



Disaster Prevention Manual for Ota City Residents (11th Edition)

太田市民のための防災マニュアル（第11版）

—英語版—



Ota City

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1. Protect your own life by yourself.

1) 5 things you should know when you evacuate.

● There is no need to evacuate to shelters if you are in a safe place, so please consider home evacuating (vertical evacuation such as evacuating to 2nd floor of the buildings).

● Consider about evacuating to a place other than shelters designated by the city.
If your friends or relatives live in safe areas, please consider about evacuating to their houses.

● When you evacuate to shelters, bring face masks / sanitizers / thermometers as many as you can.

● Confirm the shelters regularly with the disaster prevention map (below) and the city website.

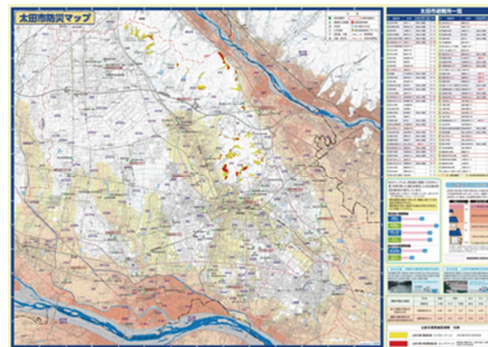
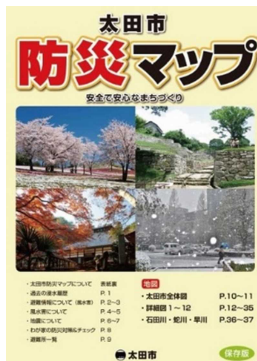
● Moving outside during heavy rain is dangerous even using cars, so evacuate before it is too late.

If you inevitably sleep in the car, make sure to confirm the situation around you carefully in case of flooding.



2) Disaster prevention map is one of the safeguards to protect your life in case of emergency.

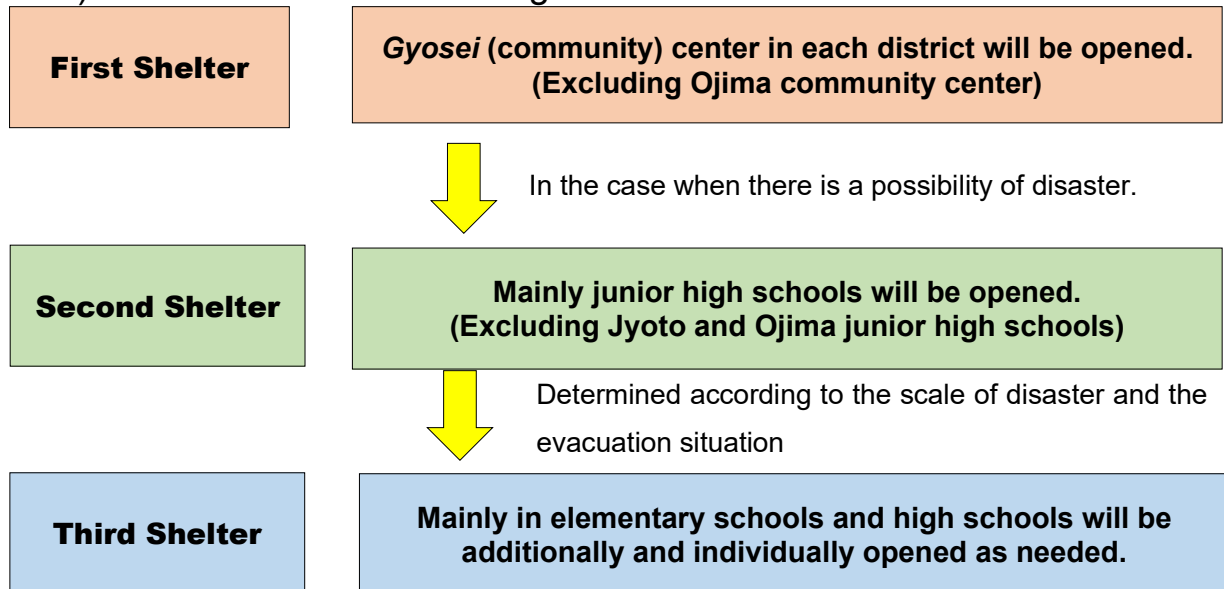
Check city's disaster prevention maps *Bousai Map* to know that potential disasters that may happen in your region, and prepare for them to evacuate immediately in an emergency situation.



※ Find the locations of shelters on p.10 - p.35 of the map or the city website, to know which you should go if necessary.

2. Evacuation Shelters *Hinanjo*

1) Evacuation Shelters during storm and flood disasters



※You can use any shelters for evacuation if it's opened, no matter where you live. Please evacuate to the accessible shelters regardless to the region.

2) Evacuation Shelters during Earthquake Disasters

At the time of an earthquake, depending on the damage, priority will be given to opening the first evacuation shelter (community center), the Ojima Lifelong Learning Center (*Ojima Shougai Gakushuu Center*) and Serada Lifelong Learning Center (*Serada Shougai Gakushuu Center*) in the Ojima District. More shelters would be available after then if it deemed to be necessary.

Evacuation Shelter Guide (Openings and their congestion)

<https://ota.hinanjo.dmacs.jp>



3) List of Evacuation Shelters in the city

Group	Name	Address	Index of the map
First shelters	Ota Community <i>Gyousei</i> Center	Hon-Cho 20-1	8-F-2
	Kuai Community <i>Gyousei</i> Center	Iizuka-Cho 591-1	9-A-4
	Sawano Community <i>Gyousei</i> Center	Takahayashi Nishi-Cho 882-5	11-E-2
	Niragawa Community <i>Gyousei</i> Center	Higashinagaoka-Cho 1853	9-B-1
	Torinogo Community <i>Gyousei</i> Center	Niino-Cho 203	5-C-4
	Godo Community <i>Gyousei</i> Center	Sugashio-Cho 345	5-C-1
	Kyuhaku Community <i>Gyousei</i> Center	Ryumai-Cho 4053	9-D-3
	Housen Community <i>Gyousei</i> Center	Nishinoya-Cho 38-2	8-B-3
	Morita Community <i>Gyousei</i> Center	Yatabori-Cho 244-5	6-A-1
	Kizaki Community <i>Gyousei</i> Center	Nitta Kizaki-Cho 1215-1	7-E-3
	Ikushina Community <i>Gyousei</i> Center	Nitta Muarata-Cho 1107-1	4-F-4
	Watauchi Community <i>Gyousei</i> Center	Nitta One-Cho 953-1	4-C-4
	Yabuzukahonmachi Central Community Center	Obara-Cho 505	1-E-3

Group	Name	Address	Index of the map
Second shelters	Nishi Junior High School	Hachiman-Cho 24-1	8-E-1
	Higashi Junior High School	Iizuka-Cho 80	9-A-4
	Asahi Junior High School	Higashiyajima-Cho 1082	9-A-4
	Material Arts Gym <i>Budoukan</i>	Uchigashima-Cho 384-2	9-B-4
	Minami Junior High School	Takahayashi Kita-Cho 955-1	11-E-2
	Ota Municipal High School	Hosoya-Cho 1510	8-D-3
	<i>Kitanomori Gakuen</i> (Ex-Kita Junior High School)	Kumano-Cho 2-1	9-A-1
	Josai Junior High School	Niino-Cho 74	8-D-1
	Godo Junior High School	Tenra-Cho 72-3	5-B-2
	Kyuhaku Junior High School	Ryumai-Cho 3867-2	9-C-3
	Hosen Junior High School	Takara-Machi 735	8-B-3
	Gunma Prefectural Ota Flex High School	Shimotajima-Cho 1243-1	10-F-1
	Morita Junior High School	Yatabori-Cho 242-2	6-A-1
	Kizaki Junior High School	Nitta Kizaki-Cho 301	7-E-4
	Ikushina Junior High School	Nitta Ichinoi-Cho 121	4-F-4
	Nitta General Gymnasium	Nitta Kanai-Cho 607	7-E-1
	Watauchi Junior High School	Nitta Kamidanaka-Cho 182	7-C-1
	Yabuzukahonmachi Social Gymnasium	Obara-Cho 383-70	1-E-3
Yabuzukahonmachi Junior High School	Obara-Cho 695	1-D-3	

