

September 1st is “Disaster Prevention Day”. Today, we will discuss how to prepare for a disaster before it happens, and what action to take in case a disaster does occur.

Please prepare an emergency kit that you can easily carry from your home so that you can quickly evacuate to a safe location when a natural disaster like an earthquake or a typhoon occurs. You should put 3 days’ worth of water and food, any medicine you need, a first-aid kit, money, and clothes, etc. in a bag and leave it in a place that is easy to access in case of emergency. You should also have water and food in your car. In preparation for a disaster, you should know where your closest evacuation location is, where you and your family will meet, and how you will contact each other in case of disaster. Discuss these important matters as soon as possible. Large parks and school grounds are often used as evacuation locations.

When an earthquake occurs, the earth’s surface can shake violently. Objects may fall, and even whole houses can collapse in their wake. To avoid getting injured by falling objects in your house, please be sure to rearrange furniture so that it will not fall on anyone, and secure any objects that might tumble over.

When the earth shakes during an earthquake, please hide under a desk or table, and take care to protect your head from falling objects. Once the shaking stops, quickly turn off your cooker, open your door, and plan an escape route. Look outside, and if it seems that your surrounding area is not safe, do not panic. Calmly get to somewhere safe as quickly as you can.

Once outside, please be careful of falling objects, or objects that have fallen onto the ground. Find a wide open space to use as an evacuation spot. Once you are safe, stay aware of any aftershocks from the earthquake, and watch the news or listen to the fire department for any updates.

During a typhoon, heavy rainfall can cause rivers to overflow, and strong winds may send objects flying. Before a typhoon comes, check around your house and bring anything inside that might be blown away by the wind. If you think you are in danger, or if you are notified on your phone that you should leave your home, please evacuate as quickly as possible. It is dangerous to evacuate when you can’t see the road, so leave quickly before any flooding occurs.

If it is too late to evacuate but you are able to get to the 2nd floor or higher of a building, evacuate to a safe location on or above the 2nd floor. Floodwaters might enter your house, so please move any valuables, money, clothes, futons, etc. to the second floor.

You can see which areas might be flooded if a river overflows due to excessive rainfall on the city's "Hazard Maps". Please check in advance to see where your home, place of work, and places you often visit lie on this map and see if there may be any danger of flooding in those locations.

Please check the "Nagano City Disaster Prevention Information Portal" for notifications about disasters in Nagano City. They offer information in English, Chinese, Korean, and Tagalog. If it seems that a disaster may occur, or if you are in the midst of one, please check for updates there and evacuate quickly or take any other action that is necessary to preserve your life.

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