

Be prepared for “what if” situations.

Nakagawa Village Disaster Prevention Hazard Map①

FY2025 Version



Nakagawa Village, Kamiina District
(0265)88-3001



Measures Against Sediment Disaster



Sediment Disaster Characteristics and Precursor

Cliff Collapse (Steep Slope)

Phenomenon a steep cliff collapses all at once



Precursor

- Cracks form in the cliff
- Water gushes out from the cliff
- Pebbles fall from the cliff

Landslide

Phenomenon of a gentle slope sliding down slowly

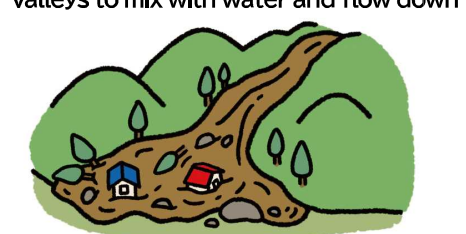


Precursor

- Water in stream and well becomes muddy
- Cracks form in the ground
- Water spurts from the slope

Avalanche of Earth and Rocks

Phenomenon in which heavy rainfall causes soil and stones in mountains and valleys to mix with water and flow down



Precursor

- The mountain rumbles
- Suddenly the river is muddy and mixed with driftwood
- The river level drops even though it keeps raining

Pay attention to the precursor and evacuate immediately if you feel danger!

※Even in the absence of these precursor, evacuate in advance if you feel uneasy!

Reference: Nagano Prefecture



Sediment Disaster Precaution Zone

Special Sediment Disaster Precaution Zone (Red Zone)

Areas where, in the event of a sediment disaster, buildings may be damaged and the lives or bodies of residents and others may be seriously endangered.

Sediment Disaster Precaution Zone (Yellow Zone)

Areas where there is a risk of harm to the lives or bodies of residents, etc., in the event of a sediment disaster.

Source: Ministry of Land, Infrastructure, Transport and Tourism



3 Points to Protect Yourself from Sediment Disaster

- Check if the area where you live is a “sediment disaster precaution zone”

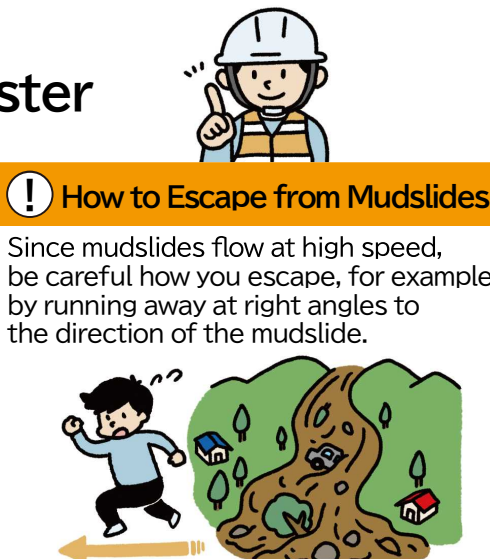
Check with a disaster prevention map, etc., to see if your area is a potential sediment disaster zone.

- Watch out for “Sediment Disaster warning” and “Rainfall”

When it starts to rain, check TV, radio, River and Erosion Control Information Station and other homepages.

- Evacuate Everyone from Dangerous Areas at Alert Level 4.

If a “Sediment Disaster Alert (Level 4)” is issued for the area where you live, evacuate to a safe place as soon as possible.



How to Escape from Mudslides

Since mudslides flow at high speed, be careful how you escape, for example, by running away at right angles to the direction of the mudslide.



Source: Government Public Relations



Measures Against Wind and Food Damage



River Levels and Flood Forecasts

This information is a guide to evacuation information. Pay attention to water level information and complete evacuation before flooding occurs.

