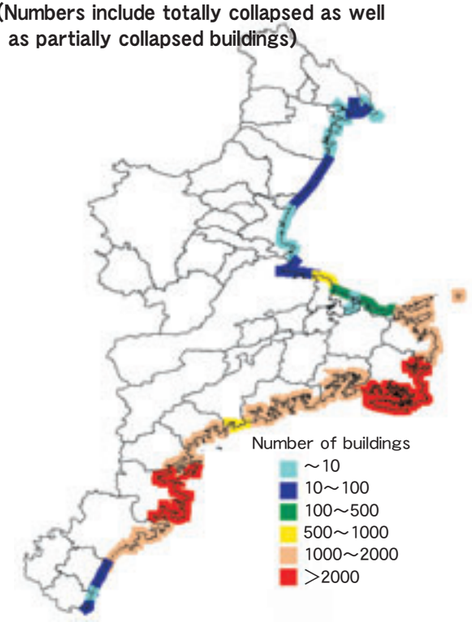
Estimated building damage and risk of flooding when the 3 big earthquakes occur at the same time

Buildings Damaged by Earthquakes
(Number of totally collapsed buildings)



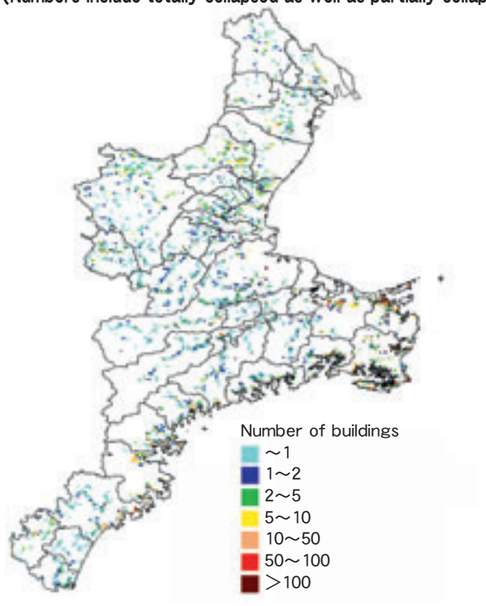
Shown in 500m mesh configurations

Buildings Damaged by Tsunamis
(Numbers include totally collapsed as well as partially collapsed buildings)



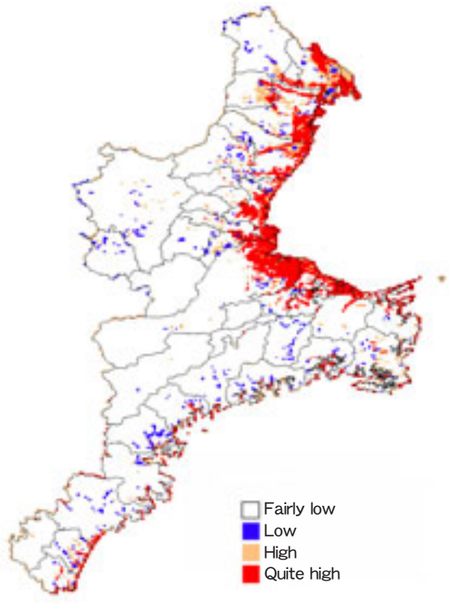
Shown by the unit of municipal area

Buildings Damaged by Landslides
(Numbers include totally collapsed as well as partially collapsed)



Shown by a 500m mesh configuration

Risk of Flooding



Shown by a 500m mesh configuration

Mie-Prefecture Area Disaster Prevention Planning-Damage Estimation Survey Report March, 2005

Prepare

Order 3 Hold Family Meetings About Disaster Prevention

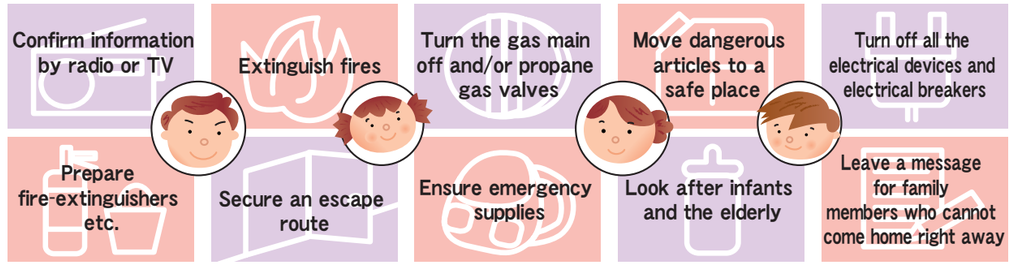
Anyone can be a disaster victim!

Have talks about disaster prevention and be prepared for earthquakes.

Timely and regular earthquake preparation is important for minimizing earthquake related damage. Talking with your family about disaster prevention and preparing an escape route can help ensure the safety of yourself, family and those in your neighborhood.

1 Share Responsibilities Between Family Members

Set up evacuation roles for each member of your family such as gathering information, controlling fire, and caring for emergency supplies etc.



2 Dangers at Home

Take safety measures to prevent furniture and appliances from overturing. This is the most effective way to reduce dangers indoors. Be sure your family takes daily precautions.

In the Hanshin-Awaji Great Earthquake, roughly 88% of deaths・・・

Collapsed structures and or overturned furniture caused roughly 88% of casualties during the Hanshin-Awaji Earthquake. The quake occured at 5:46 AM when must people were asleep and unlnerable to falling objects.

Referrence : Ministry of Internal Affairs and Communications, Fire and Disaster Management Agency, Information database of Hanshin-Awaji Great Earthquake

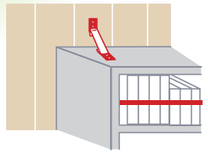
Notes on Indoor Safety Measures

◎ When securing furniture, be sure to attach brackets to the firm part of the wall or pillar.
◎ Never put tall furniture on soft floors like carpet.
◎ Put light objects on top and heavy objects on bottom.
◎ Never put furniture near where you sleep or near doorways.
◎ Put an anti-shatter film on glass (windowpanes or furniture).

◆For inquiries about securing furniture, call:
Mie Prefectural Land Development Housing Division 059-224-2720

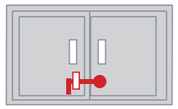
How to Secure Furniture

Bookshelf



Secure to the wall using a belt bracket . Secure books as well

Cupboard

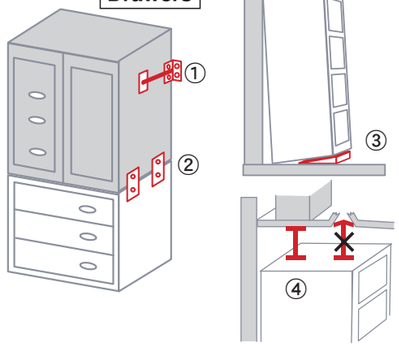


Secure with clasps to avoid opening

Sideboard

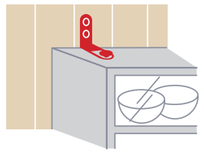
Secure contents with a cross-bar

Drawers



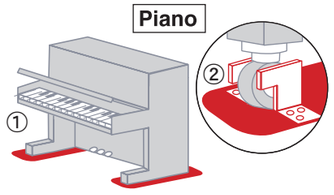
① Secure to the wall using brackets
② Secure the upper-part and lower-part with brackets
③ Insert a wedge at the bottom to prevent overturning
④ Insert vertical-bars between the ceiling and furniture. Be sure there is a solid base.

