

# Earthquake Safety Guide for Everyone – Multilingual Version

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日本語版



English version



中文版（簡体）



नेपाली संस्करण



Phiên bản tiếng Việt



한국어판



မြန်မာစာအုပ်



Versi bahasa Indonesia







## Purpose of Publication

Japan is one of the most earthquake-prone countries in the world. No one can predict when or where a major earthquake will occur. To reduce damage as much as possible, it is important to acquire correct knowledge, take appropriate action, prepare in daily life, and reliably obtain information.

This handbook was planned by students of the Disaster Prevention Club of Fukuoka Institute of Technology, with the aim of enabling people of diverse nationalities and cultural backgrounds to act safely. It summarizes practical content under four pillars: “Understand,” “Act,” “Prepare,” and “Access.” According to the Fukuoka Labour Bureau of the Ministry of Health, Labour and Welfare, as of 2024, the largest numbers of foreign workers in Fukuoka City were from Vietnam, China, Nepal, the Philippines, Indonesia, Myanmar, and South Korea, in that order. For this reason, this handbook is prepared in eight languages, including Japanese.

Improving disaster preparedness for each individual contributes to the safety of the entire community. We hope that this handbook will serve as a useful tool in protecting your life and livelihood.

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## About the Organization

The Disaster Prevention Club of Fukuoka Institute of Technology consists of 11 students from various faculties and of all genders, working to raise disaster awareness and obtain qualifications such as Disaster Prevention Expert and Weather Forecaster. Weekly study sessions cover not only the mechanisms and characteristics of earthquakes, volcanoes, and meteorological disasters, but also practical skills for disaster response and information use. A key focus is sharing disaster knowledge with the community—by creating posters and handbooks distributed at local disaster prevention events, conducting outreach lessons at nearby elementary schools, and exhibiting at “Science Festa 2025.” Copies of the handbook are also available for anyone to take from the bulletin board in the first-floor corridor of Building B.

### [History / Activity Report]

2023

- March 18 Approval for establishment of the Disaster Prevention Club
- October 18 Article contributed to the alumni newsletter Yuhi No. 30

2024

- February 7 Lecture on flood damage as part of the FIT-SDGs Project “Disaster Prevention × SDGs”
- June 29 Distributed 100 copies of the handbook at the Miwadai Disaster Prevention Festa
- August 22 Started a mini-exhibition “Disaster Prevention Special Feature” at the Fukuoka Institute of Technology Library
- November 3 Held an exhibition at Tachibana Festival (school festival)

2025

- February 7 Lecture on earthquake disasters and evacuation shelter management as part of the FIT-SDGs Project
- February 26 Club logo finalized
- February 28 Official Instagram account launched (@fit\_bousai)
- April 13 Official note account launched ([https://note.com/fit\\_bousai\\_2023](https://note.com/fit_bousai_2023))
- July 25 Outreach lesson at Chihaya Nishi Elementary School ①
- August 2 Exhibited at the Fukuoka Institute of Technology Science Festa 2025
- August 5 Outreach lesson at Chihaya Nishi Elementary School ②

## Acknowledgements

In preparing this multilingual version of the handbook, we received the cooperation of Mr. Shosuke Lee for the Korean version, Ms. Meimyat Han for the Myanmar version. We would like to express our sincere gratitude here.



# Understanding Japan's Quakes

**What is an Earthquake? Why So Many in Japan? This section explains earthquakes and why they often happen in Japan, using simple science.**

## Why Does Japan Have So Many Earthquakes?

Japan is one of the most earthquake-prone countries in the world. In just one month, tens of thousands of small earthquakes are recorded across the country. Sometimes, large earthquakes cause serious damage. But why do so many earthquakes happen in Japan?

The answer lies underground. Japan sits on top of four tectonic plates: the Pacific Plate and Philippine Sea Plate (oceanic plates), and the Eurasian Plate and North American Plate (continental plates). These plates are like giant puzzle pieces covering the Earth's surface. They move slowly—just a few centimeters per year, slower than your hair grows.

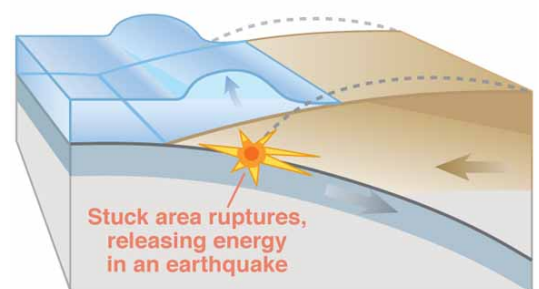
In Japan, one plate is pushed down under another at the plate boundaries. Over hundreds of years, stress builds up along the boundary. When this stress reaches its limit, the continental plate suddenly slips upward, causing a massive earthquake. This is called a plate boundary earthquake. Because it often happens under the sea, it can also cause a large tsunami. The 2011 Great East Japan Earthquake was this type of earthquake.

Also, strong pressure from the moving plates affects the land itself. Sometimes, rocks inside the land break along active faults, causing another type of large earthquake. There are over 2,000 known active faults across Japan. In recent years, strong earthquakes in places like Kumamoto and Ishikawa were caused by these faults.