Group	Name	Address	Index of the map
Third Shelters	Ota Elementary School	Hon-Cho 31-1	8-F-2
	Ex-Ota Higashi Elementary School	Higashihon-Cho 53-30	8-F-1
	Gunma Prefectural Ota High School	Nishihon-Cho 12-2	8-E-2
	Gunma Prefectural Ota Girls' High School	Hachimam-Cho 16-7	8-E-2
	Ota Public Hall, East Annex	Higashihon-Cho 53-20	8-F-1
	Kuai Elementary School	Iizuka-Cho 1534	9-A-3
	Chuo Elementary School	Iida-Cho 1166	9-A-2
	Asahi Elementary School	Higashiyajima-Cho 1249	9-A-4
	Sawano Elementary School	Fukuzawa-Cho 226-1	11-D-1
	Minami Elementary School	Takahayashi Higashi-Cho 1372	11-F-2
	Sawano Chuo Elementary School	Fukuzawa-Cho 73	11-D-1
	Niragawa Elementary School	Dainogo-Cho 999	9-C-1
	Ex-Niragawa Nishi Elementary School	Yasuraoka-Cho 51	9-B-1
	Torinogo Elementary School	Tsuruuda-Cho 83-2	5-D-3
	Josai Elementary School	Niino-Cho 127	5-C-4
	Godo Elementary School	Tenra-Cho 858-2	5-C-2
	Godo Fureai Center	Ishibashi-Cho 856-1	5-C-2
	Kyuhaku Elementary School	Ryumai-Cho 3816-3	9-D-3
	Gunma Pref. Ota High School of Technology	Motegi-Cho 380	9-D-2
	Hosen Elementary School	Yura-Cho 1738-1	8-B-3
	Hosen Minami Elementary School	Nakane-Cho 261-1	8-A-4
	Hosen Higashi Elementary School	Fujikura-Cho 1	8-D-2
	Kizaki Elementary School	Nitta Kizaki-Cho 1121	7-E-3
	Ikushina Elementary School	Nitta Murata-Cho 1365	4-F-4
	Nitta Martial Arts Gym <i>Budoukan</i>	Nitta Kamieda-Cho 721-1	7-E-2
	Watauchi Elementary School	Nitta Kamidanaka-Cho 795-3	4-C-4
	Gunma Pref. Nitta Akatsuki High School	Nitta One-Cho 999	4-C-3
	Yabuzukahonmachi Elementary School	Yabuzuka-Cho 1741	1-E-3
Yobuzukahonmachi Minami Elementary School	Obara-Cho 2201-1	1-C-4	

Group	Name of facility/place	Address	Index of the map
Shelters NOT available at flood disasters	Minami Fureai Center	Takahayashi Higashi-Cho 1302	11-F-3
	Komagata Elementary School	Uekino-Cho 7	6-D-4
	Joto Junior High School	Niragawa-Cho 1	6-C-4
	Gunma Prefectural Ota Higashi High School	Dainogo-Cho 448	9-D-1
	Morita Elementary School	Tadakari-Cho 970-1	6-A-1
	Ojima Elementary School	Kameoka-Cho 61-2	11-A-2
	Ojima Life Learning Center	Kameoka-Cho 63-1	11-A-2
	Ojima Junior High School	Kameoka-Cho 584-1	10-F-2
	Ota City Volunteer Center / Ojima Government Building <i>Chousha</i>	Kasukawa-Cho 520	10-E-2
	Serada Elementary School	Serada-Cho 3113-7	10-C-2
	Serada Life Learning Center	Serada-Cho 1535-4	10-C-1
	Ojima Gymnasium	Kameoka-Cho 656-1	10-F-2

• • • Welfare Evacuation Shelters *Fukushi Hinanjo* • • •

Welfare Evacuation Shelters are shelters for the people who needs particular consideration such as elderlyies, person with disabilities, babies. For the ordinary people except for attendants, please use the other shelters than below. In flood disasters, basically the first group of welfare evacuation shelters will be available.

Group	Name	Address	Index of the map
First Welfare Evacuation Shelters	<i>Dai-ichi Roujin Fukushi</i> (First Elderly Citizens' Welfare) Center	Hosoya-Cho 1689	8-D-3
	<i>Roujin Fukushi</i> (Elderly Citizens' Welfare) Center, <i>Katakuri no Sato</i>	Yoshizawa-Cho 5292	5-F-1
	<i>Rojin Fukushi</i> Center (Welfare Center for Seniors), <i>Yabuzuka Ikoi no Yu</i>	Obara-Cho 641-2	1-E-3
Second Welfare Evacuation Shelters	※ <i>Koureisha Sougou Fukushi</i> (Elderly Citizens' Welfare) Center	Toriyamakami-Cho 2313	5-C-2
	※ <i>Ojima Kenkou Fukushi Zoushin</i> (Ojima Health and Welfare Promotion) Center, <i>Tone no Yu</i>	Bizenjima-Cho 196-1	11-C-2
	※ <i>Nitta Fukushi</i> (Welfare) <i>Sougou</i> Center	Nitta Sorimachi-Cho 831-3	7-E-1
	Gunma Prefectural Ota <i>Tokubetsu Shien Gakkou</i>	Fujiagu-Cho 26-1	8-D-3

※Not available in case of flood disasters

3. Security & Safety E-mail Service

This is the service which sends the messages to the registered email address (of cell phone and PC). You can select the contents you would like to receive when you register the service, such as weather, evacuation, fire disaster, so please register in case of an emergency situation.

1) Information provided by e-mail

- ① Disaster information: Fire, etc.
- ② Disaster prevention information: Weather, earthquake, evacuation
- ③ Crime prevention information: Suspicious individuals information
- ④ Notices: Other information besides ①～③ which is appropriate for Ota city residents to know for safe and secure.

2) Registration procedures

Please allow e-mails to be received from otashi@mx.city.ota.gunma.jp beforehand and follow the instructions below.

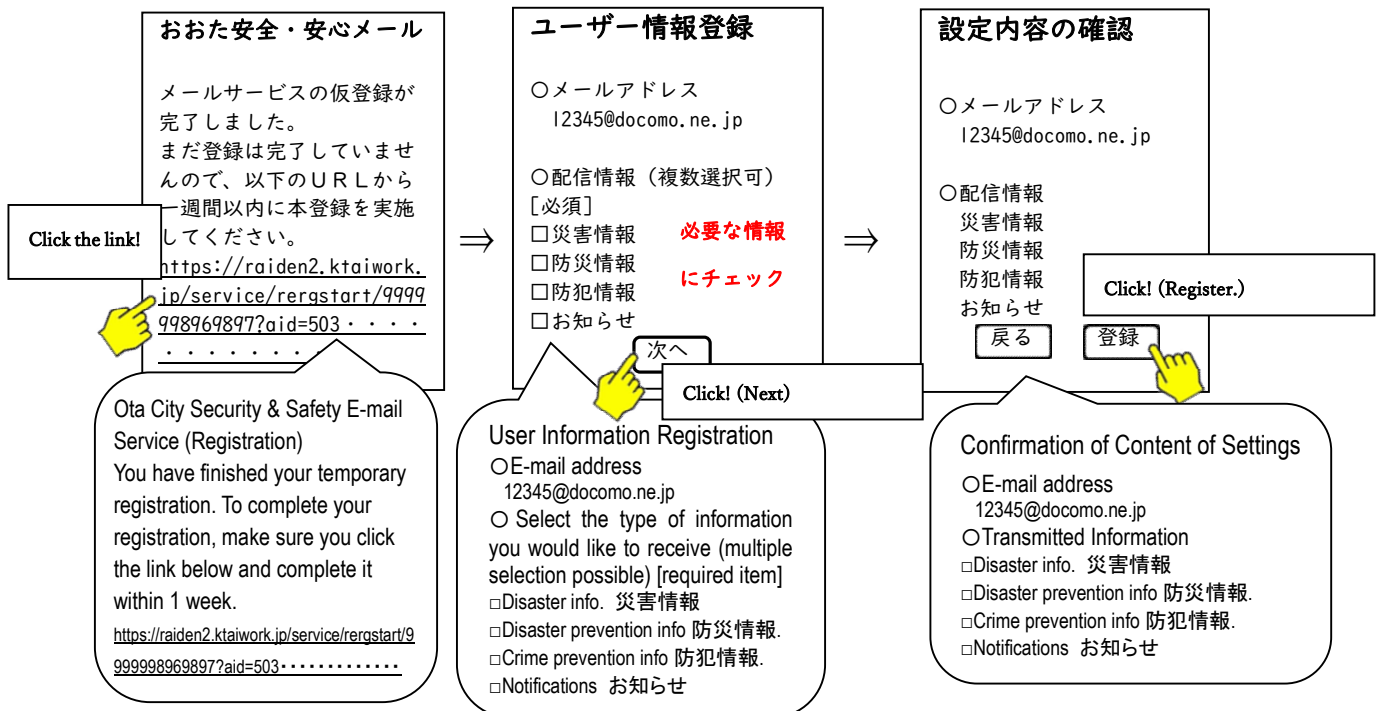
■ Registering by cellphone

- 1) Send a blank e-mail to the address or read the QR code mentioned below.

bousai.ota-city@raidan2.ktaiwork.jp



- 2) Receive a message from the city.