Kitchen cabinet



Secure to the wall using L-shaped brackets

Piano

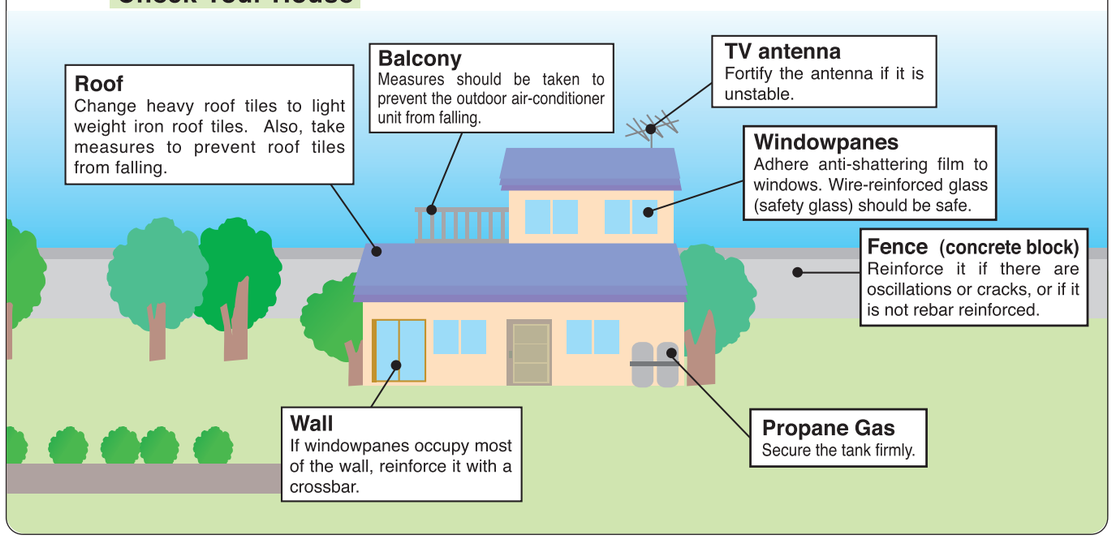


① Place a fixed plate under the piano feet
② Secure the piano casters to the plate with clasps

3 Is Your House Earthquake Resistant?

Have you taken proper measures to ensure the earthquake resistance of your home such as evaluating seismic limitations, or reinforcing your house? In the Awaji Great Earthquake, many people died due to their homes collapsing. Also in the chuuetsu earthquake in Nigata prefecture, serious building dameges were seen. In order to avoid such problems, early seismic capacity evaluations and structured reinforcements are recommended.

Check Your House



Make your house safe and comfortable by getting a government-supported "Examination for Seismic Capacity" and "Reinforcement for Earthquake" evaluation.

You can protect your life and property by earthquake-proofing your home.
Earthquake-proofing your home may ensure you do not have to live in an emergency shelter.

This increases the community's earthquake resistance. Also, there will be fewer collapsed homes blocking evacuation routes. Fire hazards will also be minimized.

Earthquake proofing your house is one of the most important steps in preparing for an earthquake. Wooden homes, which were constructed before May 31, 1981 and statisfy certain conditions*, may apply for the "Wooden House Seismic Capactiy Examination Support Program." If the house is deemed as having a "high risk of collapsing or heavily damaged," you can also apply to the "Wooden House Earthquake Resistance Reinforcing Support Program."

* Applicable homes should be constructed of wood with less than 2 stories and with floor space of less than 300m^2. Wooden houses with framed wall construction (2×4 method), prefabricated constructions and log-houses cannot apply for this program.

In Mie prefecture, there are about 222,000 houses that do not satisfy new earthquake resistance standards Of these houses, only 8,000 have been examined for seismic capacity.

For more information call:
・ Section in charge of earthquake resistance for houses in your local authority
・ Mie Prefectural Land Development Housing Division
Phone: 059-224-2720
Homepage: http://www.sumai-mie.jp/21/

Voice From a Victim (Hyogo prefecture Nanbu earthquake):

The necessity of earthquake proofing your home. The importance of daily association with neighbors.

"Right after the earthquake occurred, I was unable to contact my son who lived in an apartment. I immediately went to his home and to find it had collapsed. I knew my son was in the wreckage, so I immediately called his friend to help with the rescue him. I feel strongly that homes should be earthquake proofed and that it is very important to maintain daily contact with your neighbors." -S.H. Kobe

4 Check Emergency Supplies

Keep emergency supplies down to basic necessities in accordance with your family. Checkup on your emergency supplies at least once a year.

Examples of Emergency Supplies :

Pack emergency supplies in a backpack and try it on to see if you can move both of your arms freely. Do not forget to include this booklet.

Add these items if there is a baby or pregnant woman in your family.

- ☐ Feeding bottle, Milk
- ☐ Disposable diapers
- ☐ Sanitary items
- ☐ Mother-and-child health handbook etc

Select 3 days worth of light weight and compact items.

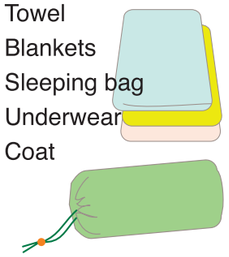
Prepare

Food Necessities

- ☐ Drinking water
- ☐ Food
  - ☐ Hardtacks
  - ☐ Crackers
  - ☐ Canned food
  - ☐ Instant food
- ☐ Knife
- ☐ Can opener

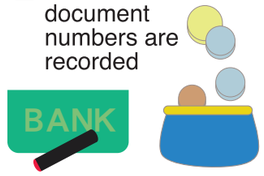
Clothing Necessities

- ☐ Clothing
- ☐ Towel
- ☐ Blankets
- ☐ Sleeping bag
- ☐ Underwear
- ☐ Coat



Valuables

- ☐ Cash (small coins)
- ☐ Bank book
- ☐ Stamp (Inkan)
- ☐ Memo in which document numbers are recorded



Safety Measures

- ☐ Helmet
- ☐ Safety hood
- ☐ First-aid kit
- ☐ Household medicines
- ☐ Shoes with thick soles

Daily necessities

- ☐ Gloves
- ☐ Tissue paper
- ☐ Candles
- ☐ Matches/lighter
- ☐ Ropes
- ☐ Flashlight
- ☐ Portable radio
- ☐ Sanitary items
- ☐ Soap &Tooth care goods

Also Good to Have:

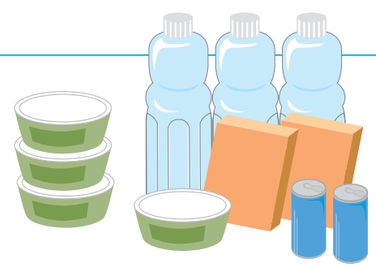
- ☐ Wet tissue：Enables you to wash your face and hands in case of water shortage.
- ☐ Mask：Protects you from dust.
- ☐ Plastic bag：Large plastic bags can be used as raincoats by making a hole in the center, simply pull it over your head. Also, it can be used for carrying water.
- ☐ Portable water purifier：Enables you to drink rain water when the water supply is cut off.
- ☐ Kitchen wrap：Place it on dishes, keeping them clean, so you don't have to wash after eating.

Other items

- ☐Whistle: Enables people to know where you are when you have been trapped in a collapsed house.
- ☐Disposable body warmer: In addition to normal use, it can warm up foods.
- ☐Copy of your insurance card

Save items (foods, drinking water) which can be stored for a long time, in accordance with your family´s needs.

It is not easy to find food after an earthquake. Therefore, an emergency supply of food should be prepared in advance.
To support post-disaster life, save enough food and drinking water to last at least 3 days.
On average, 3 liters of water is needed per day per person.



Prepare

Order Prepare for a Disaster by Joining Together With Those in your Area

Mutual cooperation and disaster prevention organization volunteers are in great need.