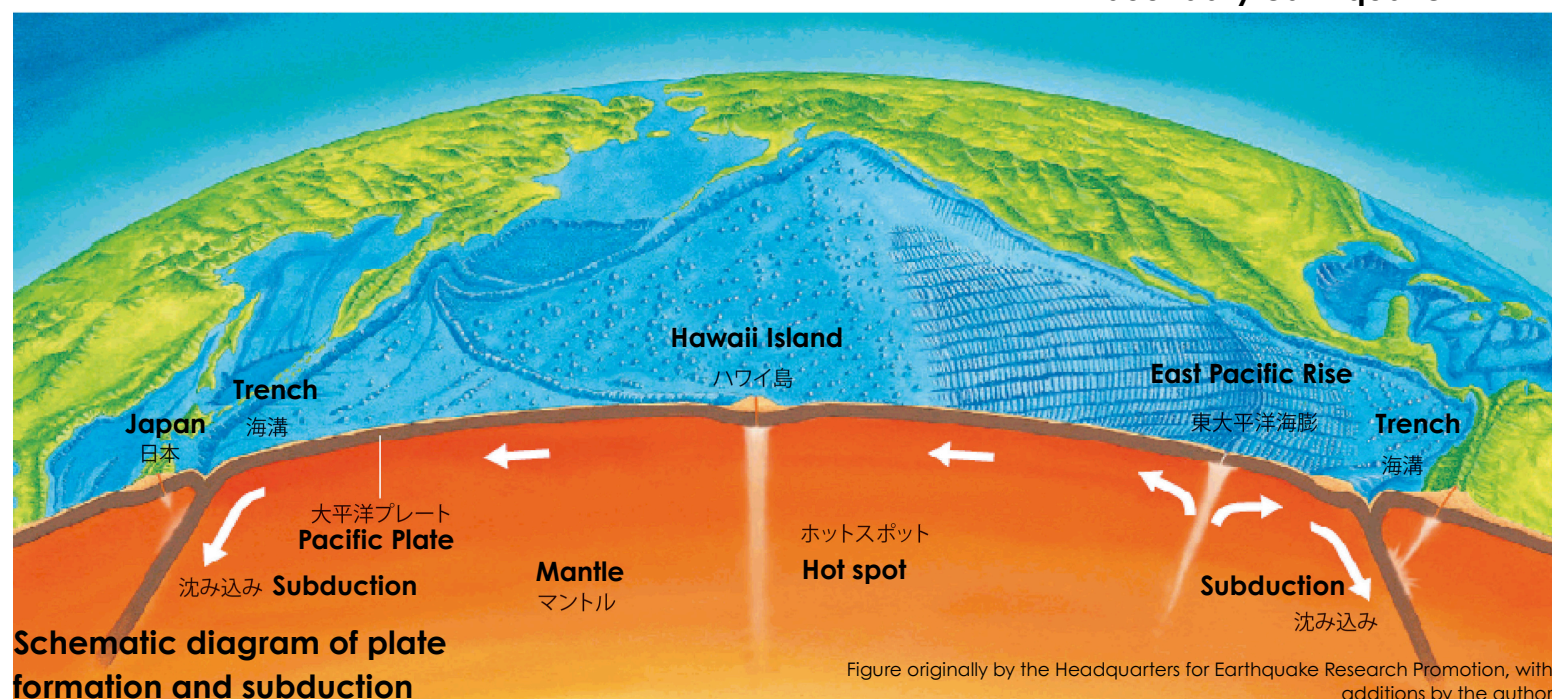
Because of its location, earthquakes are a natural part of life in Japan. But Japan uses science, technology, and experience to prepare. Earthquake drills, strong buildings, and early warning systems help protect lives. Still, your own preparation is very important.

*Earthquake starts tsunami*

Source: USGS



**Schematic diagram of a plate boundary earthquake**



**Schematic diagram of plate formation and subduction**

Figure originally by the Headquarters for Earthquake Research Promotion, with additions by the author



# Earthquake Risk in Fukuoka

Fukuoka Prefecture usually feels few earthquakes. But underground, there is a hidden danger. One of the biggest risks is the Kego Fault, an active fault running directly under Fukuoka City. It is about 27 km long and can cause a major earthquake.

Experts say a major earthquake happens on the Kego Fault every 4,000 years, on average. The last one was about 4,000 years ago, so the next one could happen soon. The chance of a large earthquake in the next 30 years is up to 6%, one of the highest in Japan.

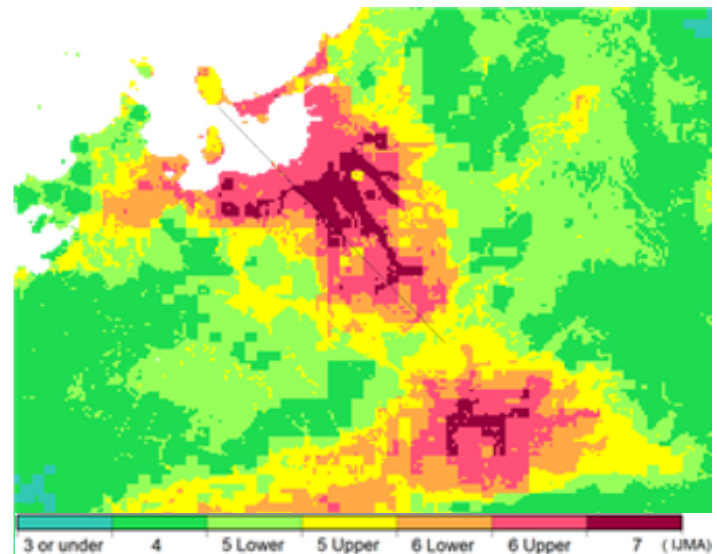
If a strong earthquake hits this fault, it could be around magnitude 7.2. Places like Fukuoka City, Onojo, and Dazaifu could feel seismic intensity of 7—the strongest level of shaking in JMA scale. Because the fault is right under the city, the early warning system may not give enough time to react. Trains, highways, and other transportation may also be badly damaged.

This is why earthquake preparation is very important. Check your furniture, keep emergency supplies, and know where to evacuate. Even if earthquakes are rare, being ready can save lives.



