

# Evacuating when a disaster occurs

# People requiring evacuation assistance

If there is an Evacuation Order from town officials, evacuate to your designated evacuation shelter or similar immediately. When evacuating, try to respond quickly in plenty of time, following the basic rules of helping yourself by making your own decisions and protecting yourself and helping each other by talking to the people around you.

## Gather accurate information and make your own decision to evacuate



Get the latest weather/disaster information from TV, radio or Early Warning E-mails. If there is an Evacuation Order, or if you feel that you are in danger, make your own decision to start preparing for evacuation.

## Before evacuating



Double check your evacuation shelter, etc., shut off gas valves and switch off the breaker in the electricity box before you evacuate. Contact family and friends to let them know that you are evacuating.

## Help each other to evacuate

Follow the instructions of staff when you are not at home!



Avoid evacuating alone if at all possible. Some people such as the elderly, children and people who are ill take more time to evacuate therefore they require early evacuation. Cooperate not only with evacuation for your own family but also for that of neighbors.

## Avoid evacuating by car



Evacuation should be on foot as a general rule. As evacuation by car can obstruct emergency vehicles or cause traffic, it should be avoided if at all possible. Do not abandon your car on the road or on an embankment.

## Evacuate safely



Avoid walls, narrow roads, cliffs and rivers while evacuating. At the time of an earthquake, be aware of aftershocks, avoid falling objects, glass shards and vending machines and so on and do not touch broken electricity lines.

Watch out for bumps and ditches!

## Evacuation during heavy rain / flooding



If there is flooding, the depth at which you will still be able to walk even when water is not flowing is up to the height of your knees (around 30cm). Do not force yourself to move in water that comes up to your waist or water that is moving quickly even if it is shallow. In these situations, wait for help on high ground.

## Evacuate in comfortable clothes



Protect your head with a helmet or a protective hood.

It is recommended that you do not carry much and that emergency survival kits are in rucksacks so that your hands are free.

Protect your hands with work or leather gloves.

Wear long sleeves and long trousers.

Avoid bare feet or boots; wear thick-bottomed lace-up sports shoes that you are used to wearing. (It is a good idea to use non-slip insoles.)

Among the elderly, the disabled and young children, those who require particular assistance to evacuate as it is difficult for them to evacuate themselves are called people requiring evacuation assistance. We should all cooperate to protect such people from disasters.

## ! Peace of mind and safety for people requiring evacuation assistance

### The elderly or bed-ridden

Everyday preparations

- Make the room as spacious as possible; do not place heavy objects or objects with corners on top of shelves or furniture.

At the time of a disaster...

- Do not rush outside.
- Be careful of aftershocks even after the earthquake has died down and move to a place of safety in the house.



### Points to note when providing assistance

- In an emergency, carry the person on your back and evacuate to a safe place.
- More than two people should assist each person.
- Talk to each other to relieve anxiety.

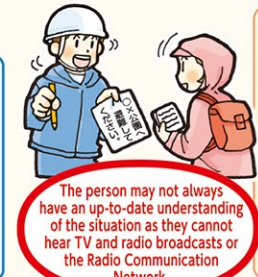
### People who are hearing impaired

Everyday preparations

- Always carry a notebook and pen with you.

At the time of a disaster...

- Ask people nearby for accurate information using a notepad or similar.



### Points to note when providing assistance

- Enunciate when you speak so that the other person can understand you easily.
- Communicate information accurately using all kinds of methods including sign language, written words and gestures.

The person may not always have an up-to-date understanding of the situation as they cannot hear TV and radio broadcasts or the Radio Communication Network.

### People who are visually impaired

Everyday preparations

- Keep your white cane where you can reach it.
- Make sure to tell the person in question about any changes in the placement of furniture, etc.

At the time of a disaster...

- Use a whistle to inform people of your whereabouts when a disaster occurs.
- Ask people around you to guide you to a safe place.



### Points to note when providing assistance

- During a disaster, talk to the person and communicate information.
- When guiding the person, do not hold the hand of the person if they have a stick; have them take a light hold of your elbow and walk slowly half a step ahead of them.
- Communicate direction or positions in front of you using the position of the numbers on a clock.

There are times at which it is difficult for the person to respond to a disaster on their own if they are somewhere they are not familiar with.

### People who have mobility issues

Everyday preparations

- Secure a safe space indoors and be sure to take measures to prevent furniture, etc. from falling over.

At the time of a disaster...

- Don't force yourself to move if it is difficult and protect your head with your hands or a cushion.
- Stop your wheelchair in a safe place and ask for help from people who can help.



### Points to note when providing assistance

- Two or more people are required for stairs. Face forwards going up and backwards going down.
- If you are the only person who can help, use a strap and carry the person on your back to evacuate.

There are times at which appropriate movement for a disaster is restricted as it is difficult for the person to move their body.

### The sick or injured

Everyday preparations

- Get advice from your doctor in preparation for not being able to attend hospital.
- Talk to your medical practice about preparations for your regular medicine and special treatments.

At the time of a disaster...

- Check the situation at your medical practice.
- If you cannot go home and require urgent treatment, talk to the nearest medical institution or a disaster prevention-related organization.



### Points to note when providing assistance

- Help the person get information from their medical practice, hospitals or first aid stations.