In the Hanshin Awaji great earthquake, there were many emergency cases that needed prompt attention, such as fires or people buried under collapsed structures. Disaster related organizations, such as the fire department, attempted to rescue people promptly and extinguish fires. However, they could not help in all areas due to a shortage of manpower and traffic jams.
It was the neighborhood volunteers who helped the most by rescuing those who had been trapped and fighting fires. Through cooperation, the volunteers saved many lives.
It is necessary to join forces with neighbors and volunteer organizations to prevent the spread of fires and to help injured or trapped persons. Join your local volunteer organization and help prepare for disasters.

Local Organizations for Disaster Prevention

Immediate action by disaster prevention organizations may not always be available when a large scale earthquake occurs. In such cases, it is the rescue activities performed by local people that plays an important role.

◆Local Organization for Disaster Prevention: A volunteer organization formed by local residents. 87% of the total areas in Mie have their own organization. They will be there to minimize the damage when a large scale earthquake occurs.
Post-Disaster Activities: Extinguish fires early on, rescue trapped persons, escort people to the evacuation site, maintain food and water supply service, etc.
Fundamental Activities: Maintenance/inspection of disaster prevention equiptment, conducting disaster management drills, etc.

◆Volunteer Fire Fighters: A service organization conducting fire extinguishing and rescue activities in cooperation with the Fire Department. They play an important role as leaders of an areas' disaster prevention. At present, about 14,000 members are registered in Mie prefecture and are working in various fields. However, the number of volunteers is currently decreasing. Your help is needed.
Post Disaster Activities: Effective fire/rescue activities, etc. Using knowledge and experience in the community.
Fundamental Activities: Fire fighting drills and first-aid training, as well as fire prevention guidance for seniors who live alone, etc.

◆Disaster Prevention Volunteers: Individuals and groups conduct rescue and fire suppression activities when a large scale disaster occurs. Local disaster prevention organizations and local fire fighters protect their own areas while volunteers rush in from all over the world. Recently, junior high and high school students have been increasing their activities. Their physical labor and presence help those affected by disasters.

Increase your daily awareness about disaster prevention and always be prepared to minimize damages.

Within Mie prefecture, from April, 2004, lectures are being held by "Mie Disaster Prevention Coordinators" to enhance volunteer organization abilities and to reduce disaster damages.

Roles of "Mie Disaster Prevention Coordinator:

Post-Disaster Activities: Support and instruct of the re-establishment and area reconstruction, cooperating with official organizations or volunteers, etc.

Fundamental Activities: Conduct educational activities such as disaster management drills, helping create rescue plans, etc. as requested by the local government.

Disaster Prevention Volunteer Organization Activities

Disaster Prevention Volunteer Organization Activities are expected to alleviate damages in the area. Enhance the ability of local area´s disaster prevention by participating in the following activities :

◆ Examine Your Town

This is a way for residents to become aware of the advantages and disadvantages of their town. Examine the risks that your local area and surroundings will have when an earthquake occurs. Take in account that an earthquake could occur during high volume commute times, early afternoon, at meal times or while sleeping.

◎ Know the damages that are expected in your area.
◎ Make area disaster prevention maps.
◎ Conduct disaster management drills.

◆ Disaster Imagination Game (DIG)

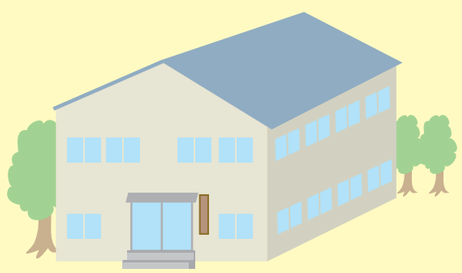
"DIG" is a disaster management drill developed by Mie prefecture. Using a map, participants can become familiar with their area by noticing where danger areas exist. For example, become aware that when you are near the seashore there is a tsunami risk, notice how far away certain points are from the evacuation shelter, or to find weak infrastructure that may block your way, etc. These findings help to enhance your knowledge and improve your disaster prevention capabilities.

◆ Make a Tsunami Evacuation Plan

This is an evacuation plan made in order to in case a tsunami occurs.
It is predicted that when an earthquake with the seismic focus in the Nankai Trough occurs a tsunami will reach the coast of Mie prefecture in an incredibly short period of time. In coastal areas, be sure to make a tsunami evacuation plan. Including, where to evacuate and knowing where hazardous areas are from the "DIG."

◆ Make an Evacuation Shelter Management Manual

There may be many inconveniences and problems in the evacuation shelter.
Holding discussions among refugees is important.
Hold discussions among the people in your area about evacuation shelter management and make an evacuation shelter management manual before a disaster occurs.



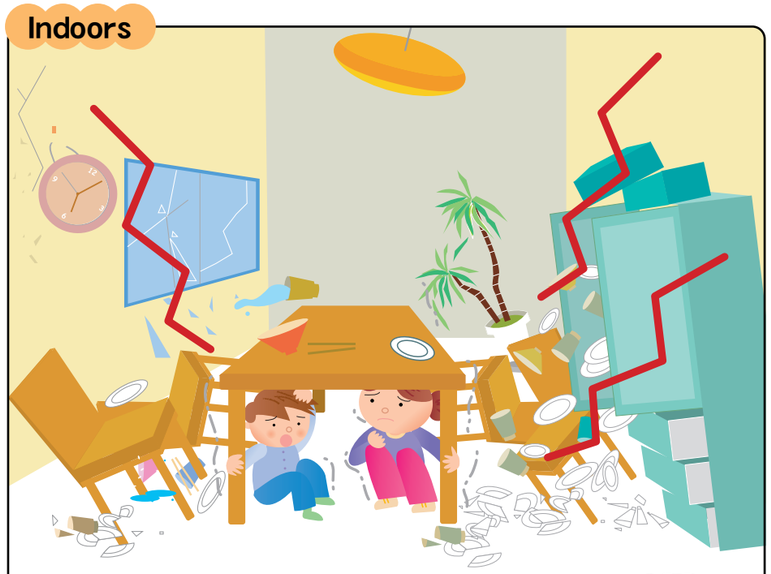
◆ If you want to join a local organization for disaster prevention, contact the section/division in charge of disaster prevention in your area.

Order 5 Protect Yourself From Earthquakes at All Times

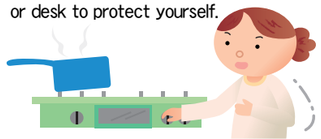
What to do when you are indoors during an earthquake

Nobody knows when or where an earthquake will occur. How do you remain calm and evacuate safely? Imagine that you are indoors when an earthquake occurs.

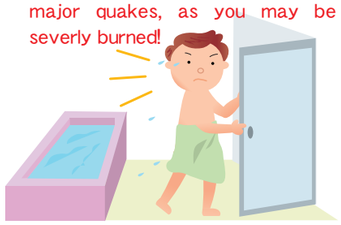
Indoors



● Protect your safety first.
- Watch for falling furniture.
- Seek shelter under a sturdy table or desk to protect yourself.



● If you are cooking in the kitchen:
- If a fire has started, remain calm and attempt to extinguish the fire as quickly as possible.
- Never try to extinguish fires during major quakes, as you may be severly burned!