**Major active faults around Fukuoka Pref**

Source: AIST "Active Fault Database"



**Estimated shaking from a possible earthquake on the Kego Fault**

Source: Headquarters for Earthquake Research Promotion

# Tsunami Risk in Fukuoka

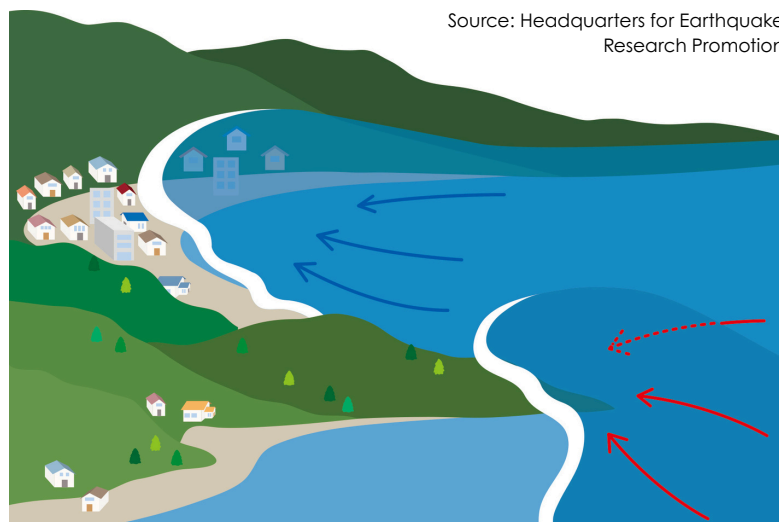
There are nine active submarine faults off the coast of Fukuoka Prefecture, which pose a serious tsunami threat. According to the Preliminary Disaster Prevention Assessment Survey released by Fukuoka Prefecture in 2025, tsunami waves as high as 6.29 meters could strike areas such as Munakata City.

Other estimated maximum tsunami heights include:

- 4.08 meters in Nishi Ward, Fukuoka City
- 4.04 meters in Higashi Ward, Fukuoka City
- 2.93 meters in Shingu Town
- 1.92 meters in Yahatanishi Ward, Kitakyushu City

What makes this risk even more dangerous is the proximity of the faults to the coastline. In some areas, the first wave of a tsunami could reach land just minutes after the earthquake occurs.

If you feel strong shaking or hear a tsunami warning, evacuate immediately to higher ground or a sturdy high-rise building. Every second counts.



Source: Headquarters for Earthquake Research Promotion

**A tsunami growing in height as it approaches the coast**



# Types of Earthquake Damage

Earthquake damage is not just about buildings collapsing. It can also cause tsunamis, liquefaction, long-period ground motion, landslides, and more. In this section, you will learn about these different types of damage.

## Falling Furniture and Collapsing Houses

Strong shaking can last for several minutes in a great earthquake. Buildings built after the year 2000 in Japan follow strict earthquake-resistant standards, so they are less likely to collapse. However, older houses, especially those built before 1981, are at higher risk. In the 2016 Kumamoto Earthquake, about 50% of older buildings suffered severe damage or collapse. If you are inside an older building during a quake, try to move outside safely. Even if the building stays standing, falling furniture or lighting can cause serious injuries. To prevent this, use furniture anti-tip kits to secure shelves and other large items.



Source: Kobe city

## Huge Tsunamis



Source: Tohoku Regional Development Bureau – Earthquake Memorial Museum

When a large earthquake happens under the sea, it can push up a huge amount of water, causing a tsunami. Tsunamis can destroy homes, cars, and roads along the coast. They often come in multiple waves over several hours. Never go back to the coast until the tsunami warning is officially lifted.

In the 2011 Great East Japan Earthquake, the tsunami reached up to 40 meters high and caused massive damage. If you feel a strong or long-lasting quake near the coast—or hear a tsunami warning—evacuate immediately to higher ground or a tall, sturdy building.

## Liquefaction

In soft, sandy areas with high water content, shaking can cause the ground to behave like a liquid. This is called liquefaction. Buildings may sink or tilt, and manholes may rise above the road. Liquefaction is most common near rivers and coastal areas. Liquefaction can cause serious damage even in areas far from the earthquake's epicenter. Urban areas built on reclaimed land are particularly vulnerable to this hazard.



Source: the Karl V. Steinbrugge Collection, Earthquake Engineering Research Center, UC Berkeley



# Long-Period Ground Motion

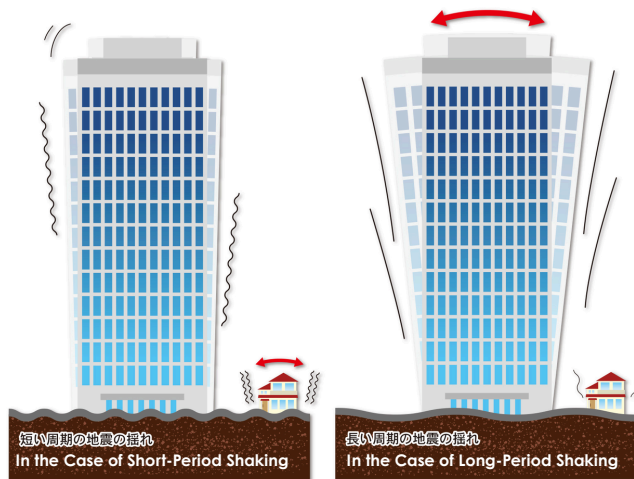


Figure originally by the Headquarters for Earthquake Research Promotion, with additions by the author

In large earthquakes, a special kind of slow shaking can occur. This is called long-period ground motion. It doesn't feel strong on the ground or in low buildings, but it can be very intense on the upper floors of tall buildings. The whole building sways slowly, like a swing, for a long time.

During the 2011 Great East Japan Earthquake, an office tower in Osaka—about 770 km from the epicenter—swayed for more than 10 minutes. On the top floor, the movement reached almost 3 meters side to side. This type of shaking can knock over furniture and scatter items in high-rise apartments or offices, even far from the earthquake's center.

# Landslides

When strong shaking affects steep slopes, landslides may occur as hillsides collapse. In the past, there have been many cases where landslides blocked rivers, forming natural dams. When such a dam breaks, it can cause large mudflows downstream. Therefore, not only mountainous regions but also riversides in urban areas require strict caution.

In rare cases, large landslides can also trigger tsunamis. For example, in 1791, the collapse of Mt. Unzen in Kyushu caused a tsunami over 10 meters high in the Ariake Sea. This disaster resulted in more than 15,000 deaths.



Source: Ishikawa Prefecture Website

Source: Headquarters for Earthquake Research Promotion





# Protecting Yourself During a Quake: DROP, COVER, HOLD ON !

When you feel a shaking or get an earthquake early warning,  
immediately do “DROP, COVER, HOLD ON !”