■ Registering by PC

- 1) Send a blank e-mail to the address below.
bousai.ota-city@raidan2.ktaiwork.jp
- 2) Access the URL link displayed on the page (written in Japanese)
- 3) Read instructions (in Japanese) in the window and proceed for registration

<Please turn the page and read the Terms of Use before registering the service.>

Terms of Use for Ota City Security and Safety Mailing Service

Please register the service after reading and consenting to the Terms of Use of the following.

1. Purpose: The Ota Security and Safety Mailing Service (hereinafter referred to as "the Service") is an electronic mailing service used as a medium for transmitting information from Ota City to its users (hereinafter referred to as "the Users.") The purpose is to notify city residents promptly of any administrative information.

2. Outline: The Service sends information by utilizing an external mailing delivery service and is operated and managed by Ota City and provides information that is deemed necessary which is based on the type of notification the Users chose when registering. The service will respond to electronic devices that have internet access, such as computers, cellphones or other devices. The Service does not guarantee the complete function / operation in all environments. There may be cases when the Users may not be able to use the Service due to their environment or device. There may be cases when the Users receive other information that they chose to receive, but deemed necessary from the city. Upon the registration, it will be treated as though agreeing and consenting to the terms of use. The terms may be amended when deemed necessary.

3. Cost: The Users are responsible for possessing the necessary devices to use required and all involving costs. Please note that there are no fees required for the Service, but the Users are responsible for other outside fees that may be required including communication fees.

4. Registration: After consenting to the terms, interested Users may send a blank e-mail and access the internet link provided in the reply to register. After completing the registration, a confirmation will be sent to the e-mail address provided. The Users should check and fix any mistakes. In the case being unable to receive an e-mail within one hour, it is possible that the e-mail address provided was entered incorrectly in which case the Users should confirm the e-mail address entered, and try registering again.

5. Modification and Termination: If the Users would like to make changes to notification messages, they should fix and choose their desired type of notification on the changes and modification page. In the case the e-mail address registered has changed, they should delete the address on file and register the new e-mail address.

6. Suspension: With the following cases, the Service will stop immediately without notice in which case Ota City will assume no responsibility regarding any suspensions or terminations of the Service.

- 1) E-mail address registered becomes unavailable (including being unable to receive e-mails).
- 2) User violates the agreement.
- 3) Any errors or false information discovered in the registration.
- 4) Other actions deemed inappropriate by Ota City.

7. Disclaimer: Ota City is prudent and strive to offer the most accurate information available to our residents, but there may be cases where we cannot guarantee with certainty and absolute confidence that all the information is accurate when regarding emergency or fluid information. The Users should use their best judgment and responsibility when they put into action according to the provided information. In regards to any circumstances (including server and line congestion, radio wave state) resulting in delays or failure of emails and which case Ota City is exempt from any responsibility. In the case the Users have provided false information and inflicted damage to a third party, Ota City is exempt from all responsibility. If there are any abnormalities with the system, the Service may be suspended without notice. Ota City will be exempt from all responsibility for any damage inflicted to the Users or third party due to this.

8. Personal Information: Any registered personal information will be possessed by Ota City and protected with an appropriate and safe security management system. All registered information will be used for the sole purpose of sending notifications.

9. Copyright: Without permissions from Ota City, the Service may not extend beyond the personal / private use of the individual Users as stipulated in the copyright act. The contents may not be reprinted, replicated, modified, transmitted, distributed or published in any way or form.

10. Disaster Information: To receive information, the Users should acknowledge the following in advance, along with the terms of use mentioned above. In the case a disaster occurs, the Users may receive messages early morning or late at night. The Users should understand that it is necessary to protect their lives and financial assets. Depending on circumstances during the time of disaster, such as the operation hours of the city hall, it is anticipated that there may be a delay with notifications, or that transmissions may not be able to be sent entirely. There may also be pranks or erroneous information reported, but it may still be sent as disaster information, or a notification may not be sent if fire is extinguished immediately.

11. Crime Prevention Information: In regards to the notifications, information is shared with the Gunma Police Station Headquarter. If the Users are already registered with the e-mail service, they may receive duplicate notifications.

12. Other Conditions: The Users should refrain from contacting and asking questions concerning notifications provided by e-mail to other involved establishments such as police stations, fire stations, and the board of education. Other items not mentioned in the terms will be specified separately by Ota City. There may be cases when the service is suspended and no prior notice is sent due to damage or maintenance.

13. Supplementary Provision: The terms will be enforced from April 1, 2012.

4. Emergency Notifications for Flooding & Landslide

The service provides the evacuation information to the registered telephone number and e-mail address when rivers rose to the immediate evacuation level or the risk of landslide disaster increased.

Please register the service if you live in the administrative districts below.

1) Evacuation Call due to River Flooding

■ **Outline:** The city directly provides evacuation information (*Hinan Jyuhou*) through registered phone number. **(Number calling from: 0570-095-999)**

■ **Eligible residents:** The city residents who live in the administrative district listed below.

■ **How to register:** Please call Crisis Management Office *Kiki Kanri-Shitsu* (☎0276-47-1916).

District	Name of Administrative District
Sawano	Tomizawa-Cho, Ushizawa-Cho, Ushizawa Danchi, Takahayashi Higashi-Cho, Takahayashi Nishi-Cho, Takahayashi Minami-Cho, Takahayashi Kita-Cho, Takahayashi Kotobuki-Cho, Furuto, Hosoya-Cho, Yonezawa-Cho
Niragawa	Dainogo-Cho 2-Ku, Dainogo-Cho 3-Ku, Dainogo-Cho 4-Ku, Dainogo-Cho 5-Ku, Dainogo-Cho 6-Ku, Kamikobayashi-Cho, Higashikanai-Cho 1-Ku, Yasuraoka-Cho, Yaba-Cho, Yabashin-Machi, Uekino-Cho
Kyuhaku	Ryumai-Cho 2-Ku, Okinogou-Cho, Yaegasa-Cho
Hosen	Higashitajima, Nishitajima 1 Ku, Nishitajima 2 Ku, Izumi-Cho
Morita	Tadakari-Cho 1 Ku, Tadakari-Cho 2 Ku, Ichiba-Cho 1 Ku, Ichiba-Cho 2 Ku, Takaze-Cho, Tomiwaka-Cho, Yatabori-Cho, Yoshizawa-Cho 1-Ku, Yoshizawa-Cho 2-Ku, Maruyamananokaichi, Harajyuku-Cho
Ojima	Ojima-Cho, Akutsu Iwamatsu, Ojima Toubu, Maegoya Minamigaoka, Ojima Nanbu, Wakaba, Kameoka Karuhama, Otachi Anyouji, Serada Kami, Serada Naka, Serada Shimo, Kasukawa-Cho, Tokugawa Idezuka
Kizaki	Nakaeda Minami Shimoeda

※Eligible administrative district is the area which has “Flood Hazards Zone.”

2) Evacuation Call / Text due to Landslide Evacuation

■ **Outline:** The service provides evacuation information to the registered phone number/e-mail address.

■ **Subject:** The residents who live in the designated administrative district listed below.

■ **How to register:** Call Crisis Management Office *Kiki Kanri-Shitsu* (☎0276-47-1916) and apply.

District	Name of Administrative District
Ota	Daimon Naka-cho, Iri-Machi, Futaba-Cho, Hachiman Kita
Niragawa	Higashikanai-cho 1 Ku, Higashikanai-Cho 2 Ku, Kumano-Cho
Torinogo	Oshima-Cho 1 Ku, Nagate-Cho, Tsuruuda-Cho Higashi
Godo	Kitanagaoka, Kitaganai-cho, Naka Godo
Morita	Higashiimaizumi-Cho, Midori-Cho, Yoshizawa-Cho 1 Ku, Yoshizawa-Cho 2 Ku, Maruyamananokaichi
Yabuzuka Tobu	Dai, Takinoiri, Yunoiri

※The administrative districts are the areas in the “Landslides Hazards Zone.”

5. How to make a 119 call

Remain calm, speak slow and accurately when dialing 119!

When you dial 119 in Ota City or Oizumi Town for fire or medical emergencies, you are connected to the Ota-Shi Dispatching Office (*Tsuushin Shirei-Ka*), Fire Department Headquarters. When you dial 119 by cell-phone, your call may be connected to the fire department of neighboring cities, so make sure to inform them the correct address of destination so the fire trucks and ambulance can reach there. After that, please hold the line since the call will be transferred to the Ota-Shi Fire Department Headquarters.

1) Fire

- Provide your address and name.
- Tell them what is on fire.
- Inform them of any trapped or injured persons.
- Provide the name of caller.

2) Medical Emergency

- Tell them what kind of accident occurred.
(sickness, accident, injuries, etc.)
- Provide the name and address of patient's location.
- Provide the number of patients, gender, and age of patients.
- Provide condition of patient as simple as possible.
 - Are they conscious?
 - Are they breathing normally?
 - Do they have any underlying medical conditions?
- Provide name of caller.