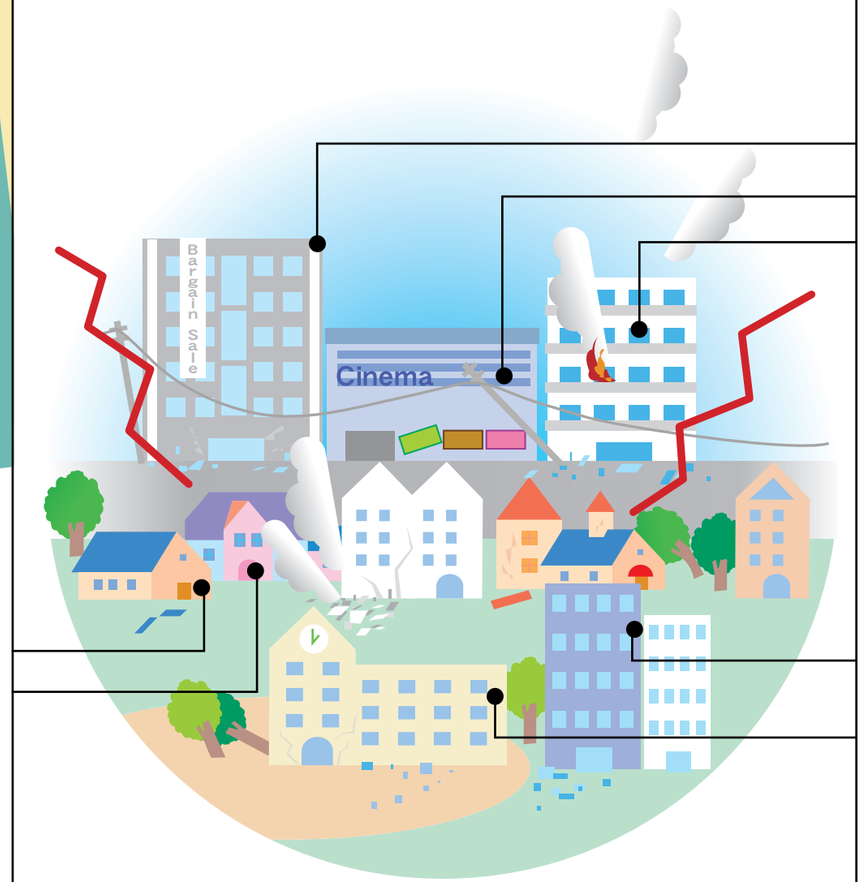


● If you are in the bathroom:
- Do not hasten to get out since bathrooms and toilets are relatively safe.
- Open the door and wait for the quake to stop, then evacuate.
- Don't forget to turn off the gas if you are using a gas water heater.

● Watch out for broken pieces of glass.
- Be sure to evacuate with your shoes on.
- Be prepared for a blackout, place a flashlight, portable radio and slippers nearby.

● Leave the door open to secure an exit.
- Secure an evacuation exit. Doors sometimes become jammed.

● If you are in a bedroom:
- Protect your head with a pillow and get under a futon or bed.
- Protect your head from overturning furniture and move to a safe place.



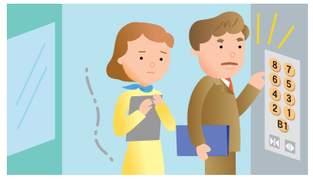
● Do not rush outside.
- Remain calm and act appropriately.
- Watch out for falling objects such as roofing tiles and glass.

Other Indoor Scenarios

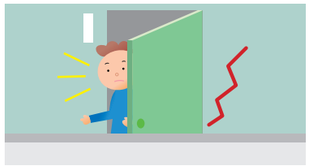
● If you are in a department store or supermarket:
- Since windows, glass display cases, electric appliances, and tableware shops are quite dangerous, immediately leave for a safer place.
- Cover your head and follow the instructions given by store personnel.

● If you are in a theater or movie theater:
- Lift up the seat, crouch down and cover your head with a bag.
- Follow the instructions given by theater personnel and evacuate calmly.

● If you are in an underground shopping center:
- Do not rush to exit. Protect yourself from falling objects, and stay near the wall.
- In case of fire, cover your nose and mouth with a wet handkerchief and escape the smoke while staying near the ground.



● If you are in an elevator:
- Press all of the floor buttons. If the elevator does not move, press the emergency button.
- Do not try to escape from the ceiling exit. Remain calm and wait for help.



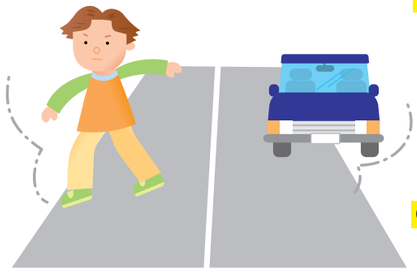
● If you are in an apartment building:
- Secure a way out, as the entrance door sometimes becomes jammed.
- Do not use an elevator, exit using the emergency stairs.

● If you are in a school or in an office:
- Beware of bookshelves and lockers that could fall down and windowpanes that could break.
- Secure a way out, as doors sometimes become jammed.
- Do not use an elevator, exit using the emergency stairs.

What to do when you are outdoors during an earthquake.

A disaster can occur anytime and anywhere. Remember what to do when an earthquake occurs while you are outdoors.

In Transit



● While driving:

- Stop your car and avoid sudden braking. Pull over to the left-hand side of the road.
- Listen to the car radio for information on the earthquake and follow the emergency instructions.
- When you leave your car, be sure to leave the key in the ignition and the doors unlocked.

● If you are in a train or bus:

- If you remain standing, hold tightly to a strap or handrail in order to avoid being thrown out of the vehicle.
- If you are sitting, stoop yourself forward and brace your feet.
- Watch out for sudden stops and escape from the car following the conductors instructions.

● If you are on a train platform:

- Be careful not to fall on the tracks.
- Escape from the platform following the station staff's instructions.

In the City・At Evacuation

● Move on foot carrying the minimum amount of necessities.

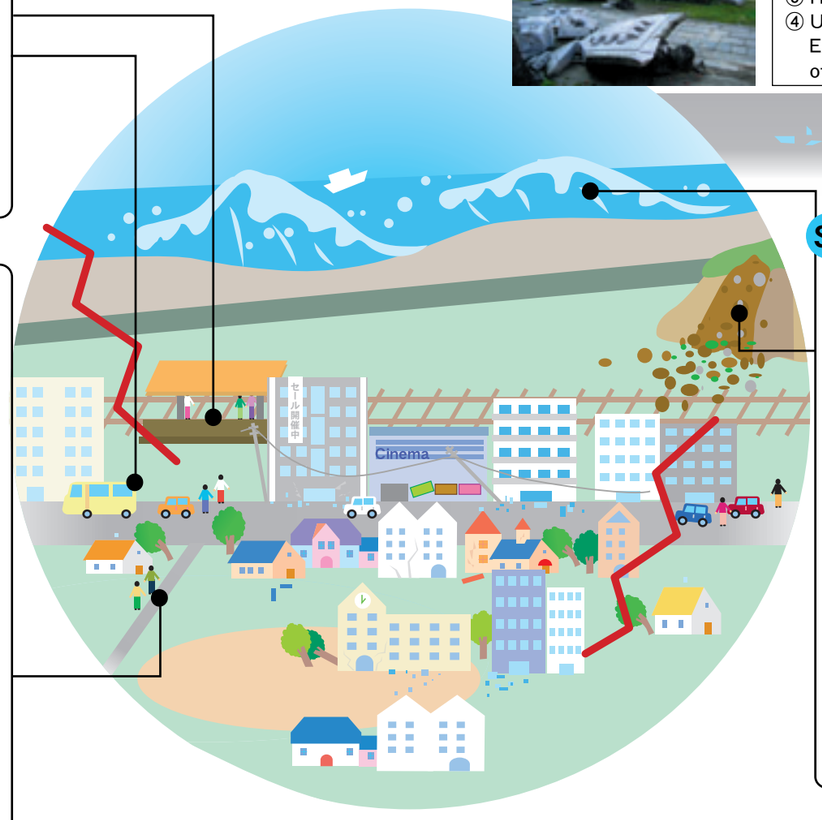
- Avoid moving by car as they create traffic jams for emergency vehicles. Move on foot.