Figure originally by: ShakeOut



## DROP

**Get down onto your hands and knees**

- Protects you from falling
- Reduce the risk of injury



## COVER

**Take cover under sturdy furniture**

- Use a table or desk if available
- Cover your head and neck with arms if no shelter is nearby
- Stay away from windows and exterior walls



## HOLD ON

**Grip your shelter until shaking stops**

- Hold on to your shelter (or your head and neck) until the shaking stops.
- Be prepared to move with your shelter if it shifts.

## Quick Fact: Earthquake Early Warning System

Japan has a nationwide Earthquake Early Warning (EEW) system. It detects the initial seismic waves of a large earthquake and sends alerts before the strong shaking arrives. However, the lead time is often very short—just a few seconds to tens of seconds. In some cases, the shaking may begin before the alert is received, especially if the epicenter is very close. While the EEW system can save lives, it's important to stay alert and be ready to take action immediately.





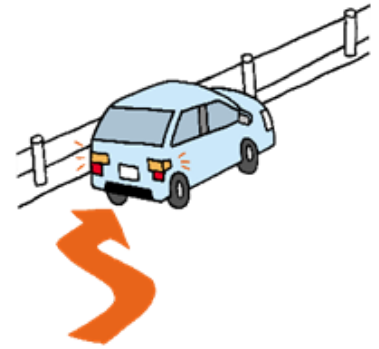
# Protecting Yourself During a Quake: Your Location, Your Actions

Earthquakes can strike at any time—while you're shopping, commuting, or just walking outside. Here's what to do depending on your situation.

Image provided by: Hiroyuki Ijichi

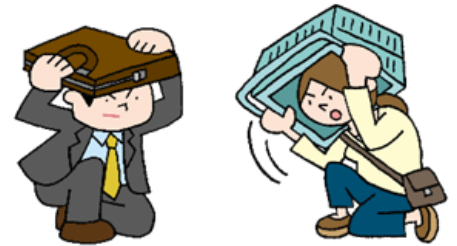
## If you are driving

Turn on your hazard lights and slow down carefully while checking your surroundings. Pull over to the left side of the road and stop your car. If you must leave the car to evacuate, leave the key in the ignition and do not lock the doors. This allows emergency responders to move the car if needed.



## If you are shopping

Move away from shelves or ceiling lights, and protect your head with a shopping basket or your bag. After the shaking stops, follow the store staff's instructions and evacuate calmly. Do not rush outside in a panic.



## If you are walking outside

Watch out for falling block walls or vending machines. In office or shopping districts, move away from buildings and be careful of falling signs or broken glass.



## If you are in an elevator

Press all the floor buttons immediately. Get out as soon as the elevator stops and use the stairs. If you are trapped inside, press the emergency button and wait calmly for help. Some elevators are equipped with emergency supply boxes containing food, water, a flashlight, or a portable toilet.





# Use Anti-tip Kits for Furniture Safety

During an earthquake, furniture can turn into deadly weapons. Protect yourself and your loved ones—secure shelves, TVs, and appliances now.

Image provided by: Hiroyuki Ijichi

## Safe Furniture Arrangement

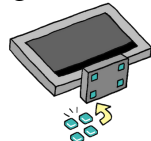
- Do not put furniture that can fall or move easily near evacuation paths or doorways.
- Make safe spaces where furniture cannot fall over or slide.
- Try not to put furniture near your sleeping area.
- When you put things in bookshelves or cabinets, place heavy items at the bottom to keep the center of gravity low.

Anti-tip kits cost a few to several thousand yen and are sold at furniture stores, home centers, and disaster supply sections in department stores.

## Types of Furniture Anti-tip Kits and How to Use Them

### 《For Bookshelves and Cabinets》

- Use L-shaped brackets to fix the top or side of the furniture to the wall.
- Or use tension rods (pole-type) to hold the top part of the furniture (see Figure 1).
- Add stopper-type or mat-type devices under the bottom.
- Use door locks to stop doors from opening and safety film to stop glass from breaking and flying.



### 《For TVs》

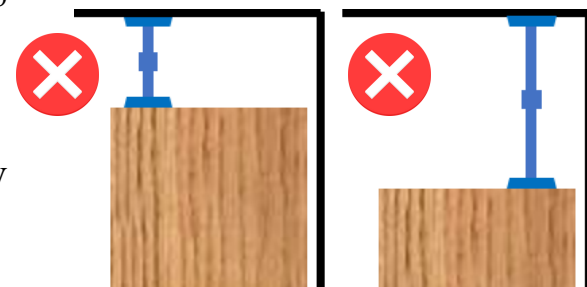
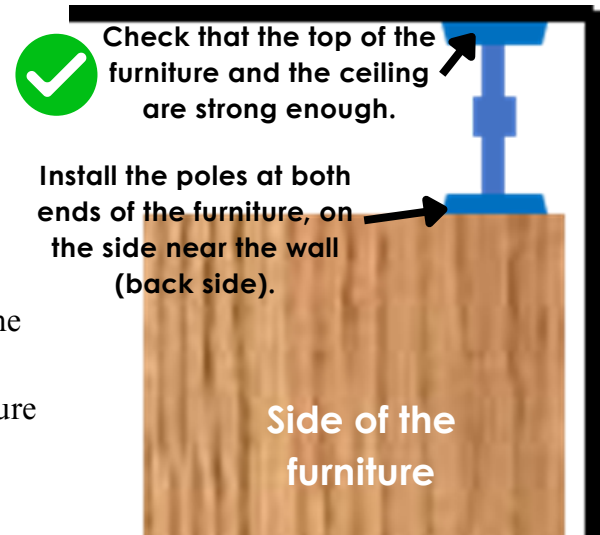
- Use belt-type or adhesive mat-type devices to fix the TV to the TV stand.

### 《For Refrigerators and Furniture with Casters》

- Lock the caster wheels.
- Use a belt-type device to fix the back of the furniture to the wall.

### 《For Microwave Ovens and Ovens》

- Use belt-type or adhesive mat-type devices to fix the appliance to the table or wall.



Do not install on the front side of the furniture.