- ※ Please enable GPS function if you dial 119 by cell-phone in order to identify the location promptly, p
- ※ When an ambulance is requested, we often receive at the caller's request to not sound off our sirens, however, please understand that fire trucks and ambulances are emergency vehicles and they are required to flash red lights and sound the siren by law In order for them to arrive promptly at the site.

6. Disaster Manual During a Windstorm and a Flood

1) Alert *Keikai* Levels

Regarding to floods and landslides, the evacuation information that municipalities issues and severe weather terminology that national/prefectural government issues were rearranged into 5 levels. With awareness of protecting your own life by yourself, please take proper evacuation behavior based on the weather forecast.

Evacuation Information			Severe Weather Terminology	
Alert Level Issued by	Instructions	Actions	Information equivalent to an alert level (examples)	
High  RISK  Low	Lv. 5 By Municipalities. Emergency Safety Measures <i>Kinkyuu Anzen Kakuho</i>	Life in Danger! Secure immediately! Evacuate immediately to the upper floors of your home or to a high, solid building in the neighborhood. Do your best to ensure your personal safety.	Lv. 5 Flooded Info., Extreme Rain Emergency Alert, etc.	
	Be sure to evacuate by Alert Level 4.			
	Lv. 4 By Municipalities. Evacuation Instruction <i>Hinan Shiji</i>	Everyone Must Evacuate away from dangerous areas. Leave your home and take refuge in a shelter, hotel or the home of an acquaintance, however, if your home is safe, you may remain in your home.	Lv. 4 High Risk of Flooding info., Landslide alert, etc.	
	Lv. 3 By Municipalities. Evacuation of Elderly and Vulnerable Groups	Evacuate if you take time. Those who need time to evacuate and their carers should start evacuating.	Lv. 3 Risk of Flooding, Landslide alert, Heavy Rain Alert	
	Lv. 2 By the Japan Meteorological Agency. Advisories of Heavy Rains / Flood	Check your route! See the disaster prevention map and prepare for evacuation.	Lv. 2 and 1 Issued by MLIT, JMA and Gunma Pref. Gov't. Please refer the provided information to judge whether/when you should evacuate.	
Lv. 1 By the Japan Meteorological Agency. Probability of Warnings	Be prepared! Be alerted for disasters in case of heavy rain warnings.			

Alert Level 5 indicates a life-threatening situation that disasters have already occurred, and depending on the scale of disaster, alerts may not be issued, so please evacuate safely and surely by calling out each other with neighbors at the stage of Level 3 or 4.

2) Things to Do or Not to Do

- Collect accurate information and evacuate voluntarily.
Pay attention to the latest weather and disaster notifications on radio or TV. If you live near cliffs, please evacuate ahead of time.



- Pay attention to evacuation announcements.
When danger is approaching, city hall or fire fighters may call for evacuation. When such a call or announcement is made, please evacuate promptly.



- Do NOT go where there is a risk of danger.
Going to see an overflowing river is extremely dangerous. Never go near those dangerous places.

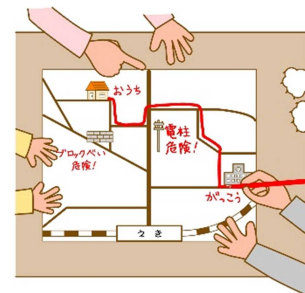


- Help evacuate elderly or others
Elderlies, children, or sick people should evacuate early. Please help those that required assistance. In addition, help evacuate foreign residents who are non-Japanese speakers.



- Check a safe route.
Plan your evacuation route to the evacuation shelter and check whether the route is safe to walk. Try to choose roads on high ground. If the route is flooded, please watch out for gutters / water conduits, or landslides near cliffs.

- Check before evacuating.
Before you evacuate, shut off all sources of fire, such as the electricity and gas supply, and confirm the whereabouts of the evacuation shelter. Also, if possible, contact your relatives and friends to inform them that you are evacuating.



- In case you fail to escape;
In the case danger is eminent and you could not evacuate in time, take evacuation in a sturdy building at least three or two stories high.

3) Things to Carry

Key points for preparation

- Prepare two types of emergency supplies: **Emergency Supplies to be taken out first** in the event of a disaster, and **Emergency Stockpiles to sustain you for several days** until recovery.
- **Prepare the materials depends on the situation of each family**, such as milk and baby foods for families who have babies or toddlers, and auxiliary aids for families who have person requiring care.
- Put the emergency supplies together and **retain them in a place where you can bring it out immediately** such as entrance or kitchen door.
- Since relief supplies cannot be expected immediately after a disaster strikes, **prepare a one-week emergency stockpile**.
- Even after preparation, **food and drinking water should be checked for expiration dates from time to time** and replaced with new ones if necessary.

The weight of luggage to take during an evacuation should be around 15 kg for men and 10 kg for women, so please check the weight and make sure that they are easy to carry out.

Check list for **Emergency Supplies** to take with you when evacuating

<input type="checkbox"/> Flashlights Prepare one flashlight for each person if possible. Make sure to prepare spare batteries. (Spare batteries are also available in rechargeable form.)	<input type="checkbox"/> Valuables Cashes (incl. coins), Bankbooks, personal-seals (Inkan), passports	<input type="checkbox"/> Food and Water Non-perishable food such as canned food, dried bread as well as bottled water
<input type="checkbox"/> Portable Radios Small, lightweight radios that can listen to both AM and FM with extra batteries (Hand-crank Radios are available in stores.)	<input type="checkbox"/> Medical Supplies First aid kit (ointments, plasters), prescription medicine and non-prescription medicine such as antipyretics, pain-killers	<input type="checkbox"/> Others Gloves, knives, tissue papers, underwear, helmets, batteries for mobile phones, etc.



Check list for **Emergency Stockpiles** that you need at home

<input type="checkbox"/> Water For drinking water, prepare 3 liters per day for each adult, and stock it for at least a week. Useful if you prepare plastic containers for receiving water distribution.	<input type="checkbox"/> Foods Emergency foods such as canned foods and cooked foods for a week. Prepare sufficient number of foods depending on the situation, such as elderly, children, person who has allergic diathesis.	<input type="checkbox"/> Fuels, tools Propane stoves, solid fuels, spare gas cylinders, ropes, scissors, saws, etc.	<input type="checkbox"/> Others Blankets, sleeping bags, cling film, dish wares, disposable heat packs/body warmer, masks, sheets, lighting equipment, writing materials, etc.
--	---	---	--

Make sure to prepare clothes appropriate for your climate for each person in the house. Please discuss with you family to prepare beforehand.

Emergency Stockpiling **Rolling-Stock Method**

People often realize that their stockpile has expired when a disaster occurs, however, if you use the *Rolling Stock-Method*, in which you consume your stockpile on a daily basis and replenish it only as you eat it, rather than stocking especially for emergency, you do not have to worry about such an eventuality. This method allows us to eat what we are accustomed to eating in case of emergency, which tends to lead to a reduction in stress.



4) Rain Intensity Criteria



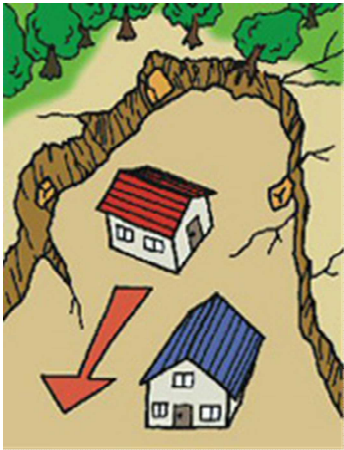
Rainfall per an hour (mm)	Forecast Term	Condition
10 to under 20 mm	Slightly heavy rain	Drenching rain. Caution is needed if the rain persists.
20 to under 30 mm	Heavy rain	Downpour of rain. Street gutters, sewers and small rivers flood. Small scale landslides start to occur.
30 to under 40 mm	Severe rain	Rain strong enough to knock buckets over. Rain water may flood from sewers. A full-scale land slide is likely to occur, and preparations for evacuation is needed.
50 to under 80 mm	Extremely severe rain	Rain comes down at a rate like a waterfall. Basements become flooded and water flows out from manholes. Possibility of debris flow and large disaster.
80 mm or more	Torrential rain	Rain that makes breathing difficult due to pressure, and stirs your sense of fear. High probability of a large-scale disaster, maximum caution is necessary.

5) Wind Intensity Criteria





Average Wing Speed	Forecast Term	Effects to people	Situation of outside
10 to under 15	Slightly strong wind	Becomes difficult to walk toward wind. Cannot put up an umbrella.	The whole tree sways. Electricity cables creaks.
15 to under 20	Strong wind	Cannot walk toward wind. Some people fall down.	Twigs break. Plastic greenhouses start to collapse.
20 to under 25	Extremely strong wind	People fall down if they do not strengthen their body.	Twigs break. Building's shutters start to break.
25 to under 30		Cannot stand still. Dangerous to do outdoor activities.	Trees start to be uprooted. Concrete-block walls collapse.