● Assist in rescues

- Elderly persons, infants and handicapped persons should be the first priority.
- Assist those in your area by conducting rescue operations and first-aid.

● If you are walking while downtown:

- Stay clear of concrete block walls, vending machines and electric poles as they often fall over.
- Watch out for cars and evacuate to an open space.
- Stay away from fallen power lines.



Notes for Those Who are Unable to Return Home

■ Dairy Preparations

① Have a family meeting concerning how to contact each other and where to meet after a disaster.
② Check your routes home on foot.
③ Several contact methods and routes home should be prepared beforehand.
④ A portable radio, warm clothes, athletic shoes, emergency foods such as candy and dried foods, etc. should always be ready for use.

■ During a Disaster

① Remain calm and collect accurate information.
② Utilize the homecoming support station.
③ Help one another when possible
④ Use NTT´s "Emergency Message Exchange" (171) to check the safety of your family.

Those who commute over long distances may have difficulty coming home due to traffic restrictions, etc. With a basic spirit of "Take care of yourself and always be prepared" you will be ready for an emergency. If you are prepared and take care of yourself, you will be able to return home.

Sea Coast, River, Cliff, Steep slope

● If you are near the sea coast or river:

- When you notice an earthquake, evacuate immediately to high ground even before the announcement of the emergency alert is issued.
- Even if you did not notice an earthquake, immediately evacuate when a tsunami emergency alert or tsunami warning has been announced.
- Evacuate away from rivers as tsunamis can flow upstream.

● If you are near a cliff or steep slope:

- Evacuate immediately away from places where landslides may occur.
- Rain after an earthquake may weaken the ground and landslide may occur. Therefore, be careful around cliffs and steep slopes.

■ Ground Saturation

During an earthquake, it is possible that the ground will become saturated causing buildings to sink or lean. This phenomenon usually happens in areas of arenaceous ground, which contains a high percentage of moisture. Such areas are often found near river mouths and reclamation sites.

Posible Damages

Buildings collapse, roads sever, lifelines such as water and gas pipes ruptured.
＊ This phenomenon is a type of ground destruction, which is the foundation of construction. As a result, damages are very severe.

Act

How to use a fire extinguisher

Remember that a fire extinguisher can only put out fires before they spread to the ceiling or walls.

① Remove the safety pin.

② Pull out the hose and direct the nozzle at the base of the fire.

③ Grip the lever tightly.

Cautions on Escaping From Fire:

◎ Cover your nose and mouth with a wet handkerchief and escape the smoke while staying near the ground.
◎ Elderly persons and infants should be the first out during the evacuation.
◎ Once you have escaped from the fire, do not go back in for any reason.
◎ When the fire seems it will spread, evacuate to a safeplace.

◆ **Contact the fire department nearest you if you would like to participate in a fire drill.**

Give Special Care to People Who Need Help During a Disaster

■ Elderly, Debilitated and Sick
・It is possible that they cannot take prompt action, therefore, in emergency cases, use wheelchairs, hand-carts or carry him/her on your shoulder to a safe place.

■ The Vision Impaired
・It is possible that he/she finds it difficult to act alone in a disaster situation. When you escort them during an evacuation walk slowly supporting their elbow lightly.

■ The Hearing Impaired
・It is possible that he/she is slow to understand the situation, therefore, speak clearly while facing them.

■ Infants
・Protect the infant with a blanket, etc., and carry them on your back using a sling.

■ Pregnant Women
・If she cannot walk alone, use a wheelchair or a hand-cart to evacuate her.

■ Physically Handicapped
・When carrying those normally confinded to a wheelchair be sure to secure them to your back with a sling so you can move both arms freely.

■ Non-Japanese Speakers
・It is possible that he/she doesn't understand the evacuation process, therefore, let them know the location of an evacuation shelter, dangerous places and other necessary information though gestures.

■ Tourists
・It is possible that he/she cannot take prompt action since he/she is not familiar with the area's geography, therefore, let them know the location of an emergency shelter, dangerous places and other necessary information about evacuations.

During a disaster everyone suffers. So help each other and evacuate together safely.

Prompt Action Saves Lives

During a disaster, many people suffer injuries and/or are knocked unconscious. The injured must be given prompt medical care as ambulance service may be delayed due to the magnitude of the disaster. For this reason, we must train on a regular basis so we can correctly administer medical treatment.

! If You Find a Person Lying Down

Do not move the person unnecessarily.

Check for secondary injuries and for bleeding. Check if the person can communicate, if so, then ask the person to attempt to move the person's arms and feet while checking for pain. That way, you can better understand the person's condition and act appropriately.

Is the person conscious?

Yes

No,

Call an ambulance.

Ask for assistance from someone nearby if you are unable to help.

Clear the airway

Put your face close to the person and see if the person is breathing. Check the movement of the person's chest and abdomen, listen to the person's breathing and see if you can feel the person's exhale air.

Is the person breathing?

Yes, she is.

No, she is not.

Clear the Airway

❶Turn the person's face sideways to stop any foreign objects from blocking the person's airway and scrape out any foreign objects with your fingers. (A more sanitary way is to wrap a gauze or a handkerchief around your fingers.)

❷To clean the airway, hold the person's forehead with one hand and pull the person's chin down with the other hand while slowly tilting the head backward.
＊It is possible that the victims tongue is blocking the person's airway. Be aware that this can happen and take precautions.

Cardiac Massage

Kneel with both knees beside the person who is lying flat on the person's back. Place one hand directly on top of the other on the lower half of the person's chest. Then push down on the breastbone with your arms locked, depressing the whole chest about 3.5 to 5cm.

Continue massaging and repeating the compressions about 100 times per minute. (Use two fingers for a neonate/infant and one hand for a child, depressing the chest about 1/3 of the chest thickness, while securing the airway.)

＊In case you are doing the above treatment alone, repeat the combination of artificial breathing twice (once for an infant) and cardiac massage 15 times (3 times for a neonate and 5 times for an infant).

Keep the person relaxed.

Artificial breathing (2 times)

Is there any sign of blood circulation?

Inspect breathing, coughing and the body movement within 10 seconds.

No

Yes

Cardiac massage (15 times) Artificial breathing (2 times)

Artificial breathing (once in 5 seconds)

Give Artificial Breathing

While clearing the airway, pinch the person's nostrils closed. Then, open your mouth widely and place it tightly over the person's mouth, making sure the air does not escape. Exhale for about 2 seconds to the extent that the person's chest slightly swells. (1 second for a neonate and 1 to 1.5 seconds for an infant.)
Remove your mouth and check for chest movement, repeat this every five seconds if there is no movement. (Every 2 seconds for a neonate and every 3 seconds for an infant.)

Notes neonate: under 28 days old, infant: under 1 year old child: 1 through 8 years old grown up: over 8 years old

! How to Rescue a Person from under a Collapsed House

Lift up the pieces that have collapsed on the victim with a car-jack or lever. Even though the person has been rescued, there is still a risk of "Crush Syndrome"(＊) Therefore, rescue should be done as quickly as possible.

＊What is "Crush Syndrome"?

Toxins released from the destroyed muscle tissue spreads throughout the body, which had been left without blood circulation. This is called "Hyperkalemia" and harms the kidney and heart. It is urgent that treatment such as artificial dialysis or a blood transfusion be done as quickly as possible.

! In case of contusions, bone fractures, burn injuries and wounds

Contusions……Put a compress over the area. If you do not have a compress, place an ice pack or wet towel over the area to reduce swelling.