Too much space between furniture and ceiling is not safe.



L-shaped brackets



Belt-type devices



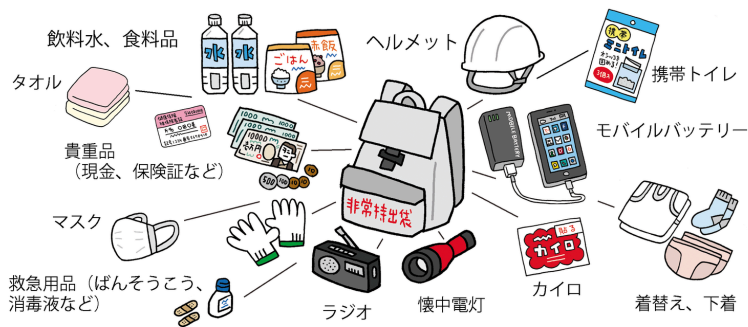
Tension rods (pole-type)

# Emergency Bag & Stockpile Supplies

After a major earthquake, lifelines like water, gas, and electricity may stop. You may also need to leave your home suddenly. To protect your life and health, it's important to prepare emergency bags and stockpile supplies in advance. These help you survive the first 3 days after a disaster.

Image provided by: Hiroyuki Ijichi

## Emergency bag



An emergency bag is **for quick evacuation**. Pack light—water, portable food, toilet kits, and a battery—but avoid overloading, as heavy bags can slow you down.

## Stockpile Supplies



Stockpile supplies are **for staying at home during a disaster**. You should store food and daily items for at least 3 days.

## Rolling stock

A useful idea is “rolling stock”—buy extra food and daily items you usually use, then replace what you use regularly. This keeps your emergency stock fresh and practical. Good examples are rice, noodles, canned or ready-made meals, tissues, and hygiene products. Buy only what you can actually use.

Store extra food  
you often eat

Eat items with  
the shortest  
expiry first

Refill before  
everything runs out

## Checklist ①: Valuables

\*Items marked in red below are recommended for your emergency bag.

Item	Notes
<input type="checkbox"/> <b>Cash (including coins)</b>	Keep coins for public phones.
<input type="checkbox"/> <b>ID (passport, residence card etc.)</b>	
<input type="checkbox"/> <b>Spare keys for cars and houses</b>	
<input type="checkbox"/> <b>Health insurance card, Credit card</b>	
<input type="checkbox"/> <b>Personal seal</b>	



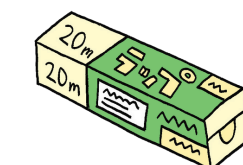
## Checklist ②: Food & Drink

Item	Notes
<input type="checkbox"/> <b>Drinking Water</b> (Pack about <b>two 500ml bottles of drinking water</b> in your emergency bag.)	Prepare 2–3 liters per person per day. Stock at least a 3-day supply.
<input type="checkbox"/> <b>Emergency Food</b> ( <b>Jelly and nutritional supplements</b> are easy to carry, so keep them in your emergency bag.)	Three meals per person per day. Recommended long-lasting emergency foods include: <ul style="list-style-type: none"> <li>• Instant rice</li> <li>• Canned food</li> <li>• Dried food</li> <li>• Jelly drinks</li> <li>• Nutritional supplement</li> </ul> <b>Halal and vegetarian emergency foods are also available online.</b>
<input type="checkbox"/> <b>Portable Gas Stove &amp; Gas Canisters</b>	Useful for cooking when power is out. <ul style="list-style-type: none"> <li>• For one person: about 1 canister/day</li> <li>• For a family of four: about 2 canisters/day</li> <li>• One standard 250g can burns for about 1 hour on high heat.</li> </ul>
<input type="checkbox"/> <b>Infant Supplies</b>	<ul style="list-style-type: none"> <li>• Liquid baby formula (if needed)</li> <li>• Baby bottles</li> </ul>
<input type="checkbox"/> <b>Plastic Wrap &amp; Aluminum Foil</b>	Place on plates to avoid washing dishes. Bring several rolls.
<input type="checkbox"/> <b>Freezer Bags / Zip Bags</b>	Useful for storage and trash. Aim for about 100 bags.
<input type="checkbox"/> <b>Paper plates, cups, spoons and forks</b>	Include not only flat plates but also deep bowls.