Water Level Information	Alert Level	Information Issued by the Village	Flood Forecast	Tenryu River Downstream Observation Water Level
Occurrence of Flooding	5	Emergency Safety	Flood Outbreak Information	
▲ Flood-Danger Water Level Water level at risk of flooding	4	Evacuation Instruction	Flood Hazard Information	1.8 m
▲ Water Level to Determine Evacuation Water level as a guide for evacuation	3	Elderly Evacuation	Flood Vigilance Information	1.7 m
▲ Flood Caution Water Level Water level at which flood prevention team and fire brigades are on alert	2		Flood Caution Information	0.9 m
▲ Flood Prevention Team Standby Water Level Water level at which the flood prevention team and fire brigades begin to prepare	1			0.5 m
▲ Normal Water Level				

Source: Ministry of Land, Infrastructure, Transport and Tourism, Japan Meteorological Agency



Alert Level and Evacuation Information

Alert Level	Information That Prompts Action (Issued by the Village)	Disaster Prevention Weather Information (Released by the Japan Meteorological Agency, etc.)	Action to be taken by Residents
5	Emergency Safety	Flood Outbreak Information Special Warning for Heavy Rain	Danger of Life! Secure Safety immediately! -Disaster has already occurred, take the best possible action to save lives.
4	Evacuation Instruction	Flood Hazard Information Sediment Disaster Warning Information, etc.	Evacuate Everyone From Dangerous Areas -Evacuate to an evacuation site immediately. -If movement is considered unsafe, evacuate to a nearby safe place or to a safer place in your home.
3	Elderly Evacuation	Flood Vigilance Information Heavy Rain and Flood Warning, etc.	Evacuate the Elderly, etc. From Dangerous Areas -Those in need of assistance, such as the elderly, begin evacuation. -Others should prepare for evacuation and evacuate voluntarily if they sense danger.
2	-	Flood Caution Information Heavy Rain and Flood Caution, etc.	Check Your Own Evacuation Behavior -Confirm evacuation sites, evacuation routes, etc., using disaster prevention hazard maps, etc. -Prepare an emergency bag.
1	-	Early Caution Information	Raise Awareness of Disasters -Check the latest weather information, etc.

※For reasons such as the Village not being able to reliably assess the status of a disaster, Alert Level 5 is not information that will always be issued.

Source: Ministry of Land, Infrastructure, Transport and Tourism



Useful Information



First-Aid (Treatment)

Before the paramedics arrive, those who are nearby should cooperate with each other and provide first aid promptly.

Cardiopulmonary Resuscitation (Infection Prevention Response) ① Check the safety of the surroundings and make sure the person is conscious. ② Call for help to those around you, call 119, and arrange for an AED. ③ Watch the chest and abdomen to see if the patient is breathing as usual. ※First aid providers should ensure that their own face isn't too close to the face of a person who has fallen. ! Absence of Normal Respiration (No Chest and Abdominal Movement) ④ Cover the injured person's nose and mouth with a mask, handkerchief, towel, etc. ⑤ Perform chest compressions (cardiac massage) with several people taking turns. -Lay your hands on the center of your chest and press down hard from directly above with your elbows outstretched. -At a tempo of 100 to 120 times per minute at a strength of about 5cm of the chest sinking ※Children (infants and children) -Infant (under 1 year old): 2 finger pressure -Children (1 to about 15 years old): compression with one hand (both hands if the child is large) -Depth of compression: about 1/3 of chest thickness ⑥ Artificial respiration (If you are not confident in your technique or hesitant to make mouth-to-mouth contact, you may omit it.) -Lift the chin to clear the airway, pinch the nose, and blow twice in about one second. -Repeat 30 chest compressions and 2 ventilations. ※In the event of cardiopulmonary arrest in children, artificial respiration is considered effective. ⑦ Turn on the AED and follow the audio instructions. ⑧ After electroshock, immediately resume chest compressions and artificial respiration, and continue until the paramedics take over. ⑨ After handing over to emergency personnel, wash hands and face thoroughly with soap, etc., and discard any handkerchiefs, towels, etc. covered the nose and mouth without direct contact.	Bleeding (Direct Compression Hemostasis) ① Cover hands with a plastic bag to prevent infection. ② Place a clean gauze or towel over the bleeding area and apply pressure with the palm of the hand over the towel. ③ Keep the wound higher than the heart. Bone fracture ① Prepare something to serve as a brace stick to support the broken bone. ② Place a brace stick on the fracture, including the joints above and below the fracture, and secure it with a string or other means. Burn ① Cool the affected area immediately. ② If burns occur over clothing, don't forcefully remove the clothing, but keep it in place and cool it by pouring water on it. ③ Don't break the blisters and cover the affected area with a clean cloth.
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Disaster Prevention Wisdom