6) Landslides

■Types

		
<p>【Land Slip】 Land slips are caused by rain water seeped into the ground, which results in the slope or cliff face suddenly sliding off. It may be caused by an earthquake as well.</p>	<p>【Debris Flow】 Debris flows are occurrences caused by water from heavy or long periods of rain that result in dirt, rocks, etc. eroding off of valleys and mountains which flow down at once.</p>	<p>【Landslide】 Landslides are caused by water (rain water, etc.) absorbed in clay-like slippery stratum, which affects the underground water level to rise and cause the ground to slide.</p>

■Warning Signs

			
<p>Cracks appear on ground. Gravel falls. Water springs out from the slope face.</p>	<p>Mountain rumbles.</p>	<p>River water level lowers although rain continues to fall.</p>	<p>Water in streams or wells become muddy. Water in river suddenly becomes muddy, and driftwood starts to flow down.</p>

7) How to Protect Yourself When a Tornado Strikes

■ Typical signs

- The sky suddenly becomes dark.
- Large balls of hail fall.
- A funnel-shaped cloud stretching from the base of the cloud to the ground appears.
- Loose debris fly up in a cylindrical path.
- There is a roaring that sounds like a jet engine.
- Your ears feel abnormal due to changes in pressure.

■ What to do

竜巻からの身の守り方

Do NOT

- Do NOT open windows.
- Do NOT go under bridges or overpasses.
- Do NOT take refuge in garages, sheds, or prefabricated homes.

Do

- Stay away from windows.
- Take refuge in a sturdy building nearby.
- Close curtains.
- If there are none nearby, climb into an aqueduct or hole and keep low while protecting your head and neck with both arms.

Inside

- 地下室や建物の最下階に移動する (Move to the basement or to the lowest floor of the bldg.)
- 窓を開けない (Do not open windows)
- 窓から離れる (Stay away from windows)
- カーテンを引く (Close curtains)
- 雨戸・シャッターをしめる (Close storm doors and shutters)
- Move to a room without windows near the center of house.
- Stay away from corners, doors, and walls.
- Get under a strong desk and protect your head and neck with both arms.
- 家の中心部に近い、窓のない部屋に移動する (Move to a room near the center of the house without windows)
- 部屋の隅・ドア・外壁から離れる (Stay away from corners, doors, and walls)
- 頑丈な机の下に入り、両腕で頭と首を守る (Get under a sturdy desk and protect your head and neck with both arms)





Outside

- 車庫・物置・プレハブを避難場所にならない (Do not use garages, sheds, or prefabricated homes as a place of refuge)
- 橋や陸橋の下に行かない (Do not go under bridges or overpasses)
- 近くの頑丈な建物に避難する (Take refuge in a sturdy building nearby)
- 無い場合は、近くの水路やくぼみに身をふせ、両腕で頭と首を守る (If there are none nearby, climb into an aqueduct or hole and keep low while protecting your head and neck with both arms)
- Be careful of falling objects.
- 飛来物に注意する (Be careful of flying debris)

Source: *Tatsumakitou Toppuu Saigai to Sono Taiou* (Measures Against Tornado and Other Windblast Disasters) Created by the Cabinet Office, Meteorological Agency; *Tatsumaki Tou Toppuu Taisaku Kentoukai* (Measure Against Tornado and other Windblast Investigative Directive).

8) Where to Get Information

[Information provided by Ota City (some contents are only written in Japanese)]

<p style="text-align: center;">Ota City official website</p> <p style="text-align: center;">http://www.city.ota.gunma.jp/</p> 	<p style="text-align: center;">Twitter (Public Relations Division of Ota City)</p> <p style="text-align: center;">https://twitter.com/otacity_PR</p> 
<p style="text-align: center;">Availability of evacuation shelters</p> <p style="text-align: center;">https://ota.hinanjo.dmacs.jp</p> 	<p style="text-align: center;">Ota City official LINE account</p> <p style="text-align: center;">Name: @ota_city</p> 

- Security & Safety E-mail Service ➡ Refer to p. 6
 - Emergency Notifications for Flooding & Landslide ➡ Refer to p. 8
 - Radio FM Taro (76.7 MHz)
 - Disaster guidance telephone service
- (Present situation of disaster occurrence in the city) TEL 0180-992-666

[Information provided by the National and Prefectural Governments]

- **Japan Metrological Agency** (<http://www.jma.go.jp>)
 - ➡ Warning and advisory related to weather / typhoon information / designated river flood forecast by the weather radar and *NowCast*
- **River disaster prevention information** (<https://www.river.go.jp/portal/>)
 - ➡ River level information and live feed.
- **River water level information** (<https://k.river.go.jp/>)
 - ➡ Water level gauge and live feed of small and medium-sized rivers.
- **Water level and rainfall information system** provided by the prefecture (<https://www.river-gunma.jp/>)
 - ➡ Amount of rainfall, water level information of small and medium-sized rivers, and live feed.

7. Guidelines for Action During an Earthquakes

1) Preparation for Earthquakes

■ Know about earthquakes

Difference between Magnitude and Seismic Scale

The original force or energy of an earthquake is measured by magnitude, while the intensity (shaking) of an earthquake occurring at any given point is measured on a seismic scale tends to be small when the epicenter is far away and deep. On the contrary, even if the magnitude scale is small, the seismic scale tends to be large if the epicenter is close and shallow.



■ Intensity of Shaking and Estimated Damage

Seismic Scale <i>Shindo</i>	Shaking and Estimated Damage
<i>Shindo 0</i>	Not felt by people.
<i>Shindo 1</i>	Minimum shake is felt indoors by some people.
<i>Shindo 2</i>	Shaking is felt indoors by many people. Hanging lights, etc. swing a little.
<i>Shindo 3</i>	Shaking is felt indoors by majority of people. Tableware in cupboards may rattle.
<i>Shindo 4</i>	Majority of people sleeping wake up. Unstable ornaments in room fall down. People who are walking can feel the shake.
<i>Shindo 5 Jyaku</i> (Weak)	Furniture may move, tableware or books may fall and window glass may crack.
<i>Shindo 5 Kyou</i> (Strong)	Heavy furniture like drawers may fall down and outdoor vending machines may fall down. Driving automobiles becomes difficult.
<i>Shindo 6 Jyaku</i> (Weak)	Standing becomes difficult. Tiles from walls, window glass may fall down and doors cannot be opened.
<i>Shindo 6 Kyou</i> (Strong)	Standing becomes difficult and one must crawl to move. Majority of heavy furniture fall down and doors come unhinged and fall down.
<i>Shindo 7</i>	You cannot move around on your own. Large cracks in the ground, landslides and avalanches may occur.

■ Check dangerous spots in and out of your house.

<Inside>

● Secure a safe space without any furniture in your home.

If you have several rooms, try to place all your furniture in a room used seldom. If that is not possible, rearrange your furniture in a way where a safe space can be made.

● Do not place furniture that may fall down in bedrooms or rooms for children, elderly, or sick people.

Please be aware that in the case an earthquake hits during the night, fallen furniture may block their escape.

● Take measures to prevent furniture from toppling over or falling down.

Furniture tends to fall down if there is space between the furniture and wall or pillar, which makes it dangerous. Make sure you do not place objects that may fall on top of furniture.

● Do not place anything in the entrance or hallway that may block your way out.

To secure a safe escape route to the entrance/exit, do not place furniture or things that may fall down or block your way out. Your escape might be blocked if you place too many things in the entrance or hallway.



<Outside>

● Balcony

Preventive measures for things that are at risk for falling down, such as flower pots and laundry poles, need to be taken. A balcony is a good way out for your escape. Please keep your balcony neat and clean.

● Roof

Antennas should be tightly fixed. Check roof tiles and reinforce your roof by removing cracked, misplaced, or tiles that are slipping off.

● Glass

Scatter-proof coating should be affixed.

Glass used for cupboards or frames should also have scatter-proof coating affixed.

● Concrete-Block Walls

Concrete-Block walls without a solid foundation in the ground or reinforced steel must be reinforced. Cracked or slanting brick walls and reinforced steel with rust must be repaired.

● Propane Gas

Compressed gas cylinders must be tightly fixed in place with a chain.



■ Earthquake-Resistant House

During the Great Hanshin Earthquake approximately 100,000 houses completely collapsed, which the majority were built before 1981. Surviving an earthquake depends largely on how secure your house is constructed. In particular, houses constructed before 1981 should conduct a seismic capacity evaluation and have seismic retrofit renovations to their house if necessary.

2) What to Do When an Earthquake Hits.

When a large earthquake hits, it is difficult to remain calm and take appropriate measures. However, there are times when your survival may depend on your instant judgment. In order to stay calm and take the appropriate measures, please memorize the following set of actions.