Canned food



Nutritional supplement



Plastic wrap



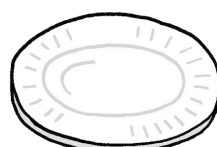
Freezer bag



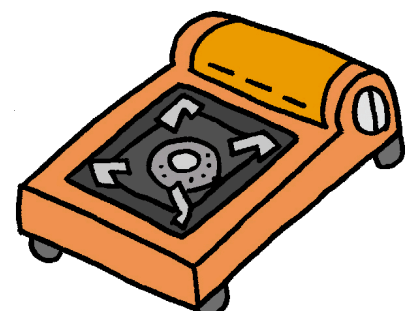
Gas canisters



Jelly drink



Paper plate



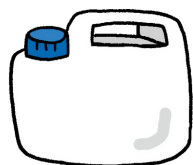
Portable gas stove

## Checklist ③: Daily Essentials & Information

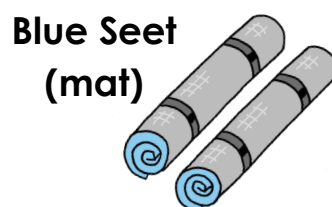
Item	Notes
<input type="checkbox"/> <b>Flashlight / Lantern</b>	Headlamps are useful to keep both hands free.
<input type="checkbox"/> <b>Generator / Mobile battery</b>	Bring different sizes. Use adapters. Power banks are essential for phones.
<input type="checkbox"/> <b>Portable Radio</b>	Hand-crank radios are tiring. Include earphones.
<input type="checkbox"/> <b>Blanket / Sleeping Bag</b>	Use thermal sheets or newspapers to prevent hypothermia.
<input type="checkbox"/> <b>Hand Warmers</b>	Prepare both "stick-on" and "non-stick" types.
<input type="checkbox"/> <b>Rope</b>	Useful for tying down tarps or hanging laundry.
<input type="checkbox"/> <b>Plastic Tarp (Blue Sheet)</b>	For rain protection or use as a mat.
<input type="checkbox"/> <b>Work Gloves</b>	Choose gloves with grip.
<input type="checkbox"/> <b>Gaffer tape / Scissors</b>	Also pack scissors or a cutter.
<input type="checkbox"/> <b>Shoes (Sneakers)</b>	Protect your feet from broken glass even indoors.
<input type="checkbox"/> <b>Helmet</b>	Foldable helmets are best. Simple hoods are not enough.
<input type="checkbox"/> <b>Family Photo / Contacts</b>	Helps if you get separated from your family.
<input type="checkbox"/> <b>Lighter</b>	Avoid candles or matches due to fire risk.
<input type="checkbox"/> <b>Water Tank</b>	Foldable water containers are easy to store.
<input type="checkbox"/> <b>Rain Gear</b>	Raincoat or compact umbrella.
<input type="checkbox"/> <b>Writing Tools</b>	Pens, pencils, notebook, and your glasses if needed.



Portable Radio



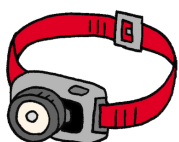
Water Tank



Sleeping Bag



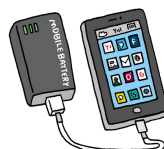
Raincoat



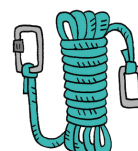
Headlamp



Lighter



mobile battery



Rope



Gloves

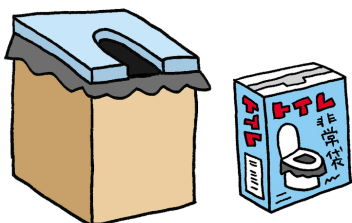


Gaffer tape



## Checklist ④: Hygiene & Medical Supplies

Item	Notes
<input type="checkbox"/> <b>Portable Toilet Kit</b>	Includes solidifying agents and black bags. Choose sets with many bags.
<input type="checkbox"/> <b>Toilet Paper / Tissues</b>	Use for cleaning your body, dishes, and tools.
<input type="checkbox"/> <b>Wet Wipes</b>	Useful when water is not available.
<input type="checkbox"/> <b>Sanitizer Spray</b>	Spray-type disinfectant helps prevent infections.
<input type="checkbox"/> <b>Waterless Shampoo</b>	Saves precious water and keeps hair clean.
<input type="checkbox"/> <b>Toothbrush and Toothpaste</b>	Important for daily hygiene.
<input type="checkbox"/> <b>Nail Clippers</b>	For personal care and hygiene.
<input type="checkbox"/> <b>Dust Goggles / Masks</b>	Protect from dust, bacteria, and infectious disease after floods.
<input type="checkbox"/> <b>Garbage Bags</b>	Keep at least several dozen.
<input type="checkbox"/> <b>Clothing</b>	Disposable underwear or simple clothing items are also available.
<input type="checkbox"/> <b>Towel</b>	Multi-purpose and essential.
<input type="checkbox"/> <b>Sanitary Products</b>	Essential for women.
<input type="checkbox"/> <b>Diapers</b>	Necessary for infants or elderly family members.
<input type="checkbox"/> <b>First-Aid Kit</b>	Includes bandages, gauze, thermometer, medicine, and disinfectant.



**Portable Toilet Kit**



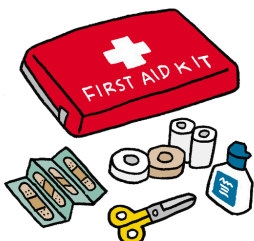
**Sanitizer Spray**



**Dust Goggles**



**Waterless Shampoo**



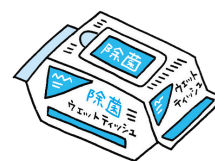
**First-Aid Kit**



**Sanitary Products**



**Medicine**



**Wet Wipes**



**Diapers**

**The items and quantities you need depend on your family, religion, and lifestyle. Imagine what you would need in a disaster and prepare accordingly.**

# Disaster Communication Tips

In a major earthquake or disaster, electricity, phone lines, and the internet may stop working. That's why it is very important to prepare how to contact family and friends in advance.

Image provided by: Hiroyuki Ijichi

## 1. Try the Disaster Message Service “171”

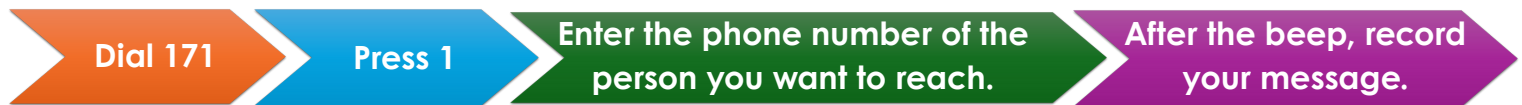
“171” is a special phone service in Japan. When phones don't work well after a disaster, you can record a 30-second voice message for your family or friends. You can also listen to their messages. Practice days are on the 1st and 15th of each month. Try it in advance to feel prepared.

Tips for Leaving a Clear Voice Message:

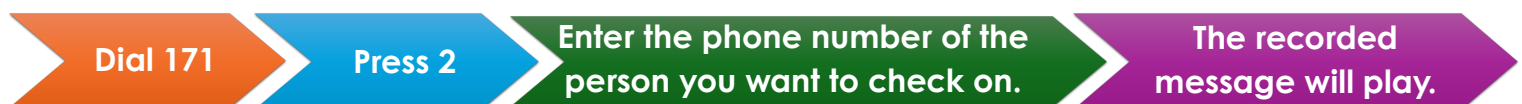
- Your Name – "This is [Your Name] from [Your Workplace/School]."
- Your Location – "I'm at [Evacuation Site], such as ○○ Elementary School."
- With Whom + Status – "I'm with [Name], and we are both safe."
- Next Message Time – "I will leave another message around [Time]."