Emergency Toilet Materials 2 large polyethylene bags, Newspaper ① Cover the toilet seat with a double polyethylene bag. ② Lay a polyethylene bag with strips of newspaper. ③ After finishing the toilet, pour deodorant over the top.	Cooking Rice in a Polyethylene Bag Materials polyethylene bag, rice, water, pots, plates, cassette stove ※Use translucent polyethylene bag with excellent durability, as transparent polyethylene bag have low heat resistance. ① Put rice in a polyethylene bag and grind it with a small amount of water. (Put the water used to sharpen rice into a pot.) ② Add the same amount of water as the rice. ③ Remove air from the polyethylene bag and tie the mouth tightly and let stand for 30 minutes. ④ Place a heatproof dish in the bottom of a pot of boiling water, place a polyethylene bag on top of the dish, and cook over low heat for 20 minutes. ⑤ Turn off heat, cover and steam for 15 minutes. ⑥ Remove from the pot and eat.
Simplified Lantern Materials Flashlight, Plastic Bottle, Water ① Fill a plastic bottle with water. ② Place a plastic bottle on top of the flashlight. ③ If the flashlight is small, place the flashlight in a cup and put a plastic bottle on top.	



How to Obtain Information



Disaster Information

Disaster Prevention Radio Voice Confirmation Service TEL: (0265)88-4221

This service allows users to confirm the latest content broadcast by the disaster prevention administrative radio over the phone.
※The program will be unavailable for listening 24 hours after broadcast.

Nakagawa Village Emergency Information Distribution Service

Nakagawa Village provides a service that distributes information on disaster and crime prevention, daily life, and events to registered users.

How to Register

- Send a blank e-mail to “nakagawa@psmail.jp” (QR code on the right for easy transmission)
- Click on the URL in the body of the email received from the village hall
- On the “Customer Information Registration” screen, select your area of residence, desired information, etc.
- After reviewing the contents and agreeing to the Terms of Use, registration is complete.



Internet

“Echo City Komagatake” Weather Information System

Nakagawa Village publishes precipitation and other data from nine locations in the village, including Nakagawa Village Hall, on the “Echo City Komagatake” website.
(You can also jump from the Nakagawa Village website.)



River Information Center

River level information
Information on Rivers and Watersheds
Useful for Disaster Prevention and Mitigation



Japan Meteorological Agency “Kikikuru” (Hazard Distribution)

Information on the Hazard Distribution of Heavy Rain and Flood Warnings Nationwide



Ministry of Land, Infrastructure, Transport and Tourism “Disaster Information for River”

Information on river levels, rainfall, and dams nationwide



Chubu Electric Power Grid Co. Power Outage Information

Information on Power Outages in the Chubu Area



Nagano Prefecture River and Erosion Control Information Station

Information on Weather, Sediment-Related Disasters, River Levels, Dams, etc. in the Nagano Prefecture



Shinshu Disaster Prevention Application

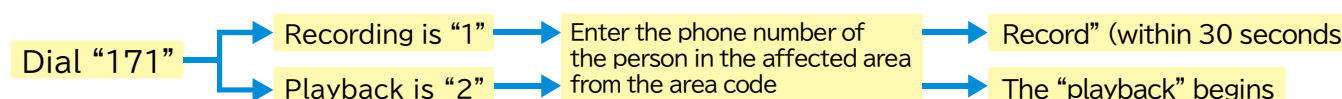
Hazard Level, River Conditions, and Evacuation Information for Current and Registered Locations



Confirmation of Safety During Disasters

Disaster Message Dial “171”

In during a disaster, safety information (messages) can be voice-recorded (registered) to telephone numbers such as landlines and cell phones, and played (confirmed) from anywhere in Japan.