Set of Actions to take when an Earthquake Hits

When an earthquake occurs	<ul style="list-style-type: none"> • Stay calm and protect yourself • Get under something sturdy (table, etc.) and watch out for falling furniture and objects. • If there is nothing sturdy to get under, please go to an open area, crouch down and protect your head.
First 1-2 minutes	<ul style="list-style-type: none"> • Once the shaking subsides, check your gas lines and make sure there are no leaks. If there is an outbreak of fire, please extinguish it. • Make sure to open the windows and doors to ease the evacuation. • Confirm the safety of your family. • Wear your shoes to protect yourself from broken glass. • Keep emergency kits near you. • Evacuate immediately if you are in an area at high risk of falling rocks or landslides.
3 minutes	<ul style="list-style-type: none"> • Confirm the safety of your neighbors. • For elderlies living alone or families with individuals who require special assistance, take the initiative to call out to them and confirm their safety. • If a fire breaks out, inform everyone in the area by shouting and help extinguish the fire. • Watch out for aftershocks (aftershocks occur after a large earthquake).
5 minutes	<ul style="list-style-type: none"> • Confirm information through the radio, etc. (Do not be misled by false.) • Avoid using telephone. • Evacuate if your house is at risk of collapsing. (Look out for concrete-block walls and glass; do not drive your car.)
5-10 minutes	<ul style="list-style-type: none"> • Go pick up your child from schools, etc. • When you leave your house, leave a note in a visible place. • Take further action to prevent an outbreak of fire. (Close the main gas supply and turn off the circuit breaker.)
10 minutes to several hours	Extinguishing of fire and rescue operations. (Extinguish fire or conduct rescue operations in cooperation with your neighbors and report to a fire station, etc.)

-3days	<ul style="list-style-type: none"> • Have a sufficient amount of daily commodities in your emergency stock. (Support and help from others cannot be expected for the first 3 days from the day disaster.) • Collect disaster and damage information. (Pay attention to information disseminated by the city.) • Do not go into a collapsed house. • Continue to watch out for aftershocks.
Living in Shelters	<ul style="list-style-type: none"> • Follow instructions from voluntary disaster prevention organizations. • Comply with rules required for communal life. • Maintain the spirit and help each other. • Refer to the listening of evacuation shelters per district at the beginning of this pamphlet.

3) At Home

■ While cooking

- If you feel the room shaking, turn off the fire immediately if you can.
- If there is extreme shaking, make it your priority to protect yourself first.
- There is a microcomputer gas meter installed that shuts off the supply of gas when extreme shaking is sensed, so please do not force yourself if it is too dangerous.
- There are many dangers in the kitchen, such as cupboards, refrigerators, and pans on the gas stove. Please leave the kitchen as soon as possible.



■ In the bathroom or shower

- Bathrooms and toilets are relatively safe compared to other places in the house. Secure an exit by opening the door or window, but do not rush outside.
- Watch out for falling objects, such as tiles.
- If you are taking a bath, calmly turn off the water heater.

■ While sleeping

- Try to protect your head with a blanket or pillow, and lie down under the bed where furniture will not fall on you.
- It is difficult to grasp what is happening in the dark. Keep house shoes, a flash light, and portable radio by your bed side at all times.



■ In housing complexes

- Rearrange furniture so that your exit will not be blocked.
- Open your door to secure an exit. In case you cannot escape from the front door, escape from the balcony using a ladder or rope.
- Do not use elevators.



4) At school and Workplace

■ At school

Follow the instructions of your teacher and school announcements. If you are in a classroom, stay under your desk and hold onto your legs tightly. Make sure to stay away from bookshelves or windows, and move to a safe place.



■ At work

Stay away from windows, lockers, material racks, etc. and protect yourself by staying under your desk. After the shaking subsides, turn off any gas boiler, etc. and check to see if the fire sources are fine.



5) Outside home

■ In department stores or supermarkets

Watch out for falling display cases, commodities, and broken glass. Place yourself by a pillar or wall and protect your head with your clothing or belongings. Follow the instructions of the shop clerks. If you rush to the exit, it may cause others to panic and result in a more dangerous situation.

■ Inside an elevator

Elevators with seismic control devices automatically stop at the nearest floor, so get off when the elevator stops. If the elevator is not equipped with this device, press the buttons for all floors and get off at any floor it stops on. If you are locked in, it is dangerous to try to escape from the ceiling. Try to use emergency buttons or the intercom to inform someone that you are locked in and waiting for rescue.



■ In a theater or movie theater

Lie low in between the seats and protect your head with your bag or clothing from falling objects. If there are large lights over you, move away. In a closed space, people tend to panic. Stay calm and follow the instructions from theater clerks.

6) When in a vehicle

■ In a car

Stepping on the emergency brakes (sudden braking) causes serious accidents. Hold onto the steering wheel firmly and gradually lower your speed. Stop your vehicle on the left and turn off your engine. Do not get out of your vehicle until the shaking subsides, and check for information on the car radio. When you leave your vehicle, close the window and leave your key in the ignition. In case of an emergency situation, you may need to relocate so do not lock your doors.

■ On a bus

If you are sitting, bend forward and hold tightly onto the backrest of the seat in front. If you are standing, firmly grab a hand strap or seat, or squat down and hold onto the leg of the seat. When the shaking is over, do not rush out. Please follow the instructions of the bus driver.

■ On a train

Trains automatically stop when shaking is sensed. Watch out for people falling over and falling objects from luggage racks. Hold on tightly to a hand strap or railing. If you are sitting, keep your feet tightly together and bend forward. Protect your head with magazines or bags. Do not get off the train on your own and please follow the instructions from the conductor.

■ On a Shinkansen (Bullet Train)

When the Shinkansen stops after sensing an earthquake, a great shock is caused by the sudden halting of the train. Bend down immediately and protect your head from falling objects. If you are standing in an aisle, grab the seat handle so that you will not be thrown out, or squat down holding tightly to a seat.

■ On a subway train

Subways are known to be relatively safe. Do not rashly get off the train. Due to the high voltage current on the track, you may get receive an electric shock. Please stay calm and wait for instructions from the conductor. When you feel shaking, hold on tightly to a hand strap or handrail to prevent yourself from falling over.

8. Getting Prepared for the Heavy Snow

1) Advance Preparation

During disasters, supplies can be exhausted. Be prepared by having equipment such as snow shovels, gloves, hats, winter accessories, tire chains, water emergency food supplies, and other things that can protect you against the cold.



2) Snow Removal

Remove snow as early as possible because it becomes very difficult to remove snow if you let it accumulate, so cooperate with neighbors and clear the snow around houses and streets. (The snow on municipal and prefectural roads will be removed by the administrative organizations.)



KEY POINT FOR SNOW

Once it starts snowing, let's make sure to start removing the snow little by little. Instead of straining and doing it by yourself, gather a few people to help remove the snow with you. Make sure to dress properly when removing the snow from the roof and be very cautious not to fall and slide down from the roof while trying to remove the snow from it.

3) Driving a Car

Avoid leaving the house unless it is an emergency. Do not drive with normal tires because it could lead to major accidents. Also, do not leave your vehicle on the side of the road because it could obstruct snow removal operations. When driving a car, make sure to drive safe, change to snow tires or have tire chains on.

4) Pay Attention to Information

The radio and TV will broadcast weather information and snowfall precautions. Please listen carefully to the instructions, and act calmly. Also, if snow damage is expected, we will deliver the information through city website, the city's safety & security e-mail service, twitter, and other means of communication.

5) Advisories and Warnings Related to Heavy / Gale Snow

■Criteria for Warnings and Advisories

(Issued by the Maebashi Meteorological Observatory/)

Advisory <i>Chuuihou</i>	Heavy Snow	The Depth of Snowfall	5cm deep in a period of 12hrs of heavy snow
	Gale Snow	Average Wind Speed	13 meters per second
Warning <i>Keihou</i>	Heavy Snow	The Depth of Snowfall	10cm deep in a period of 12hrs of heavy snow
	Strong Gale Snow	Average Wind Speed	18 meters per second

■What to do

(Ota City prevention of snow damages and extraction plan)

Keep the following in mind and act calmly.

- Make sure to monitor information on the weather through the radio, TV, etc. and follow the precautions on damage prevention.
- Refrain from going outside.
- Avoid driving your vehicle.
If you have no other choice, remember to bring a portable toilet.
- Be careful of carbon monoxide poisoning when leaving your engine on while you park.
- Be careful of garages, carports, etc. collapsing, and do not go near them.
- For safety reasons, please wear a safety rope, have on gear that is well-equipped against slipperiness, and work in numbers when removing snow off of roofs.
- Beware of snow falling from the roof and stay away from being under them.
- Help each other to remove snow from community roads to ensure emergency vehicles easy access (fire truck, ambulances, etc.)
- Help to remove snow on the community roads, sidewalks, etc.
- Beware of snow avalanches and keep away from any cliffs and riversides.
- Cooperate with others when administering first-aid treatment.
- Be careful of bursts in water pipes.