Sprain/dislocated joint…Cool the area by applying a compress. In case of a dislocated joint, secure the joint so it does not move with a sling or a cloth wrap. nerves or blood vessels may be damaged if the victim tries to return the joint to the original position by force.

Bone fractures……Secure the broken bone with a splint and cloth wrap. Cardboard or magazines can be used for a splint in emergency situations. Never move a broken limb.

Burn injuries……Cool the burned area with running water until the pain is relieved. If a person has been burned with their clothes on, cool the burned area without removing the clothes. After the burned area has cooled, cover it with a clean gauze or towel.

Bleeding wounds……If the injured part is unclean wash it with clean water. Keep the injured part elevated above the heart as much as possible. Place a gauze directly on the wound and apply pressure with your palm. If the bleeding does not stop or if you are unable to apply pressure because of a bone fracture, tie a towel around the artery on the side closest to the heart. The artery must not be bound for more than 30 minutes at a time.

! How to rescue and transport a wounded person

After administering first-aid it might be necessary to transport a wounded person to a medical institution or a first-aid station. Make sure you know the locations of the facilities before moving the patient.

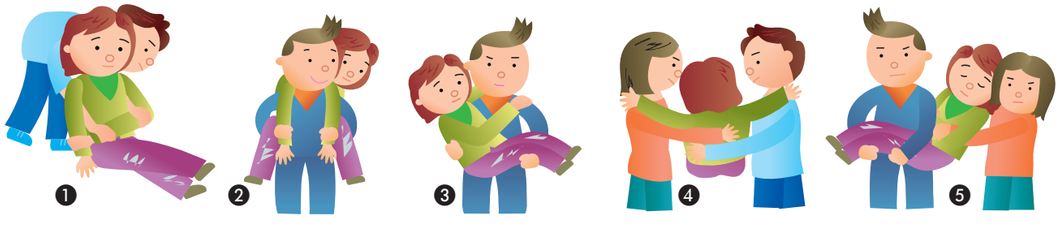
Transport by using an emergency stretcher

A combination of window shutters (amado), fusuma door, laundry poles, blankets, clothes and chairs can be used as alternative emergency stretchers.

Transport by manpower

❶ To prevent the victims´ legs from moving, drag them backwards by placing your arms under theirs and wrapping your arms around their chest walking backwards with them in tow.
❷ Shoulder Carry: In order to disperse the wounded person´s weight evenly over your back, grab both wrists and pull them forward while pulling both knees toward your waist. Then carry them by winding your arms around him.
❸ Under Arm Carry: Carry a wounded person under both arms and talk to them to ease their mind.
❹ Shoulder/Legs Carry: Make a carriage using two people and carry the wounded person like they are sitting on a chair.
❺ Transport a person seriously wounded: Carry a wounded person calmly, keeping their body horizontal with your arms under their body.

＊Do not attept to move those who possibly suffered a brain hemorrage.



◆For more information regarding first-aid and rescue, contact your local fire department.

Order 6 Try to Imagine Post-Disaster Life

Disaster Traces Everywhere

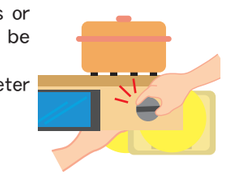
Earthquake disasters unexpectedly interrupt our daily life by cutting off lifelines and making life more difficult.

No Transportation

・Traffic jams result due to destroyed roads and/or collapsed buildings.
・There may be no supply routes available as distribution chanels may be cut off.
Avoid driving as it may hinder others trying to evacuate or conduct rescue activities. Move on foot or by bicycle.

No Gas

・Taking baths, cooking by gas or using HVAC equipment might be difficult.
・The micro-computer control meter may be cut off.



No Electricity

・You will not be able to use any electrical appliances or devices reguiring electricity.
・Street lights or lighting equipment will not work and it will be very dark at night
・There may be live electric wires down and electric fires may occur when the power supply is turned back on.
Try your best to prevent fires by turning off your electrical devices and breakers when an earthquake occurs.
・The water-supply pump equipment in your apartment may be cut off and there will be no running water.

No water supply

・Taking a bath as well as cooking and cleaning might be difficult.
・Flushing a toilet won't be possible. You may have to use a temporary toilet.
・It is possible that you will have trouble getting drinking water.
Be sure to save enough drinking water to last at least 3 days. On average, 3 liters of water are needed per day per person.

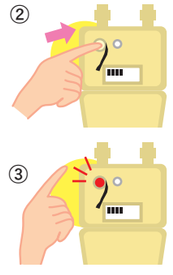
■ How to recover the gas micro-computer control meter

① Turn off all gas appliances. (Do not turn off the main tap of the micro-computer control meter.)

② Firmly depress the recovery button and then remove your finger immediately.

③ When the button has returned to its original position and the red light blinks, wait for 3 minutes.

④ After 3 minutes have passed, if the red light is gone, the recovery has been done successfully.



In an evacuation shelter, you must remember that everybody has experienced a horrible disaster and has had a tough time. This is the time for everybody to care for each other and help each other.

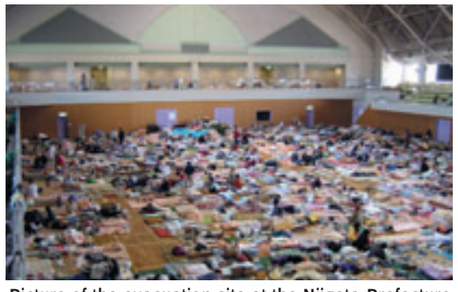
Evacuation Shelter Manners

① Treat everyone the way you want to be treated. Be considerate of those staying with you in the shelter.

② Help those in need with a kind spirit.

③ Follow the shelter rules and fulfill the role that has been determined for you.

④ Try your best to get back to your normal life as soon as possible.



Picture of the evacuation site at the Niigata-Prefecture Chuetsu earthquake.
(The Ojiya-shi General Gymnastic Hall)

Knowledge About a Post-Disaster Life

The difficulties of post-disaster life might be more than you imagined.
What was considered normal before the disaster will be no more. Crimes and accidents will rise as a result of the disaster.
Learn as much about post-disaster life as possible.

Cellular Phones as well as Normal Phones are Useless

Telephone lines may be restricted in order to secure emergency communications. To confirm the safety of your family, etc., use the "Disaster Message Exchange" (dial 171) or “Disaster Message Board Service” prepared for cellular phones.

Be Careful About Food Poisoning and/or Infections

In a post-disaster life, the hygienic environment becomes worse and
a probability of food poisoning and/or infections will increase.
In order to prevent such diseases, take meals from the evacuation shelter as soon as possible and dispose of the remaining food.
Also, before eating or cooking, wash your hands and cookware thouroughly.

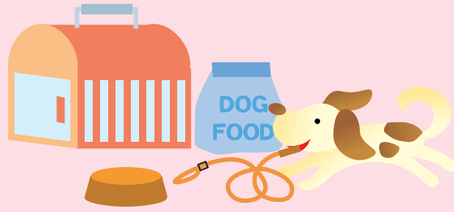
Pitfalls of Evacuation Life

The “Economy-class Syndrome” is caused by continued life in a narrow place like a tent or car. This syndrome occurs as a result of staying in a narrow space for too long. Blood clots result and can become lodged in the lungs, brain or heart causing death.

【Prevention】
- Drink plenty of water.
- Occasionally move around to increase blood flow.
- Wear loose clothing when sleeping.

Pets are Part of Our Family

◎ When separated from your pet during a disaster, the chances of being reunited are low.
◎ Pet care articles should be included in your emergency supplies.
◎ Making sure your pet does not become an annoyance to other people in the shelter is your responsibility.



Protect Yourself from Crime

◎ It is reported that many people have had their house robbed after moving into an evacuation shelter. Valuables should be secured after a disaster.
◎ Be aware of other crimes too.

