



The Rescue Kids Trio!

All about Emergency Preparedness and Planning

This manual was made possible through
funding by the Council of Local Authorities
for International Relations.

1. Preparing to evacuate

When a natural disaster occurs, drinking water may be unavailable because of ruptures in local water supply lines and help may not come because of serious road damage.

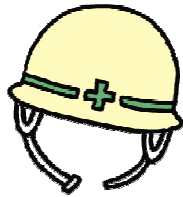
Be sure to prepare enough food and clothing to get you through a few days after a disaster strikes.



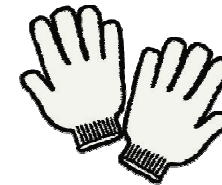
Items for your emergency survival kit



☐ Helmets or other types of protective headwear

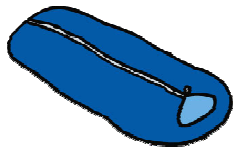


☐ Gloves (work gloves will do)

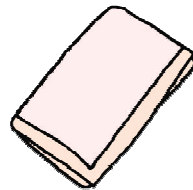


These items will help you avoid injuries when you're evacuating.

☐ Sleeping bags



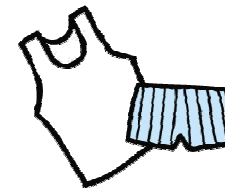
☐ Blankets



☐ Towels

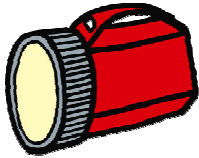


☐ Clothing
(especially undergarments)



Be sure to prepare clean clothes and sleeping gear.

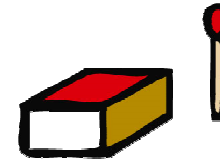
☐ Flashlight



☐ Candles

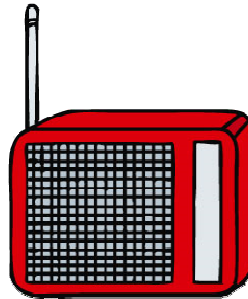


☐ Matches, lighters



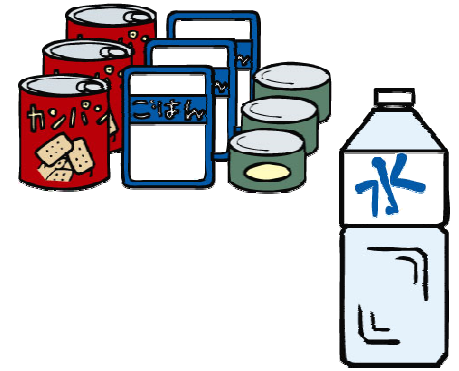
You will need some type of light source during a power outage.

☐ Portable radio

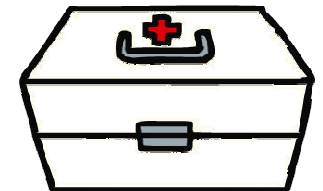


Be sure to listen for emergency broadcasts during a disaster.

- ☐ Keep an emergency supply of enough food and water to sustain your family for at least three days. This is something you won't regret when the time comes.



- ☐ A first aid kit with the proper medications will be invaluable for treating people with injuries or chronic illnesses.



These are just some of the items you will need in your survival kit. Try to think of other things that might come in handy during an emergency.

2. Where to evacuate

The roads you usually take may be dangerous when a disaster strikes.

Try to stay calm and follow designated escape routes to reach your local emergency shelter.





Know your local escape routes and emergency shelters

Every community has its own designated emergency shelters. In most cases, these shelters are schools or civic halls. Be sure to ask your community council or the emergency management agency at your local government about which emergency shelter you should use in the event of a disaster.