9. Guidelines in case of Armed Attack or Terrorism

If there is an armed strike against our country from external forces or terrorists, your safety is protected by the unified work of national, prefectural and municipal governments. Unfortunately, these incidents are extremely difficult to forecast when, where, and how they may occur and affect extremely large numbers of people.

If a circumstance like this arises, confusion may delay responses which would delay responses and create new dangers.

In this respect, it is necessary to listen to the information provided by Ota City and obtain necessary information from radio or TV. In order to mitigate danger and damage, it is essential to stay calm and cooperate with people around you in your region, office, or place of visitation.

1) Alert *Keihou*

To protect your safety, Ota City, in principle, will inform you of incoming armed strikes and acts of terror using sirens, etc. in affected areas. In addition, the city will issue warnings through mediums such as TV / radio broadcasting and the fire department's loudspeaker van, which will inform you of what and where the incident occurred, what is likely to happen, and what actions should be taken.

For areas where evacuation is necessary, calls for evacuation will be made in the same manner described above.



A sample of the siren can be heard on the online portal for Citizen Protection.

(<http://www.kokuminhogo.go.jp/>)

2) How to Collect Information

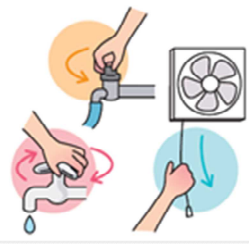
Try to attain information by listening to warnings and information transmitted through TV or radio.



3) How to Act

■ If you are in a building;

- Close all doors and windows.
- Stop gas, water and ventilation fans
- Sit away from doors, walls and windows



■ If you are outside;

- Evacuate into sturdy nearby buildings or underground shopping malls.
- If you are driving your car, try to stop your car in a place aside from roads. If you have no other choice, park it on left side of the road and leave your key in the ignition so that your car will not block emergency vehicles from coming through.



4) What to Do If an Evacuation Order is Declared

■ There are several kinds of evacuation instructions: indoor evacuation, evacuation to the nearest evacuation center, evacuation to distant areas extending over into other municipalities/ prefectures, etc. In order to protect your safety, an appropriate response will be instructed according to the situation at hand. When evacuation orders are instructed, stay calm and follow the instructions.

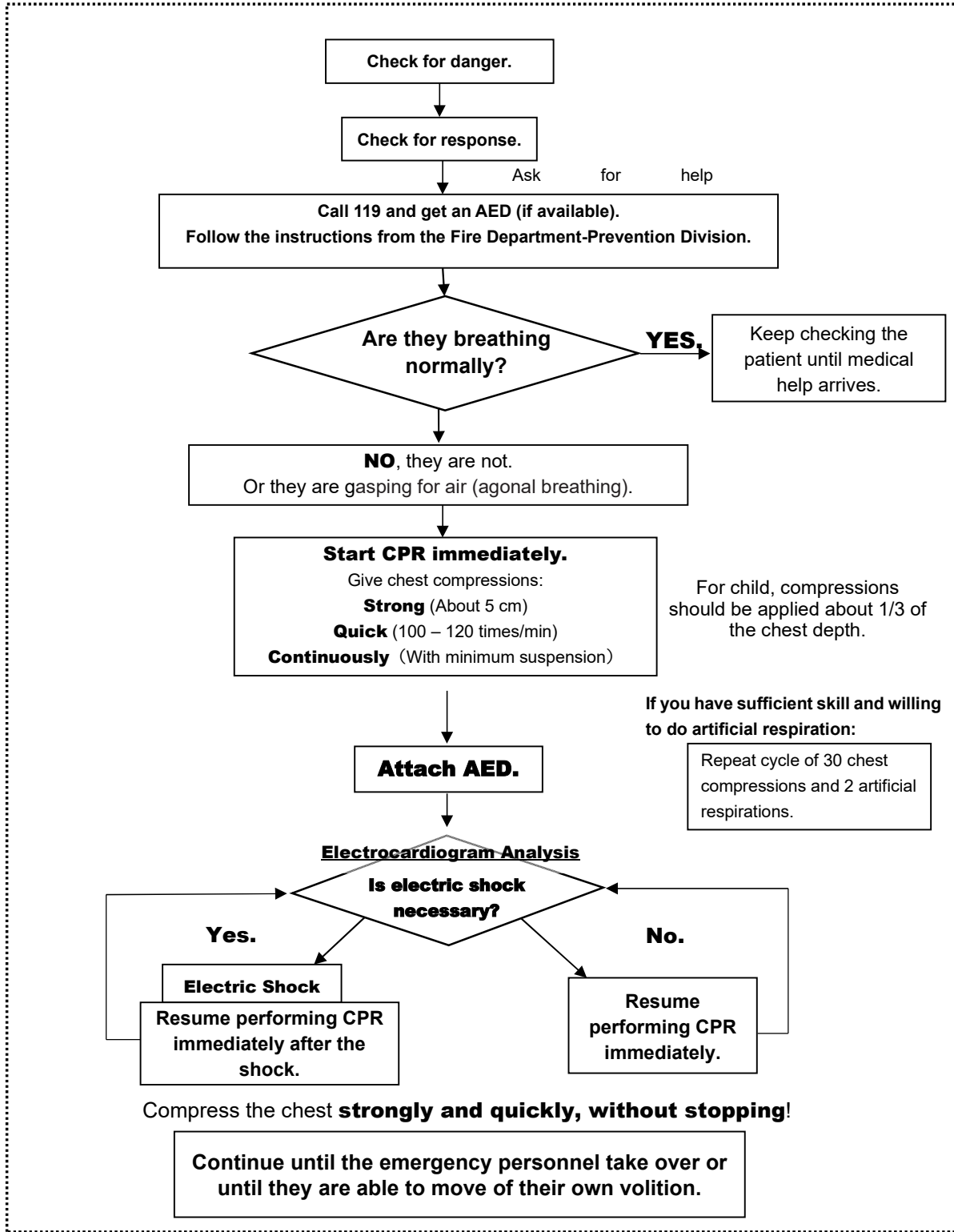
■ When evacuating your home once an order is declared, please remember to do the following:

- Shut off the main gas supply and pull all electrical plugs out. Keep the plug for the refrigerator plugged in.
- Put on heavy-duty shoes, wear long trousers, a long sleeved shirt, hat, and bring emergency items. (Refer to p.12 for emergency items.)
- Bring identification with you, such as a passport or driver's license.
- Lock up your house.
- Check if your neighbors are aware of the situation.
- Properly evacuate the area by following the evacuation route and steps given by city hall, etc.



10. First Aid Instructions for Medical Emergency

1) Life Support Flow Chart (Cardio-pulmonary Resuscitation (CPR) & AED)



2) To Prevent Infections

Due to the spread of COVID-19, please be aware of following points to avoid infections of people who is giving first-aid!

- ① When you check the patient's response and breathing, be aware not to get too close to their face.
- ② Before you start chest compressions, if possible, cover their nose and mouth with handkerchief, towel, or substitutable materials (e.g. mask, clothes).
- ③ Conduct only chest compression for the cardio-pulmonary resuscitation to adults. (Avoid Artificial Respiration.)
- ④ As for the cardio-pulmonary resuscitation to children, if you have taken the life-saving course and willing to do the artificial respiration, conduct it with chest compressions.
- ⑤ After you handed them into the professional hands, discard the handkerchief or towel which covered their mouth without touching directly, and promptly wash your hands and face with soap and running water.

3) Procedures for Life-Saving Measures

① Safety confirmation

- Verify the safety of the surroundings before going close to the patient.

② Check for a response (consciousness)

- Go close to the patient and ask in a loud voice 'Hello, are you ok? (*Daijyoubu-Desuka?*)' and pat them on the shoulder to confirm their consciousness.



Key points:

If they do not respond to you in a way such as opening their eyes or by using gestures, you should assume that they are unconscious and need emergency aid!

③ Call for Help <Dial 119, the emergency number.>

- If they are not conscious, shout loudly 'Please help (*Tasukete-Kudasai!*)! Someone is down!' to get other people's attention. When people gathered, tell them 'Please call 119 (*Denwa Shitekudasai!*)' and 'Is there an AED here? Bring it here! (*AED Arimasuka Mottekite Kudasai!*)'

Key points:

If you are alone, you should immediately call 119.

If there is an AED device nearby, please go and get it.

④ Check breathing

- Check if the patient is breathing normally.
- Sit and determine whether they are breathing within 10 seconds.
- Please check by observing whether their chest and abdomen is rising and falling; if so, they are breathing normally.



Key points:

How to judge if there is no regular breathing

- Chest and abdomen are not moving.
- Cannot confirm breathing condition even after checking for 10 seconds
- Gaspings. (Disconnected breathing similar to hiccups)

⑥ Conduct CPR (cardiac massage)

- In the case the patient is not breathing normally, start chest compression immediately to circulate blood throughout the body.