Disaster Message Board ※Available only during disasters.

Using the Internet connection function of cell phones, people in the affected areas can register messages by text and check messages from anywhere in Japan based on their cell phone numbers.



Earthquake Preparedness



Manual of Conduct in the Event of an Earthquake

Don't panic, get yourself safe first!!

If you feel a large tremor or receive an earthquake early warning, don't panic and secure your own safety first by talking to those around you and responding to the surrounding situation.

Indoors

- Protect your head and hide under a sturdy desk, for example.
- Don't rush out.

Outdoors

- Watch for falling signs and broken glass.
- Beware of collapsed block walls and toppled vending machines.
- In the vicinity of mountains and cliffs, watch out for falling rocks and landslides, and leave the area.

While riding in a car, train or bus

- Hold on tight to a strap or handrail.

While driving a car

- Don't brake suddenly, but slow down gently.
- Turn on hazard lamps to alert surrounding vehicles.
- If you feel a large tremor, stop on the left side of the road.

Stay calm, secure and check the situation

When the shaking stops, don't panic and act calmly. Secure your personal safety and check the situation around you. If you feel that you are in danger, such as if a house has collapsed, evacuate immediately.

Check the origin of the fire

- After the shaking stops, don't panic and extinguish fires in the kitchen, stove, etc.

Check the exit

- Open doors and windows to secure escape routes.

Situation check

- Be aware of falling furniture, glass fragments, etc., and check on the safety of family members and others around you.

Get information

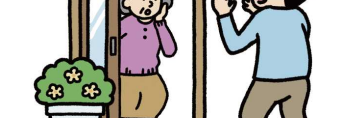
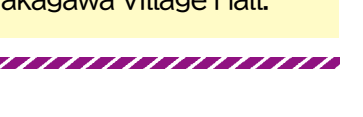
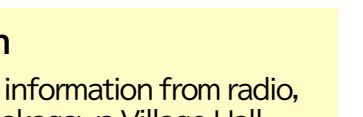
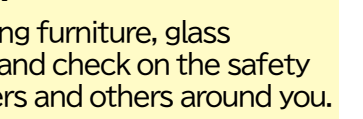
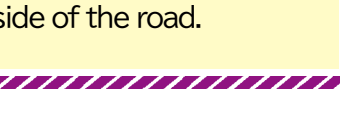
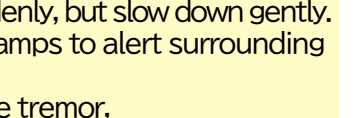
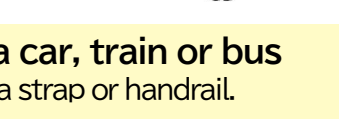
- Obtain accurate information from radio, television, and Nakagawa Village Hall.

Cooperation in the community

- Confirmation of the safety of residents and confirmation of injuries
- Rescuing people trapped in a building
- First aid for the injured
- Initial fire fighting in case of fire
- Support and cooperation for those who need help (Elderly, disabled, injured, sick, pregnant women, infants, etc.)

Evacuation Life is a Mutual Help

- If your home has collapsed, never approach it.
- Continue to be aware of the possibility of major aftershocks.
- At the shelter, observe the rules of group living.



Evacuation Tips



Precautions for Evacuation

Wear Comfortable Clothing for Evacuation -Helmet, Cap (head protection) -Put Your Luggage in a Backpack (keep your hands free) -Keep Emergency Supplies to a Minimum. (to check your footing) -Long Sleeves and Long Pants Even in Summer (to prevent injury) -Worn Sneakers ※Boots are hard to move in when water enters.	Check Before Evacuation -Check the origin of the fire -Close the main gas valve -Turn off the breaker -Check the door locks	Verification of Information Check TV, radio, the Internet, etc. for the latest weather information and evacuation orders.
Calling Neighbors If you feel in danger, call out to your neighbors with multiple people at a well-lit time.	Help Those Who Need Assistance -Disabled person -Elderly people -Pregnant women, infants, etc.	