Volunteer Frauds

In the chaos of a disaster, these people steal money and/or valuables under the guise of a volunteer.

Price Gouging・Opportunistic Businesses

Sell necessities such as, clothes and foods with extremely high prices and require further money later.

Mental Health is Important

Your mental health may be severely impaired from disaster stress. It is important to get enough sleep, eat regularly and exercise to facilitate your mental health. Getting your normal family life and local community back to normal as quickly as possible is important. It is also important to avoid being alone.

Withdrawing Money

The automated teller machines (ATM) in banking facilities may be closed. It might be possible to withdraw money if you have a valid ID for verification at some banking facilities.

Voice From a Victim (Niigata-Prefecture, Chuetsu earthquake)

The Care of Others Saved Me.

My children and I were very scared by the aftershocks on the night of the earthquake. Even though we were scared, we continued to ask each other "Is the gas turned off?""Did you turn off the electricity." This care eventually saved us from having any fires in our area. The leader and the executive of the local volunteer group for disaster prevention managed the evacuation shelter effectively, arranging meals etc. We were moved by the care of others. People from other prefectures helped us by patrolling the area and by inspecting the safety of our houses from collapse and by checking on people’s health. These activities encouraged us a lot. With their support, we will continue to encourage each other through the snowy season.

Y.K. from Ojiya-shi.

Information About the Tokai Earthquake

■ When a warning is announced, take proper action to prepare for an earthquake

The Tokai earthquake is the only predicted earthquake at present. An earthquake could be predicted if the strain from the crustal movement is gauged correctly. However, the earthquake may occur without any warning. It is possible that when the Tokai earthquake occurs that the Tonankai and Nankai earthquakes will also occur. Therefore, those who live in the "areas requiring intensified measures to prevent earthquake disasters" must also pay attention to the information concerning the Tokai earthquake and take proper action when a warning is announced.

The earthquake warning announcement will be issued by the Prime Minister to the Tonankai and Nankai danger areas when abnormal plate movement is detected. The prediction will be based on data gathered by the Meteorological Agency and has been predicted to have a magnitude of 8 and may occur within 2 to 3 days (or within several hours). Once the warning has been announced, transportation by railway and/or by highway will be restricted and a significant restriction will be applied to the economical and/or social activities. As evacuation of the people who live in "Areas requiring intensified measures to prevent earthquake disasters" will take place.

Areas Requiring Intensified Measures to Prevent Earthquake Disaster:10 municipals

Kuwana-shi, Ise-shi, Toba-shi, Owase-shi, Kumano-shi, Shima-shi, Kisosaki-cho, Minamiise-cho, Taiki-cho, Kihoku-cho

(As of April 1, 2006)

◆Information System

The Tokai earthquake observation information.
Collect Information from TV or radio.

Warning concerning the Tokai earthquake.
Start preparations for disaster prevention.

Declaration of Emergency
Forecast of impending Tokai eathquake.
Begin taking disaster prevention steps.

Degree of risk ➡

All the information will be transmitted through public TV or radio channels.

■ What will happen in the Areas Requiring Intensified Measures to Prevent Earthquake Disaster for the Tokai Earthquake when an emergency is declared?

Electricity, Water, Gas	Continue to be supplied.
Telephone	Use of the subscriber's line might be restricted in order to secure emergency communications.
Railways, Buses	In principal, services are to be closed down in the concerned area.
Passenger vessels	Areas will be closed down where there is a danger of a tsunami.
Roads	There are no restrictions on leaving the area, however entries into the area will be strictly controlled in order to secure evacuation routes or emergency transportation.
Department stores, Supermarket, Convenience stores	In principal, they will be closed. Store-buildings considered to be earthquake-proof may continue services at the shop manager's discretion.
Banking facilities	Counter services will be closed down. A few ATMs may be available for cash withdrawals.
Schools	At the warning announcement for the Tokai Earthquake, children and pupils will return home by a pre-determined route.
Hospitals	Outpatient services will be suspended. In the event that safety has been confirmed, services will be continued.

Disaster Prevention Memo

Fill out all the necessary items with your family. Then cut out and fold in two. Always carry this card with you.

Memo

Disaster Message Exchange ☎171

For emergency communication, use "Disaster Message Exchange-Dial 171".
【This service is available from ordinary subscriber's lines (rotary and touch-tone), public phones, cellular phones (with a few exceptions), PHS (with a few exceptions).】

Disaster Prevention Card

Name | Sex | Date of Birth | Blood Type

Address

Telephone number

Memo

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Disaster Prevention Card

Name | Sex | Date of Birth | Blood Type

Address

Telephone number

Medical Record
Daily Medicenes
Allergies
Family Hospital
Hospital
Emergency Medical Information Center
Fire Department ☎119
Gas
Water
Police Station ☎110
Electricity
Municipal Office

Contact Family Name
Telephone Number
Evacuation Site
Meeting Place

Medical Record
Daily Medicenes
Allergies
Family Hospital
Hospital
Emergency Medical Information Center
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Water
Police Station ☎110
Electricity
Municipal Office

Contact Family Name
Telephone Number
Evacuation Site
Meeting Place

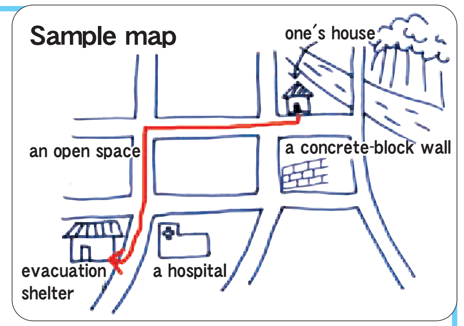
The items such as Contact, etc. in this Disaster Prevention Card should be filled out in the attached "Information Sheet for Our Family's Earthquake Disaster Prevention" too.

Make Your Own Emergency Map

Map out dangerous places, the evacuation shelters and the route to the evacuation shelter near your house.

◆Things to Write Down:

- **Family gathering place, evacuation shelter**
- **Escape route**
  Alternative escape routes must be selected in case the normal route becomes blocked.
- **Information about dangerous areas**
  Areas expected to be flooded by tsunamis, cliffs that collapse easily, steep slopes, rivers, concrete block walls, places where hazardous materials are being stored/treated, etc.



◆Information about disaster prevention maps can be obtained at the section/division in charge of disaster prevention at your local government.

To Confirm the Safety of Your Family

■ Disaster message exchange

When a connection is difficult to make using your telephone after a large scale disaster, "Disaster Message Exchange Dial 171" can be used for confirming the safety of your family or making contact with other people. Dial 171, and enter and/or listen to a message, while following the instructions.

How to enter a message

Dial 1 7 1

Dial 1 to leave a message 1

(×××) ×××−××××

How to listen to a message

Dial 1 7 1

Dial 2 to reply to a message 2

(×××) ×××−××××

Enter the area code and telephone number of the person you want to contact when prompted.

◎ Demonstrations are available:
Every 1st day of the month (Except for January 1st)
January 15 through 21 and August 30 through September 5 every year

◎ For the telephone service other than NTT or IP phone users, check with the company you contracted, beforehand.

■ Disaster messaging services

After a disaster, you can leave a message concerning your safety by using your cellular phone. Also, you can confirm the safety of your family or friends from your cellular phone or personal computer.

◎ NTT Docomo cellular phone: http://dengon.docomo.ne.jp/top.cgi

◎ au/TU-Ka cellular phone: http://dengon.ezweb.ne.jp/

◎ vodafone cellular phone: http://dengon.vodafone.ne.jp/

"Mie-Prefecture Earthquake Counter-Measure Promotion Act"was established to actualize a strong community against earthquake disasters.