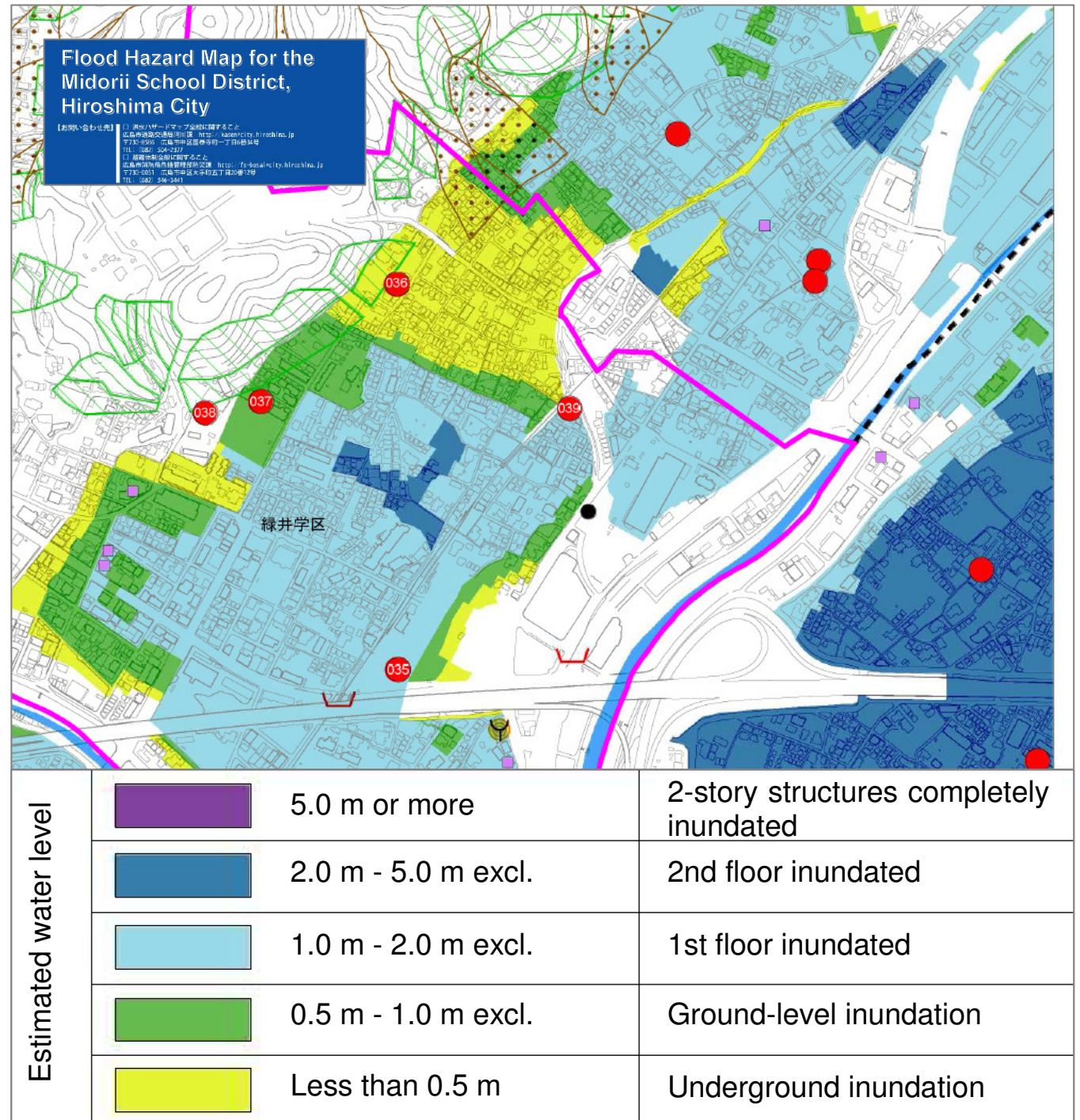
Hazard maps



Every household should have hazard maps that tell you the location of emergency shelters as well as places you should never go to during a disaster.

Different types of hazard maps have been published for earthquakes, inundation, storm surges, river floods, urban floods, landslides and other disaster categories. Some communities may not have prepared their own hazard maps.

This is an example of a hazard map for floods in Hiroshima City. The map uses different colors to indicate different levels of danger from flooding.



If your household doesn't have hazard maps, you can obtain them on the web. Ask the emergency management agency at your local government for more information.

Refer to the List of Local Emergency Management Agencies for the right contact in your area.