Flood Evacuation

Don't go through flooded areas It is difficult to walk in water 50 cm deep (knee high)! If the area is flooded, walk carefully, checking your footing with an umbrella or walking stick.	Be careful when evacuating by car Flooding 30cm deep makes driving for ordinary vehicles difficult and dangerous! Evacuate by avoiding flooded roads, especially near irrigation canals and rice paddies, there is a danger of falling down due to collapsed and sinking roads. Be very careful.	Don't go to see the river or irrigation canals Waterways and rivers in the fields are in danger of being swept away by the sudden increase in water volume. Don't ever go to see it.
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If It Is Difficult to Move to an Evacuation Site

If you find it difficult to evacuate due to dangerous conditions around your home, poor nighttime vision, etc.
-Evacuate to a sturdy building in the neighborhood
-If at home, evacuate to a room as far away from the slope on a higher floor as possible
-In some cases, request rescue from fire department, police, or village



Staying Healthy in a Shelter

Please note the following points.

- Drink water and salt frequently.
- Clean hands
- Beware of food poisoning
- Physical exercise
- Gargling, brushing teeth
- Adequate sleep and rest
- Wear a mask
- If you need help with a medication problem, please consult



Daily Preparedness



Disaster Prevention Memo for My Family

Our Evacuation Spot
Fire & Emergency 119 Police 110 Disaster Message Dial 171

Family Contacts

Name of Family Member	Birth Date	Blood Type	Where to be during the day	Phone Number	Nearby Evacuation Spot



Emergency Supplies and Emergency Stockpiles

Examples of emergency supplies - What to take with you during an evacuation -	
Basic Items To Have	Other Belongings
<input type="checkbox"/> Driver's License, Insurance Card	<input type="checkbox"/> Masks, Disinfectants
<input type="checkbox"/> Cash (have some change ready)	<input type="checkbox"/> Towel, Underwear, Change of Clothes
<input type="checkbox"/> Drinking Water, Emergency Food	<input type="checkbox"/> Emergency Toilets
<input type="checkbox"/> Utility Knife	<input type="checkbox"/> Prescription, Regular Medicine
<input type="checkbox"/> Disposable Warmer	<input type="checkbox"/> Medication Book
<input type="checkbox"/> Food Wraps	<input type="checkbox"/> Spare Glasses, Contact Lenses
<input type="checkbox"/> Plastic Bag, Polyethylene Bag	<input type="checkbox"/> Reading Glasses, Hearing Aids
<input type="checkbox"/> Paper Cups, Paper Plates	<input type="checkbox"/> Flashlights, Dry Cell
<input type="checkbox"/> Picnic Sheet	<input type="checkbox"/> Helmets, Caps
<input type="checkbox"/> Tissues, Wet Wipes	<input type="checkbox"/> Glove
<input type="checkbox"/> Emergency Medical Supplies	<input type="checkbox"/> Folding Umbrella
	<input type="checkbox"/> Mother-Child Notebook

Examples of emergency stockpiles - For several days until disaster recovery (3 days to 1 week) -

- Drinking Water
- Emergency Food
- Cooking Utensils (pots, kettles, etc.)
- Cassette Stove, Gas Cylinder
- Lighter
- Buckets, Various Outdoor Equipment
- Blankets, Sleeping Bags



The "Rolling Stock Method" to prepare without waste
This is a way to keep a constant supply of food stockpiled at home by buying a little more of the usual food items, consuming the oldest ones first considering their expiration dates, and then buying more of the consumed items to keep a constant supply of food in the home.

Point

Stockpiling while consuming on a daily basis reduces concerns about expiration dates.