Key points:

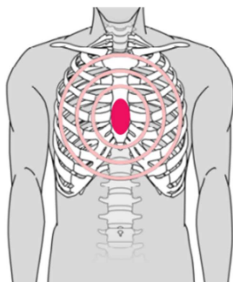
- Place both hands on the chest and conduct CPR strongly, quickly, and continuously.
- Press down and release repeatedly 30 times, at a pace of 100~120 times per minute.
- Press straight down (perpendicular to the chest).

■ For adults

Continue to conduct CPR by applying pressure with both hands (interlock the fingers together) by pressing at least 5cm at the center of the chest.

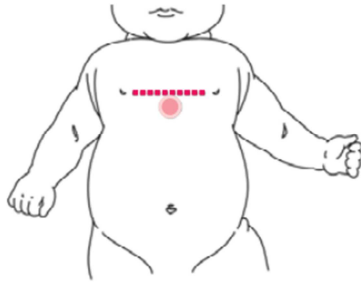
■ For children

Basically, the same as for an adult, however CPR should be applied about 1/3 of the child's chest depth due to their physical stature.



■ For Infants (about 12 months old or under)

The point of compression is positioned a little lower from the center of the line aligning the nipples. Apply compression strongly, quickly, and continuously to about 1/3 of the infant's chest depth with using 2 fingers (middle and ring finger).



Position for CPR (for infant)

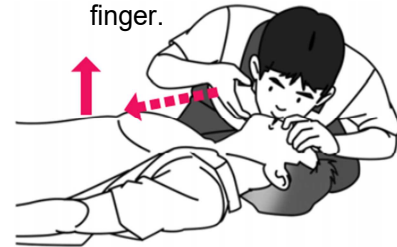


Compressions using the middle and ring finger.

⑥ Artificial Respiration (mouth-to-mouth)

■ For adults and children

- After the 30 times of chest compressions, conduct artificial respiration immediately.
- Secure the airway for breathing, and pinch the patient's nose with your thumb and forefinger while the heel of your hand is placed on the forehead. Press your mouth against (cover) theirs and blow air (enough to see their chest rise) into their mouth twice for approximately 1 second each time.

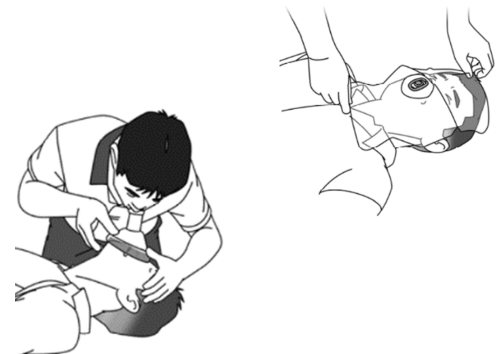


■ For infants (about 12 months old or under)

- After the 30 times of chest compressions, conduct artificial respiration immediately.
- If mouth-to-mouth resuscitation is difficult to conduct, conduct mouth-to-mouth nose resuscitation by covering injured infant's mouth and nose with your mouth.
- Same as for adults and children, blow air into their mouth (and nose) twice for approximately 1 second each time.

Key points:

- If the patient is injured, please be careful of infections/ transmissions of diseases through blood.
- If you are hesitant of conducting mouth-to-mouth resuscitation, please continue conducting chest compressions (cardiac massage) instead.
- If you do not see their chest rise after blowing air in their lungs twice, stop and begin conducting chest compressions.



- Carrying personal protective equipment (mask typed, sheet typed, etc.) will be very helpful.

⑦ Conducting Cardio-pulmonary Resuscitation (CPR)

- Perform a combination of chest compressions (cardiac massage) and mouth-to-mouth resuscitation (30 compressions to 2 resuscitations is equal to 1 cycle) continuously without stopping until emergency units arrive at the scene.
- If you are hesitant of conducting mouth-to-mouth resuscitation, please continue conducting chest compressions.

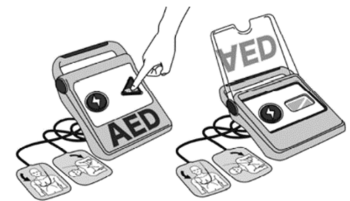
Key points:

- If there are 2 or more people at the scene, take turns conducting CPR approximately every 1 - 2 minutes in order to avoid deterioration of chest compression's quality.
- When to stop CPR:
 1. When the patient's care is taken over by the emergency medical team. (When the emergency medical team arrives, tell them the situation of the patient, first-aid you conducted, the number of shocks done by AED, etc. as detailed as possible.)
 2. When the patient opens their eyes or starts breathing normally. (Observe them carefully and wait for the emergency medical team to arrive.)
- ※The ration of chest compressions and mouth-to-mouth resuscitation is 30:2. This ratio is the same for everyone, including adults, children, and infants.



⑧ AED Usage and Preparation

- When you receive AED, immediately make preparations to use it.
 - ① Place the device next to the patient and press the power button.
 - ② Follow the voice and light instructions given, and use it accordingly.
 - ③ Stick the electrode pads.



Key points:

- Do not stop chest compressions even while attaching the electrode pads.
- If the body is wet, wipe it dry.
- Do not attach electrode pads over accessories, etc.
- Detach any adhesive skin patches.
- ※Do not use the pads designated for children on students above elementary school.



What is an AED?

An AED (Automated External Defibrillator) is a device that sends an electrical shock to a heart that has lost its function to pump blood (cardiac arrhythmias) in order to stop its convulsions.

This device can easily be manipulated by layer persons who are not medical experts by following the voice instructions given from the device.

⑨ Electrocardiogram Analysis

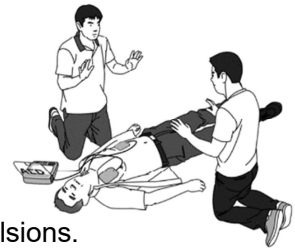
- When you stick the electrode pads, it automatically conducts an electrocardiogram analysis. During analysis, step away from the patient and follow its voice instructions.

⑩ Electric Shock

- In the case the AED judged an electric shock is necessary, it automatically start charging the energy with the voice message “The electric shock is necessary.”
- When energy is fully charged, it plays the voice message “Please press the electric shock button.”

Key points:

- Stay away from the patient and make sure that no one is touching them before administering the electric shock.
- When the shock is administered, the patient’s body (such as muscles and arms) will twitch momentarily, similar to convulsions.



⑪ Resuming CPR

- When the electric shock is completed, immediately resume performing CPR, by beginning with chest compression (30 chest compression to 2 mouth-to-mouth resuscitations)

Key points:

- Even in the case you use an AED, it is important to make suspensions of chest compressions as short as possible exclude the unavoidable circumstances such as an electrocardiogram analysis or an electric shock.



AED Leasing Program

AEDs in municipal facilities can be lent out to organizers of sport affairs, events, etc. as these devices help save lives in the case participants have a cardiac arrest.

For details, please contact the Ota City Fire Department-Ambulance Division (0276-33-0306) or the closest fire station.

11. Emergency Contacts and Helplines

1) Health Matters

Relating to infections such as new influenza viruses or COVID-19	Health Promotion Division: 0276-46-5115 OTA Health Welfare Center: 0276-31-8243 COVID-19 Control Office: 0276-55-3160
Vaccinations	Health Promotion Division: 0276-46-5115 Or your primary care doctor
Food poisoning likely caused by lunch provided by the school “ <i>Kyushoku</i> ” (municipal kindergarten, elementary & junior high school, schools for special needs)	School Facilities Administrative Division: 0276-20-7081 Child Affairs Division (For day care nurseries): 0276-47-1830
When you sense something unusual or abnormal about the water supply (If you are residing in municipal housing, contact the House Property Division or the Ota Branch Office of GUNMA Prefectural Housing Corporation)	Gunma East “ <i>Toubu</i> ” Waterworks Company: 0276-45-2734 House Property Division: 0276-47-1898 Ota Branch Office of GUNMA Prefectural Housing Corporation: 0276-47-1836

2) Life Matters

Agricultural damage caused by wild hogs or if you see wild hogs	Agricultural Policy Division: 0276-20-9714
When you see large number of dead wild birds	
Pain in eyes, dry pain in the throat likely caused by photochemical smog	Environmental Measures Division: 0276-47-1893
When oil or some other toxic waste is spilled onto soil, or the underground water is contaminated	
When oil is spilled into the river current and you see a large number of dead fish, etc.	
Illegal dumping in public space	
Illegal dumping found in Garbage Station	Waste Disposal Industry Division: 0276-31-8153
Violence from your spouse or partner (DV: Domestic Violence) or when DV is suspected	Resident Consultation Division: 0276-47-1897
Child abuse	Children’s Affairs Division: 0276-47-1830

3) Others

Life is at risk	Fire and Medical Emergency : 119 Police : 110
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