**To Leave a Message:**



**To Listen to a Message**



## 2. Use Free Wi-Fi “00000JAPAN”

After a disaster, you may be able to use free Wi-Fi called “00000JAPAN.” This service is offered by mobile companies during emergencies. It is available at Wi-Fi spots provided by phone carriers or at evacuation centers. Look for the Wi-Fi network “00000JAPAN” on your phone.

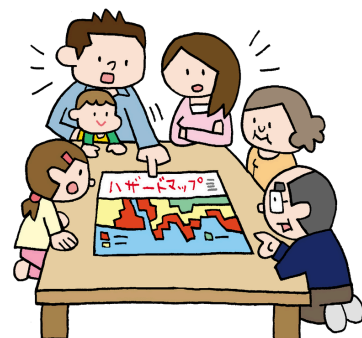
For current availability, please check updates from your mobile provider or visit the official website: <https://www.00000japan.jp/status.php>



## 3. Decide a Meeting Place

In case you cannot contact your family or friends, decide a meeting place in advance.

- Choose a clear location like “entrance of XX park” or “in front of △△ station.”
- Choose two or three places, just in case one is not safe or accessible.





# Where to Evacuate in an Emergency

During a disaster, it is important to evacuate to a safe place.

In Fukuoka City, there are two types of evacuation sites, and they have different purposes. Check your local hazard map and learn where to go for each type of disaster.

Image provided by: Hiroyuki Ijichi

## 1. Evacuation Area (“緊急避難場所”)

An Evacuation Area is a **temporary place to escape danger** such as earthquakes, fires, or tsunamis. These are often open spaces like parks or school grounds.

Not all evacuation areas are safe for every type of disaster. For example, a place that is safe during floods or debris flow may not be safe during a tsunami or storm surge. **Be sure to check which types of disasters your local evacuation areas are designed for.**

- Local Evacuation Areas(“地域避難場所”): Close to your home, such as public halls or neighborhood parks.
- Wide-area Evacuation Areas(“広域避難場所”): Large parks where people can stay safe even if fires spread.



**Evacuation Area**  
(JISZ 8210-6.1.4)

## 2. Evacuation Shelter (“避難所”)

An Evacuation Shelter(Evacuation Facility) is a **place where you can stay for a longer time** if your home becomes unsafe. These are usually school gymnasiums or public buildings.

- Temporary Shelters(“一時避難所”): Places like community centers for 50+ people.
- Main Shelters(“収容避難所”): Larger facilities like elementary or junior high schools for 100+ people.



**Evacuation Shelter**  
(JIS Z8210-6.1.5)

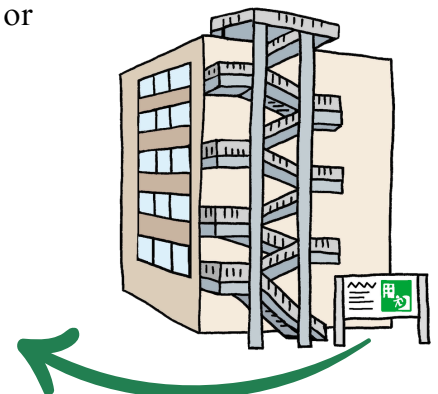
Areas marked with the following symbol indicate safe evacuation area or high ground / buildings in case of a tsunami.



**Tsunami evacuation area**  
(ISO 7010 E062)



**Tsunami evacuation building**  
(ISO 7010 E063)



## Find Evacuation Sites & Status

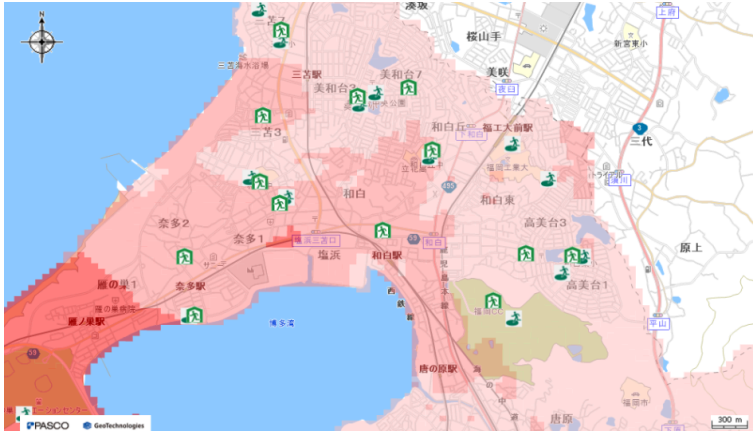
In Fukuoka City, you can search for Evacuation Areas and Evacuation Shelters on the city's official website. Scan the QR code on the right to access the site. Use tools like Google Translate to find the evacuation sites near your home and workplace.



Hazard map



Evacuation sites list



Earthquake hazard map

(Part of Higashi Ward, Fukuoka City)

Source: Fukuoka city Website



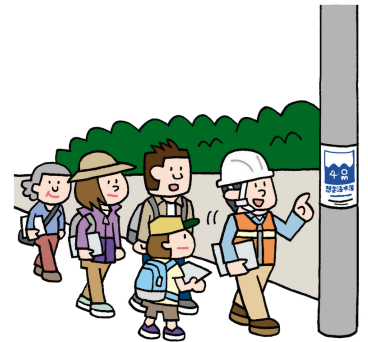
Tsunami hazard map

(Part of Higashi Ward, Fukuoka City)

Source: Fukuoka city Website

## Walk Your Evacuation Route in Advance

After a disaster, cars may not be usable due to road damage or traffic jams. It's important to walk the route from your home to the nearest Evacuation Area or Shelter in advance. Plan a few different routes in case some roads become blocked.



## Life in an Evacuation Shelter

People from many countries and cultures may gather in the same shelter. While each shelter may have slightly different rules, the following are basic things you should know and follow to live safely and peacefully together:

- **Help One Another:** Support people who need help, such as the elderly, children, or people with disabilities. If you learn about disaster safety, you may also help others, not just receive help.
- **Keep Clean and Healthy:** Take off your shoes before entering. Wash your hands before eating and after using the toilet. If water is limited, use wet wipes. If you cannot use alcohol sanitizers for religious reasons, prepare non-alcohol wipes in your emergency bag.
- **Wait Calmly for Supplies:** Food and water will be distributed, but quantities may be limited. Wait your turn calmly. If you are vegan or follow religious dietary rules (e.g., halal), bring your own emergency food, as shelters may not have suitable options.