(Put into effect on the 1st of April, 2004)

As a preventive measure for the Tokai earthquake which might occur any moment and the Tonankai and Nankai earthquakes which are predicted to occur at the beginning of this century, Mie prefecture established the "Mie-Prefecture Earthquake Counter-Measure Promotion Act." This act promotes preparedness with the thought of "Protect our lives by our own power" (self-help) and "Protect our area by joining forces" (mutual assistance). This act determines the management in each aspect of prevention, emergency and recovery, clarifying the assignment of the prefecture government, residents and business associates. Let's work on earthquake counter-measures by joining forces. Following this act include collaboration by the prefecture government, municipal government, residents, business associates and volunteer groups.

For more details, refer to the internet site"Bosaimie.jp"
(http//www.bosaimie.jp/, the title of "In an emergency case".)

LifeLine

Civil Infrastructure is Our Lifeline

A "Lifeline" is a system that supports our daily life such as electricity, gas, water, telephone, food distribution networks, etc.
When a disaster occurs, many of the lifelines can be cut down because of the damages.
Remember the following lifeline contact information to be ready for an emergency.

Electricity

Chubu Electric Power Co., Inc. Mie-Branch (http://www.chuden.co.jp/)

Office	Telephone Number	Service
Kuwana	0594-22-1510	Kuwana-shi, Inabe-shi, Part of Yokkaichi-shi, Inabe-gun, Kuwana-gun,Part of Mie-gun
Yokkaichi	059-353-0211	Yokkaichi-shi, Part of Suzuka-shi, Mie-gun
Suzuka	059-367-3710	Suzuka-shi, Kameyama-shi, Part of Yokkaichi-shi, Part of Tsu-shi
Tsu	059-226-5559	Tsu-shi
Matsusaka	0598-23-1000	Matsusaka-shi, Taki-gun, Part of Tsu-shi, Part of Watarai-gun
Ise	0596-28-2134	Ise-shi, Toba-shi, Shima-shi, Watarai-gun, Part of Taki-gun
Ueno	0595-21-3215	Iga-shi, Nabari-shi, Part of Tsu-shi
Owase	0597-22-2011	Owase-shi, Part of Kumano-shi, Kitamuro-gun

The Kansai Electric Power Co., Inc. Wakayama-branch (http://www.kepco.jp)

Office	Telephone Number	Service
Shingu	0735-22-5211	Part of Kumano-shi, Minamimuro-gun

Gas

Kuwana-shi, Gas・Water Supply Department, Gas Supply Section ☎0594-24-1268
(http://www.city.kuwana.mie.jp)

Toho Gas Co., Ltd. Mie-branch (http://www.tohogas.co.jp/)

Office	Telephone Number	Service
Yokkaichi	059-353-9151	Kuwana-shi, Yokkaichi-shi, Suzuka-shi, Mie-gun
Tsu	059-228-7161	Tsu-shi
Matsusaka	0598-51-5518	Matsusaka-shi
Ise	0596-28-9101	Ise-shi

Ueno City Gas Co., Ltd. (http://www.ueno-gas.co.jp/) ☎0595-21-3611
Nabari Kintetsu Gas Co., Ltd. (http://www.kintetsugas.co.jp/) ☎0595-65-2311
Mieken LP Gas Association ☎059-227-6238

LifeLine

Telephone

Nippon Telegraph And Telephone West Corporation
Mie-branch (http://www.ntt-west.co.jp/mie/)
(No dialing code) 116

NTT Docomo Tokai,Inc. (http://www.docomo-tokai.co.jp/) ☎0120-800-000
(No dialing code)151 (Only for Docomo cellular, car phon, PHS)
KDDI Corp. au Mie-branch (http://www.kddi.com/) ☎059-355-3830
Vodafone K.K. Nagoya Customer Center
(http://www.vodafone.jp/) ☎0088-241-157
(No dialing code) 157 (Only for Vodafone cellular.)
Tu-Ka Cellular Tokai Corp. (http://www.tu-ka-tokai.co.jp/) ☎052-977-0151

Cable TV

Seikei Eizo Network Co. Ltd. (http://www.intsurf.jp/tv/) ☎0594-24-0001
C・Tech Corporation CCNet Hokusei-station ☎059-361-5522
(http://www.ccnetmie.ne.jp/info/menu.html)
CTY Co., Ltd. (http://www.cty-net.ne.jp/) ☎059-354-8070 (Head Office)
☎0594-84-1788 (Inabe-Office)
Cable Net Suzuka Co., Ltd. (http://www.cns-tv.co.jp/) ☎059-388-3311
ZTV Co., Ltd. (http://www.ztv.co.jp/) ☎059-236-5111
Igaueno Cable Television (http://www.ict.ne.jp/ict/) ☎0595-24-2560
advanscope Co., Ltd. (http://advanscope.jp/) ☎0595-64-7821
Matsusaka Area CATV Station Co., Ltd. (http://www.mctv.jp/) ☎0598-50-2200 (Head Office)
☎0599-44-4848 (Shima-Center)
iTV Co., Ltd. (http://www.itv-mie.jp/) ☎0596-27-0700

Railway

Central Japan Railway Company (http://www.jr-central.co.jp/) ☎059-226-6211 (9:00~20:00)
West Japan Railway Company (http://www.westjr.co.jp/) ☎0570-00-2486／078-382-8686
Kintetsu Corporation (http://kintetsu.co.jp/) ☎052-561-1604 (9:00~19:00)
Isetetsu Co., Ltd. (http://www.isetetu.co.jp/) ☎059-383-2112 (8:30~17:00)
Sangi-Railway K.K. (http://www.sangirail.co.jp/) ☎059-364-2141 (Head Office)
☎059-339-1141 (Sangi-Line)
☎0594-76-3690 (Hokusei-Line)
☎059-365-9106 (Line/Chartered Bus)

Bus

Mie Kotsu Co. Ltd. (http://www.sanco.co.jp/)

Office	Telephone Number
Kuwana	0594-22-0595
Hokusei	0594-72-2469
Yokkaichi	059-323-0808
Central Mie	059-233-3501

Office	Telephone Number
Matsusaka	0598-51-5240
Ise	0596-25-7131
Shima	0599-55-0215
Iga	0595-66-3715

Office	Telephone Number
Miyama	0597-32-1321
Nanki	0597-85-2196

Happu Bus Co. Ltd. (http://www.happubus.co.jp/)
☎0594-22-1034 [Operation] ☎0594-22-6320 [Sales] ☎0594-22-6321 [General Affairs]

Road

Central Nippon Expressway Company Limited ☎052-222-1620
(http://www.c-nexco.co.jp)
Mie-roadway Public Corporation Ise-Shima Controlling Office ☎0596-27-5423
(http://www.mie-dourokousya.or.jp/)
Contact Office for national road/highway (http://its.cbr.mlit.go.jp/)

Name	Telephone Number	Controlling Route
Hokusei Kokudou Office	0595-82-1312	Route 25 Meihan-kokudou
Mie Kasen Kokudou Office	059-229-2221	Route 1, Route 23, Route 25, Route 258
Kisei Kokudou Office	0598-52-5366	Route 42

Contact Office for the other national route, local road and general prefecture road
(http://www.bosaimie.jp/mie/index.html)
Road Maintenance Unit, Mie Prefectural Land Development ☎059-224-2675

Radio

AM		FM	
NHK 1	729KHz and others	FM Mie	78.9MHz and others
NHK 2	909KHz and others	FM Yokkaichi	76.8MHz (Available at Hokusei area only.)
CBC	1053KHz and others		
Tokai	1332KHz and others	NHK FM	82.5MHz, 81.8MHz and others