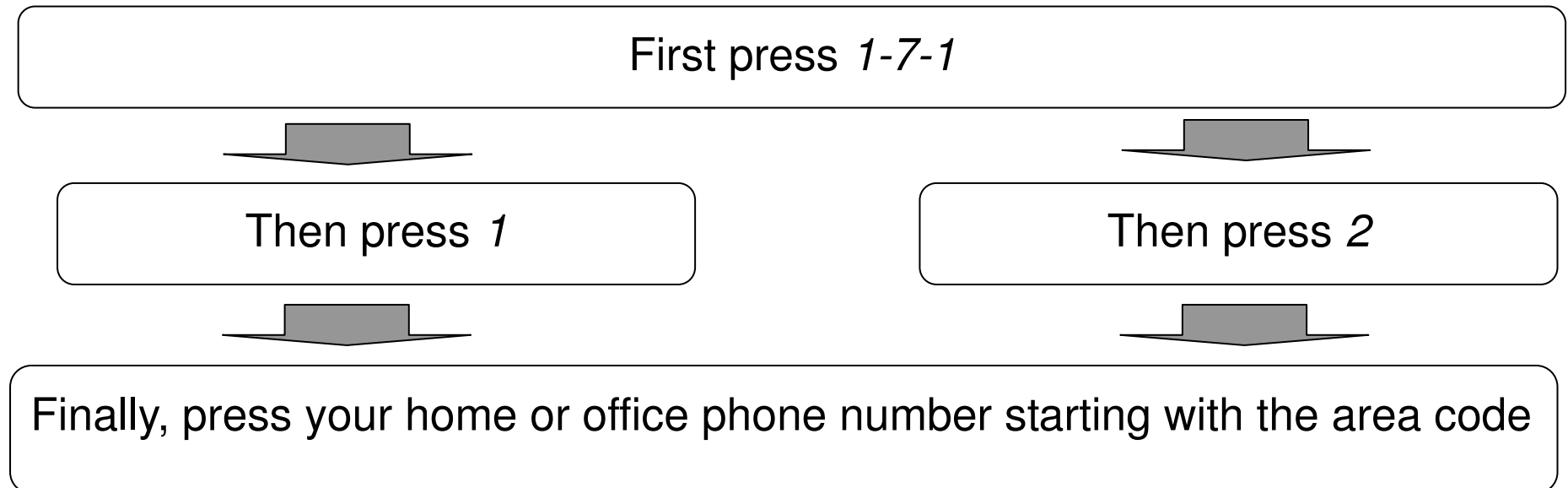


3. Plan a system to contact family members

To communicate with family members, use the Public Emergency Voice Mail telephone number *1-7-1* to access or leave recorded messages.

- Recording messages

- Accessing messages



4. Be informed



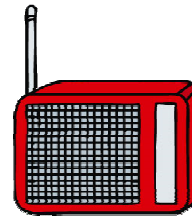
It's important to know how to gain information before and during natural disasters.

Getting information before natural disasters happen will allow you to decide how and where to evacuate.

Emergency bulletins

Here are some ways you can access emergency bulletins during a disaster.

- TV & radio
 - E-mail & text messaging
 - News websites
 - Municipal and prefectural websites
 - Government vehicles
with public address systems
 - Emergency ham radio frequencies
- ...etc.

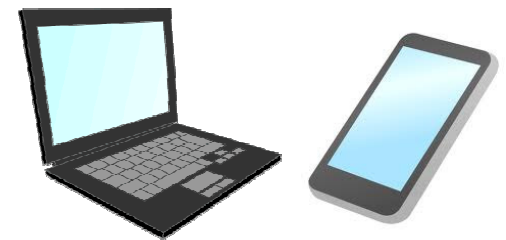


Cell phones and the Internet

These days you can easily get information on disasters using your computer or your cell phone.

Try accessing the following websites at home:

- Site of Prevention of Disaster at
<http://www.bousai.pref.hiroshima.jp.e.bt.hp.transer.com/hdis/>
- Disaster Prevention information
E-mail Notification Service at
<http://www.bousai-mail.pref.hiroshima.lg.jp/home.jsp>



General evacuation order

Local officials may issue a general evacuation order through TV or radio broadcasts, mobile public address systems or emergency ham radio frequencies.

A general evacuation order instructs you to go to safe place when disaster strikes.

However, regardless of whether officials have issued an evacuation order, you should voluntarily head toward an emergency shelter if you feel you are in any kind of danger.



5. Escaping disasters

The most important thing to keep in mind during a disaster is taking care of your own life.

To do this, you must learn about escape methods for different types of emergencies.



Severe storms, typhoons and storm surges

- Stay above ground because water will flood underground structure.
- Try to escape to a level of two stories or higher because water will probably flood the first floor of above-ground structures.
- If local officials issue a general evacuation order, you, your family and your neighbors should escape to a safe place.



Landslides

Landslides occur when water from continuous heavy rains saturate the soil.

You should also be aware that landslides could happen even after it has stopped raining.



Mudslides

Mudslides reach speeds of 40 kilometers per hour (25 miles per hour) and travel straight down slopes as fast as cars.

So how do you escape
a mudslide?



Go to the highest place possible in the event of a mudslide. Flee sideways from the flow of the mudslide and seek high ground.



Escaping earthquakes

When an earthquake strikes, immediately go to the center of a wide-open area (or room) that is safe from collapsing structures. You can also shield yourself from falling debris by hiding under a sturdy table or desk.



Escaping tsunamis

Seaside and riverside areas are very dangerous places to be when a tsunami strikes. Seek high ground and as far away from these areas as possible.

The tsunami that occurred during the Great East Japan Earthquake of 2011 generated waves more than 10 meters (33 feet) high, about the same height as a four-story building. This is why you should flee to the highest place you can find.



Wrong ways of thinking

Some wrong ways of thinking may slow you down and put you at greater risk during disasters. These include:

- Thinking that you will be safe no matter what happens
- Thinking that it's okay to stay put because no one else is fleeing
- Being paralyzed with irrational fear and anxiety



6. Helping each other

It's important for people to help each other during disasters. Take time in your daily life to connect with your family members, relatives and neighbors so you will be sure to care for them in the event of a disaster.



Start by greeting people in your community and making yourself known.