# How to Get Disaster Information

Getting accurate information during a disaster is the most important thing. Understanding the types of disaster information and key terms is the first step to protecting yourself and your loved ones.

## 1. Earthquake Information

Earthquake information always includes two key terms: seismic intensity (JMA scale) and magnitude. Learn what they mean so you can understand the information.

### Seismic Intensity

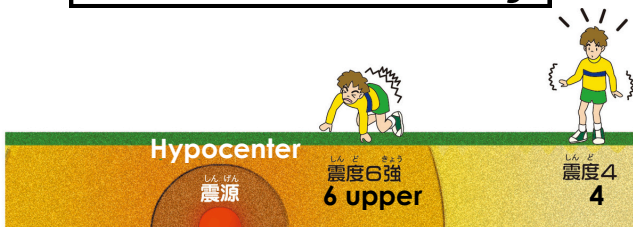
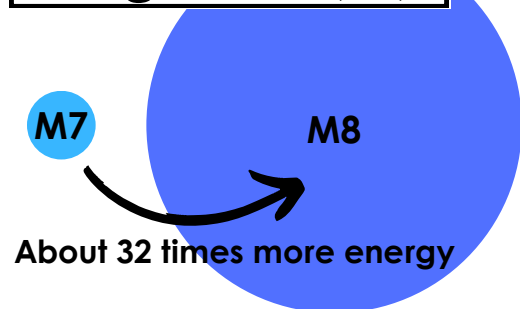


Figure originally by the Headquarters for Earthquake Research Promotion, with additions by the author

This shows how strong the shaking is in each area. It ranges from 0 to 7, with levels 5 and 6 divided into “lower” and “upper.” Shaking intensity differs depending on your location.

### Magnitude(M)

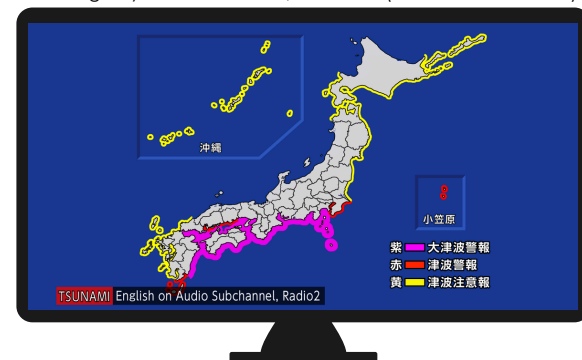


This measures the overall size (energy) of the earthquake itself. Each increase of 1 means about 32 times more energy. For example, a magnitude 7 is about 1,000 times bigger than a magnitude 5.

## 2. Tsunami Information

- **Major Tsunami Warning (大津波警報):** Expected waves are over 3 meters. Massive flooding can occur far inland. Evacuate immediately to a Tsunami Evacuation Area (higher ground) or a Tsunami Evacuation Building.
- **Tsunami Warning (津波警報):** Expected waves are 1 to 3 meters. Dangerous flooding may occur in coastal or riverside areas. Leave these areas immediately.
- **Tsunami Advisory (津波注意報):** Expected waves are 0.2 to 1 meter. If you are in the ocean, get out of the water and stay away from the shore.

Image by User: 122370525, 79186772 (Niconico Commons)



Tsunamis can come in multiple waves, and later waves may be higher than the first one. Stay in a safe place until the advisory or warning is officially lifted.

### 3. Reliable Information Sources

#### 《Website》

**Japan Meteorological Agency (JMA):** The official national source for weather, earthquake, tsunami, and volcano information.

**Fukuoka Pref. Disaster Prevention website:** Available in English, Chinese, Korean, and Vietnamese. You can check warnings, evacuation information, shelter availability, and updates on lifeline services such as electricity, gas, and water.

**Fukuoka City Disaster Information Center for International Residents:** Available in 22 languages. This center is set up when the Fukuoka City Disaster Response Headquarters is activated. It provides multilingual disaster information and accepts consultations from foreign residents in multiple languages by phone at 092-262-1799.

#### 《TV and Radio》

**NHK:** During tsunami warnings, you can press the audio switch button on your TV to hear information in multiple languages such as English, Chinese, Korean, Portuguese, and Vietnamese.

**NHK WORLD-JAPAN:** Provides disaster news in English. Useful for getting accurate information on earthquakes and tsunamis. You can also search keywords like “earthquake” or “tsunami” in the NHK WORLD-JAPAN website’s search bar to find documentaries and explanatory programs.

#### 《Useful Apps》

**Safety tips app:** Multilingual alerts (15 languages), safety guides, and communication tools.

**NERV Disaster Prevention App:** Available in English. This app not only sends push notifications about disasters, but also provides useful disaster-related information on a map through a crisis mapping layer. It also includes a real-time seismic intensity monitor showing ongoing earthquakes across Japan. The app is highly accessible and user-friendly.



JMA website



NHK WORLD-  
JAPAN



NERV Disaster  
Prevention



Safety tips



Fukuoka Pref. Disaster  
Prevention website



Fukuoka City Disaster Information  
Center for International Residents





This is a list of basic Japanese words and phrases that are helpful to know during a disaster in Japan. Use them to understand signs, announcements, or ask for help.

Important Disaster Words		
Japanese	English	Pronunciation Guide
地震 (じしん)	Earthquake	Jishin
津波 (つなみ)	Tsunami	Tsunami
災害 (さいがい)	Disaster	Saigai
避難 (ひなん)	Evacuate / Take shelter	Hinan
避難所 (ひなんじょ)	Evacuation Shelter	Hinanjo
避難場所 (ひなんばしょ)	Evacuation Area	Hinanbasho
緊急 (きんきゅう)	Emergency	Kinkyu
警報 (けいほう)	Warning	Keihō
注意報 (ちゅういほう)	Advisory	Chūihō

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